

## Gymnastics That Your Students Will Flip Over – Willie Wilson, S.J.U.S.D.

The content area of gymnastics includes many skills. It's convenient to group these skills into categories that can organize units of work. Some educators group gymnastics into stunts, tumbling and apparatus categories. Others organize it around a framework of manipulative, stability and locomotor actions. I prefer to use three skill themes to form the framework: the body's traveling actions, static work and rotation.

### Traveling Actions

Traveling actions include all work in which the focus is to move the body from one place to another. Some traveling actions intend to move the body into a new position on the floor or over a distance with reference to equipment. Other traveling actions shift or transfer weight to a new position, thus moving the body only a short distance.

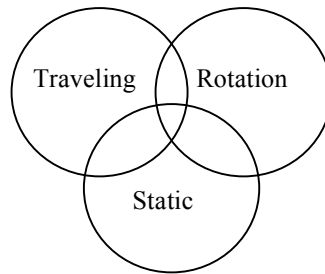
### Static Work

The focus of static work is to achieve stillness or balance in a controlled manner. Students need to learn to feel the tightness or the tension of the muscles held in a static position. Balances are also a means to move into, out of, or from one balanced position into another.

### Rotation Actions

Rotation work in gymnastics includes twisting, turning or rolling activities around one of the body's three axes (Vertical, horizontal, and transverse).

Each can be thought of as a *set*, or group of activities, as in mathematics. Each set of skills can be taught separately, but when teaching gymnastics they interact with each other and the overlapping and joining of themes occur. As skills are learned they are then combined into sequences or routines.



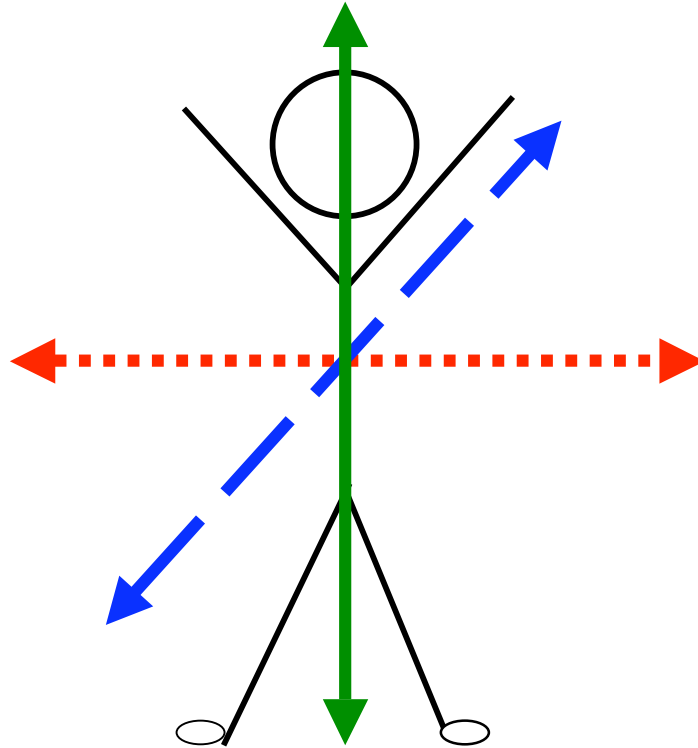
**Traveling Actions of the Body**

Step like – using feet	Step like- using hands, feet, knees	Weight Transfer	Flight
<b>Walk</b> <b>Run</b> <b>Hop</b> <b>Jump</b> <ul style="list-style-type: none"> <li>• Tuck</li> <li>• Straddle</li> <li>• Pike</li> <li>• Stag</li> </ul> <b>Kicks</b> <ul style="list-style-type: none"> <li>• Scissor</li> <li>• Assemble</li> </ul> <b>Skip</b> <b>Gallop</b> <b>Slide</b> <b>Leap</b>	<b>Bear Walk</b> <b>Crab Walk</b> <b>Bear Walk</b> <b>Bunny-hop</b> <b>Mule Kick</b> <b>Coffee Grinder</b> <b>Walkover</b> - front, back  <b>Wheeling</b> - <ul style="list-style-type: none"> <li>• cartwheel,</li> <li>• round off</li> </ul> <b>Springing</b> –front and back handspring	<b>Rocking</b>  <b>Rolling</b>  <b>Twisting</b>  <b>Turning</b>  <b>Sliding</b>	<b>Takeoff</b>  <b>Suspension</b>  <b>Landing</b>  <b>Mini Tramp Work</b>  <b>Vaulting</b>

