

Gymnastic Skills - Teacher Resource Cards

The Oide Primary PE Team has developed this set of gymnastic skill resource cards to support the teacher to develop three different gymnastic skills within the gymnastic lesson. These are suitable resource cards contain teaching points, variations and safety points for headstand, handstand and cartwheel.

See scoilnet.ie/pdst/primary/strands/Gymnastics for videos of each skill and further supplementary materials



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HEADSTAND



HEADSTAND TEACHING POINTS

1. Press hands on the mat with spider fingers, make a tripod of the hands and head
Stack hips in line with head with rounded back
Ensure pupil maintains focus on feet
2. Tuck legs
3. Raise to a straight position

SAFETY POINTS

- Start every headstand practice with preliminary activities
- Use of the wall is a helpful support for any stage of completing a headstand.
- Observe pupils closely and make corrections each step of the way
- Pupils should press on hands to prevent falling over

VARIATIONS

- Diamond – from a straight head stand, bend both legs so only the toes are touching, and legs form a diamond shape
- Lightning bolt – from a diamond headstand, straighten one leg to show a lightning bolt



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HEADSTAND PRELIMINARY ACTIVITIES



1. Make the tabletop position- stack on all fours
Make Angry Cat pose, then touch the head on the floor

2. Move the head and hands into a tripod position

Head and hands in tripod, walk the feet closer to the knees & touch the elbows

Start on knees, make tripod, flex the feet and stack

Start on knees, make tripod, flex the feet, stack, lift alternate legs

When pupil is balanced with the hips above the head, balance with one leg on one elbow

3. Try a teddy bear balance with two legs on elbows

Hold the teddy bear balance for 5 seconds

Move to a wall for safety

PractiSe in teddy bear balance, lifting one knee up to tuck and alternate

Neck warm up - comfort the neck gently by moving the head from side to side
Gently stretch the head up and down



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HANDSTAND



TEACHING POINTS

1. Stand straight, raise hands overhead in a parallel position, straight and tight to ears

Spider fingers to feel and grip the floor

Start from standing, lunge forwards and kick up one leg to L handstand, straight legs, stacked position with head in line

2. Start from standing, lunge forward and kick to lift first leg like in L handstand. Second leg joins the first leg at ten or eleven o'clock position and step back down

TEACHING POINTS

3. Start from standing, lunge forward and kick to lift the first leg to aim for vertical position and second leg joins the first. Step back down, arms remain raised

Encourage pupils to hold a tight body position if unstacked position is evident, return to forming shapes as outlined in preliminary activities

SAFETY POINTS

Making shapes must always form the beginning of each handstand practice

Encourage pupils to practise animal walks regularly to strengthen shoulders and core.

Practise, practise, practise the headstand wall progressions first

Only move to the floor when it is evident the pupil understands stacking, shaping and has good body awareness when upside down



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HANDSTAND PRELIMINARY ACTIVITIES



1. Make and hold shapes – tabletop, plank, dish and downward dog

Encourage pupils to crab walk, bear walk & seal walk

Play suitable animal walk games to strengthen shoulders and develop flexibility required

See headstand preliminary activities and practise these with pupils

2. Move to wall, stand with back to the wall, place hands on the mat and move one foot up the wall and down. Try with other leg

3. With two feet on the wall, hold inverted position for a few seconds with good body tension

Notice when the pupil can hold a solid handstand against the wall, diagonal legs with hands, shoulders and hips stacked and head in line, they are now ready to practise a handstand without the wall for assistance.

Ensure the pupil practise handstands on a mat



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CARTWHEEL



CARTWHEEL TEACHING POINTS

1. Make a star shape, move across a panel mat/flat mat with hands then feet and finish in a star shape facing the same direction
 2. Make a star shape with a big kick and big push as the pupil moves across the stack/mat
 3. Finish by standing up as fast as possible with arms up straight
- Stretch the legs on the pass over through the cartwheel

CARTWHEEL SAFETY POINTS

- Ensure there is sufficient space around the cartwheel area
- Pupils must land on their feet
- If twisting of the body towards the end of the cartwheel is noticed, revert to cartwheel preliminary activities

VARIATIONS

- Start cartwheel in star and finish facing back with arms up and second foot behind
- Perform cartwheel - step - cartwheel



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CARTWHEEL PRELIMINARY ACTIVITIES



1. Practise Donkey kicks

Hands on the mat and jump feet side to side with tucked legs

2. Repeat on stacked panel mats or a box to encourage easier stacking of the hips

Work both the left and right side, pupils will identify a preference

3. Comfort the hands by making floppy hands and fireworks.
Press the back of the hands together



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