

## Games, Skills, Spotting and Activities

A Group Participation Workshop  
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### The Purpose of Warm-Up:

1. Engorge the major muscles with blood and raise the body core temperature.
2. Increase the heart rate.
3. Put the muscles and joints through an appropriate range of motion.



### Warm-Up is *NOT* the best time to increase flexibility!



The best time to increase flexibility is when the muscles are fatigued –  
at the end of the class.

### Other Considerations for the Warm-Up period:

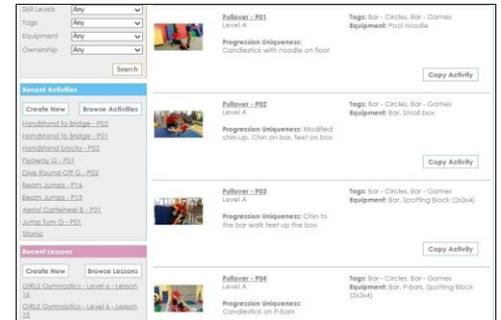
1. **Set the tone for the class** – after greeting the kids begin with an activity that gets them laughing and having fun.
2. Use ***listening drills*** that force them to stop talking and pay attention.
3. **Remind them of gymnastics vocabulary, body positions, etc.**
4. **Be Entertaining** – use imagination, make silly noises, ask questions that involve the kids.



## Skills that are Achievable create success!

Selecting the right curriculum skill at the right time requires;

1. Understanding of students 'aptitude' (learning readiness)
2. Knowledge of prior curriculum skills achieved (progression)
3. Ability to 'deconstruct' skills into achievable steps and teach in sequential order



Selecting the right skill challenge at the right time requires those challenges should be;

1. Safe – risk is minimized because they are prepared and comfortable
2. Easy – achievement should take little time = progressions are introduced in small steps
3. Fear is minimized - progressions reduce risk



## Spotting – when and why do we spot and when and why NOT to spot;

Knowing how to spot is important to;

1. Prevent or reduce the severity of an injury
2. Facilitate proper body shapes and 'feel' of the correct skill



Knowing how NOT to spot is important to;

1. Develop 'self trust' in the students
2. Minimize the risk of spotting injuries to student and instructor
3. Effectively lead the class keeping eyes on all students

Knowing how NOT to spot requires an understanding of how to deconstruct skills into simpler progressions and teaching them in proper order. It also requires appropriate equipment allowing progressions to be introduced and practiced safely.

