

# SKILLS 2 PLAY SPORT

Skills2PlaySport Gymnastics introduces children to a multi-skills approach to learning in and through Gymnastic activities that focus on the fundamentals of movement. This approach focuses on the development of movement and skills that are then extended through the use of apparatus and the making and performing of simple sequences. The approach also helps children develop the five abilities of creative, cognitive, social, physical and personal development.

## Here are the activities:

Activity	Main emphasis	Use as
<b>A: Wake and shake</b>	Warming up and mobility	Warm up before activities
<b>B: In good shape</b>	Stretched and tucked shapes	Development of shape vocabulary and core stability
<b>C: Shaping up</b>	Straddle and piked shapes	Development of shape vocabulary and core stability
<b>D: Space travel</b>	Travelling using hands, feet and alternate feet	Co-ordination of hands and feet and different types of locomotion
<b>E: One to two and two to one</b>	The basic types of jump	Preparation for taking off and development of coordination
<b>F: Jump to it</b>	Landing, jumps, leaps and turns	Further development of taking off and co-ordination
<b>G: Steady and ready</b>	Standing, kneeling and large body part balances	Development of stability
<b>H: Hold and control</b>	Balance on hands, feet and head	Development of stability
<b>I: Rhythmic ropes and ribbon</b>	Hand apparatus, hoop, rope and ribbon	Co-ordination of hands and feet with objects
<b>J: Rock and roll</b>	Side rolls and progressions to forwards and backwards rolls	Initial development of rolling
<b>K: Handstands and Cartwheels</b>	Introduction to Handstands and Cartwheels	Development of taking weight on hands
<b>L: Feet off the ground</b>	Using larger apparatus	Gaining confidence on apparatus
<b>M: Working with a partner</b>	Beginning partner work	Initial development of partner work
<b>N: Sequences</b>	Initial development of sequence work	Creative combination of different movements
<b>Multi-skill Festival cards</b>	Various gymnastics skills	Assessment or a fun session of varied activities



# SKILLS2PLAYSPORT

The Skills2PlaySport Gymnastics cards are designed to be easy to use. Information on the front of the card can be used by the organiser initially and then by some of the older children. The back of the card contains information primarily for the organiser that can be used as stimulating questions for the children.

## The front of the card

The front of the card has the following elements:

### Movement outcomes

This lists simple outcomes that could be achieved through completing the activities.

### What to do

The *What to do* section lists all the information necessary to perform the activity successfully.

### Variation of the activity and differentiation for individuals through STEP

This lists ways of making the activities easier and harder through the use of the STEP framework. **S** Space **T** Task **E** Equipment **P** People

### Organisation

This provides simple ideas on the organisation of the space and the children.

### Your challenge

For those children that are ready, this lists simple ways to extend the activity by setting personal challenges.

### Safety

Some activities need specific safety advice and this is given on the card.

### Equipment

The equipment suggestions on the front of the card give ideas for equipment needed to start the activity. On the back of the card are ideas for how different equipment can help with differentiation.

### Think INC

This panel contains advice for ensuring everyone has an appropriate role within an activity.

### Timing icons

To give organisers some help on timings, icons have been included that indicate if an activity is suitable for individuals, pairs or groups and appropriate time periods for the activity have also been added.

## The back of the card

The backs of the cards offer guidance to organisers about how to develop the five abilities and these are listed as:

### Thinking Me

This is based on developing the children's ability to think about the activities they are doing. The statements can be developed into questions by the organiser.

### Social Me

Statements to help develop the children's ability to work with each other and to help with the activity.

### Healthy Me

This ensures children develop awareness of the health benefits of the activity, and they learn to do the activity safely.

### Physical Me

Simple statements designed to improve performance.

### Creative Me

Statements to encourage children to be innovative when doing or changing the activity and working out how to overcome a challenge.

## Sporting connections

This is designed to help organisers link the activities to the wider world of Gymnastics.



## Spirit of the Games

On each card one of the six spirit of the games values is mentioned. Organisers may well wish to emphasise other values during the activity, and ensure that all children know the values before the activity session starts.

sporting spirit



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