## Rotation Actions of the Body

Principles of rotations	Movement around three axes	Rotation of body
<p><b>Radius of rotation</b></p> <ul style="list-style-type: none"> <li>• Rate of rotation around a fixed point or axis increases as the radius (distance from axis to end point) decreases.</li> <li>• The rate of rotation around a fixed point or axis is decreased if the radius is increased.</li> </ul> <p><b>Eye focus</b></p> <ul style="list-style-type: none"> <li>• Fixing the eyes on a stationary point gives a reference point where the body is in space (in turns, rolls and spins). Helps maintain balance and overcome any tendencies toward dizziness.</li> </ul>	<p><b>Vertical (longitudinal) axis</b> goes from head to toe.</p> <ul style="list-style-type: none"> <li>• Spins</li> <li>• Turns (quarter, half, full)</li> <li>• Egg and log rolls</li> </ul> <p><b>Horizontal axis</b> goes from side to side along the horizon.</p> <ul style="list-style-type: none"> <li>• Forward rolls (tuck, pike, straddle, dive)</li> <li>• Backward rolls (tuck, pike, straddle, extensions)</li> <li>• Handsprings</li> <li>• Somersaults</li> <li>• Hip Circles on the uneven bars</li> </ul> <p><b>Transverse axis</b> goes from front to back through center of body.</p> <ul style="list-style-type: none"> <li>• Cartwheels</li> <li>• Round offs</li> </ul>	<p><b>In Space</b></p> <ul style="list-style-type: none"> <li>• Directions</li> <li>• Levels</li> <li>• Pathways</li> <li>• Planes</li> <li>• Extensions</li> </ul> <p><b>Around equipment</b></p>

## Axis of Rotation



<b>Vertical Axis of Rotation</b>	—————
<b>Horizontal Axis of Rotation</b>	.....
<b>Transverse Axis of Rotation</b>	- - - - -

## Static Characteristics of the Body

Characteristics of balance	Principles of balance	Types of balance
<p><b>Moments of stillness</b> • Hold 3 seconds</p> <p><b>Tightness of body (muscles)</b> • No saggy bodies – muscles show tension</p> <p><b>Control</b></p> <p><b>Use of eyes to focus</b></p>	<p><b>Base of support</b> • Wider with more body parts acting as the base will be more stable than a narrow base with fewer parts.</p> <p><b>Center of gravity</b> • Low center of gravity is more stable</p> <p><b>Line of gravity</b> • Keep the center of gravity over the base of support • Align the body parts that serve as bases - distributing weight equally</p> <p><b>Counter tension</b> • The ability to balance with your center of gravity outside of your base of support by PULLING against another person or piece of equipment.</p> <p><b>Counter balance</b> • The ability to balance with your center of gravity outside of your base of support by PUSHING in opposite directions with a partner or piece of equipment.</p> <p><b>Linking Actions</b> as a way to move into, out of, or from one balance position to another</p> <p><b>Movements into and out of balance</b> (such as: rolls, steps, twists, turns, etc.)</p>	<p><b>Upright</b> • Head higher than hips</p> <p><b>Inverted</b> • Head lower than hips</p> <p><b>Symmetrical</b> • The left and right sides of the body mirror each other or they are the same</p> <p><b>Asymmetrical</b> • The right side and left side are different</p> <p><b>Hanging</b></p> <p><b>Supporting</b></p> <p><b>Relationship to equipment</b></p> <p><b>Individual or partner</b></p>

Notes: