



Move up a level

PSSI Homepage

Gymnastics

The content of these lessons is designed for children of mixed ability. The emphasis is on travelling and balancing activities on the floor and on basic apparatus, i.e. benches and mats

Tips for Gymnastics

- When using mats ensure that they are in the correct position for the activity being undertaken and that the mats remain in the correct place throughout the lesson.
- Ensure all apparatus is in good repair.
- Avoid excessive queuing to perform activities on mats. Try to build up the school's supply of mats each year to ensure the successful implementation of the lessons.
- When teaching the development section where a lot of equipment is being used it will be necessary to plan how the placing of the equipment in advance of the lesson can be managed, e.g. the school plan may allow for a six weeks unit of work when the large equipment is taken out for use by all classes.

