Gymnastics Syllabus

Academic Year 2017-18

# Instructor Information

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| Instructor |  | Class Location & Hours |
| **See location information** |  | Varies according to student’s choice |

# General Information

## Description

Gymnastics instruction is offered at all levels in the forms of group practice within the same level, team competition, tumbling and cheer, for students in grades 1-12 once/week.

## Expectations and Goals: (circle one): Pass/Fail or Grade Given

## Pass/Fail

# Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

The gym provides all equipment and rosin.

* Students will provide leotard, tights, shorts as appropriate for boys and girls.
* Performance/team costumes and fees are paid for by the student.

## Optional Materials (provided by student/family)

## None

**Course Outline and Objectives:**

Weekly instruction is differentiated and progresses weekly according to the unique abilities of the students at each level.

COURSE OBJECTIVES

Safety measures will be covered prior to use of equipment by students.

Demonstration of the use of each piece of equipment will be made prior to student's use. Students will learn how to set up and put away the equipment.

Assessment of each student's skill level will be made at the beginning of the semester.

Students will learn basic tumbling moves. They will learn methods to increase their flexibility and strength.

Upon successful demonstration of learned skill, each student will learn additional technical skills to build upon the skills that they have already learned. The student may learn to do a basic skill on the ground, then on the trampoline with a spotting belt and finally on the mat without spotting belt.

1.To learn the rules, fundamentals, skills and strategies of learning how to do gymnastics.

2. To learn how to correctly execute required skills and techniques as well as to use the equipment/facilities safely.

3. To improve physical fitness, flexibility, balance through gymnastics and conditioning.

End of Semester: Finished Work

* Evidence of Learning (circle one): class/parent/public performance or production at location or at a competitive event. Students are evaluated at the end of each session and leveled up as skills are achieved.