

Year 9 Gymnastics Vault and Tumbling

Lesson outcome and key concepts:

- For students to learn and understand the basic biomechanics of vaulting and tumbling
- For the students to revise basic vaulting preparation skills
- Revise basic vaulting skills
- Advance onto more challenging vault preps and skills
- Revise previously taught acrobatic skills and work towards more complex skills
- To learn preps for more challenging vaults
- To learn and understand how to spot/support skills

Sequences:

- Create a routines comprising of 10 elements including skills taught in year 7 and 8.
- To learn how to judge skills and routines in preparation for peer assessments

Skill/Prep	Coaching points	Equipment
Tumbling preps ● Rebound jumping forwards and backwards ● Front support rebounds forward and backwards ● Hurdle step	Remain in a straight shape throughout In a front support shape, rebound keeping arms and legs straight Starting with feet together and arms by ears, swing arms to jump forward, landing on one foot and then the other showing a lunge position with arms back by ears See videos:	Roll mat Safety mats Block Springboard Spots Air track
Tumbles: ● Round off ● Back flip (flick) ● Handspring ● Front somersault	Cartwheel ¼ turn Round off of bench/block Round off with support Jump back to dish on a mat Fast backward walkover Flick with support Handstand hop Handstand to bridge to stand Handspring off block Handspring off springboard Handspring with support	

• Back somersault (tuck back)	Forward roll Forward roll over block Front somersault off trampette Front somersault with support Jump forward to tucked shoulder stand on mat Straight / tuck jump backwards off a block onto mat Tuck back off block with support Tuck back from springboard with support Supported tuck back on floor See videos:	
Vault: • Handstand flat back • Handspring • ½ on to lie front • ½ on to knees • ½ on to feet	Handstand Handstand flat back on floor to mat Handstand flat back onto blocks with mat (alternate height of mats based on the individual) Handspring off block Handspring off vault Handstand hop onto vault Handspring with support Cartwheel to lie front on mat on the floor Repeat with support onto block and mat (adjust the height of mats based on the individual) Same as above to knees Same as above to feet See videos:	Roll mat Vault Block Landing mat Safety mat