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Teaching Tumbling

Phillip Ward

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You don't need to be a gymnastics expert to teach introductory tumbling. With dozens of skills, drills, and lesson plans for children, ages 5 through 13, *Teaching Tumbling* makes it easy to incorporate these fundamental skills into your classes.

The most complete resource of its kind, *Teaching Tumbling* outlines 86 basic tumbling skills designed to introduce children to gymnastics safely and correctly, develop their strength and flexibility skills in preparation for physical activities, and enhance their motor development.

Unlike other how-to books on tumbling, this user-friendly guide provides 42 sequenced lesson plans organized around movement themes. Each lesson includes objectives, warm-up ideas, new skills, time guides, and equipment needed.

To make tumbling instruction as efficient and effective as possible, author and gymnastics veteran Phillip Ward also packs the book with these valuable features:

-Critical elements, cues, and prompts for each skill

-Skill finder to match activities to lesson plans

-Scope and sequence chart to help you plan curricular content

-Full-page, reproducible task cards to laminate for circuit stations

-Skills checklist to evaluate student progress

-Illustrated drills and skills

-Assessment suggestions

-Teaching tips for working with children in grades K-6

-Recommended tumbling and gymnastics resources and materials

Teaching Tumbling is divided into three easy-to-follow chapters that guide you from tumbling basics to lesson planning.

Chapter 1 reviews effective teaching methods and assessment techniques, and discusses safety issues, equipment, and proper form.

Chapter 2 highlights 86 basic tumbling skills from three general categories: balances and supports, rotations, and springs and landings. You'll learn the basic principles behind a particular skill and the most effective way to teach it. You'll also find a diagram, a list of critical elements, hints and cues for instruction, and additional drills.

Chapter 3 organizes the basic tumbling skills into lesson plans. You can modify these lessons or use them as a benchmark when developing your own curriculum.

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Ramon Jeter:

Have you spare time for a day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity with regard to spend your time. Any person spent all their spare time to take a walk, shopping, or went to the actual Mall. How about open or maybe read a book allowed Teaching Tumbling? Maybe it is for being best activity for you. You know beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with its opinion or you have various other opinion?

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