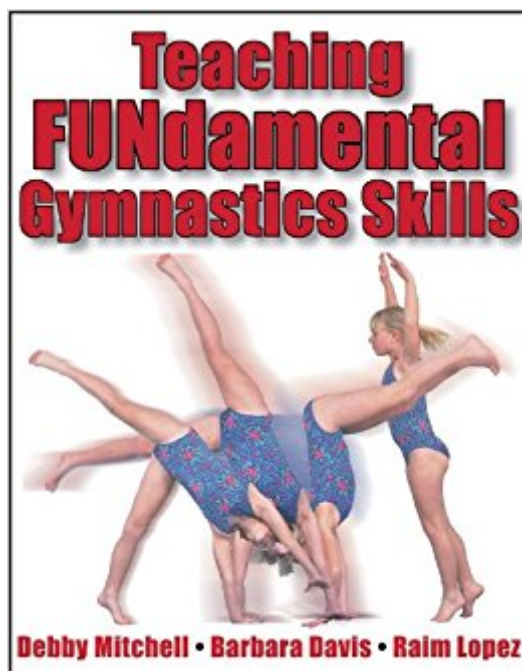


The book was found

Teaching Fundamental Gymnastics Skills



Synopsis

Now you can teach or coach gymnastics – even if you don't have a gymnastics background – and ensure that every child learns and succeeds. Teaching FUNDamental Gymnastics Skills is a hands-on guide that provides you with a strong foundation in exploratory gymnastic skills as well as formal gymnastic skills and helps you bridge the gap between the two approaches. A unique feature of Teaching FUNDamental Gymnastics Skills is the use of specific verbal cues for different learning styles. You'll get “kinder” cues appropriate for young learners, plus cues that address these learning styles:- logical/mathematical- visual/spatial- bodily/kinesthetic- musical/rhythmical- verbal/linguistic

The book covers these essential teaching topics:- Foundational positions and movements that form the building blocks for all gymnastics skills - How fundamental skills fit together to make complex movements and sequences - Common errors in gymnastics skills and how to correct them- Hard-to-find safety information, including injury prevention and tips for spotting

This well-organized book also covers skill progressions and lead-ups for floor, beam, springboard/vault, and bars. Each skill includes practical information you can use for individual or small-group work at stations: a complete description, common errors, spotting information and checklists. Additional special features include the following:- A movement chart, in each chapter, outlines the skill progressions- Sequential illustrations clarify skill sequences and progressions- A skillfinder chart makes it easy to find skill descriptions based on level of difficulty

Learn how to deliver effective and safe gymnastics instruction in an educational setting, no matter what your experience or comfort level. Teaching FUNDamental Gymnastics Skills is a great way to get started in teaching gymnastics, build students' confidence, and introduce fun programs.

Book Information

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Outdoors > Individual Sports > Gymnastics #103 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine](#) #132 in [Books > Medical Books > Medicine > Sports Medicine](#)

Age Range: 5 - 17 years

Grade Level: Kindergarten - 12

Customer Reviews

Debby Mitchell, EdD, has been teaching physical education since 1978 and gymnastics since 1987. She is an associate professor at the University of Central Florida, where she is helping to develop a new undergraduate degree program in sport and fitness. Mitchell is a national leader in technology integration. The video laser disk for gymnastics that she developed over a decade ago was the inspiration for this book. She frequently does presentations at state and national conferences on integrating technology into education. Raim Lopez, MA, has taught gymnastics since 1981. He is an adjunct professor at the University of Central Florida and a fitness specialist who promotes and sells individualized fitness programs. Previously, he taught health and fitness at the elementary school level. In 1992, Lopez received an award for the Most Innovative Physical Education Program in Florida from the Florida Alliance for Health, Physical Education, Recreation, and Dance. In 2001, he won the Disney "Teacherrific" Award. Barbara Davis has been coaching and teaching gymnastics for 20 years. She is coauthor and national clinician with USA Gymnastics' Kinder Accreditation for Teachers (KAT). She has been a clinician for USA Gymnastics since 1984 at state, regional, and national congresses. She has presented twice at the International Scientific Congress at the world championships. She was the technical writer for the text and developer of the verbal learning cues for specific learning styles.

This book is great if you are starting out as a gymnastics Coach or gymnast. It is easy to read and gets straight to the point. The diagrams of movement sequences are fantastic, each gymnastic skill description is broken down into the different coaching/learning styles (ie. verbal/linguistic, logical/mathematical, visual/spatial and bodily/kinesthetic), with additional references to rhythm, assistance (ie. spotting by the coach) and common errors. I highly recommend this book.

I bought this book in regards, to teaching gymnastics as a beginner physical education teacher not knowing much on how to teach it step by step. I thought this book gave great examples and broke down the steps to make me familiar and comfortable with teaching it to my elementary and middle

school students. I would recommend this book for any physical education teacher who would like more examples on how to teach the skills of gymnastics.

I have had this book for years and it is still helping me to make the best of my gymnastics classes.

A well written book though only 4 stars as opposed to 5 as I would have liked some drill techniques and progressions rather than just how to do the exercise. In any case, still worth getting for a pe teacher who isn't sure about gymnastics

The content in this book is okay. I'd rather get Teaching Tumbling by Philip Ward. I would probably choose this for a secondary reference.

Simplified way of learning and teaching gymnastics! Breaks every skill down step by step. Gives many different gymnastic skills to teach.

Exactly what I was looking for, brand new as stated that it was and shipping was quick. This was a great deal!

This book has been a great resource for my staff. The organization makes skills easy to find. It lists common mistakes and how to correct them and also includes lead-up skills and drills. The instructors feel more confident in their knowledge as they help each child progress.

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