



Primary School Gymnastics Teaching

General Gym Safety Guidelines

- Position yourself to be able to view all activities
- Every lesson to include
 - a 5-10 minute warm up of moderate intensity activity...
 - followed by a series of stretches (intersperse stretches with a moderate intensity activity to avoid cooling down)
 - skills session
 - warm down
- Spotting is not required for the skills in the primary school syllabus but may be used at the teacher's discretion to help with confidence and to develop a sense for correct body position.
- No socked feet. Bare feet best indoors, sport shoes outdoors.
- Use mats under all equipment higher than 30cm (grass is an acceptable impact absorption surface up to 50cm). Use mats for all rolling activities
- matting not to overlap
- No unauthorised activities (No headstands, No dive rolls, No back bridge)
- Concentrate on doing basics well
- Never force a student to do a skill
- Medical kit and ideally, ice available
- Mini-tramp - correctly fitted safety pads and in good order
- Check condition of all equipment when setting up.
- OK to use concrete or asphalt surfaces providing mats used where appropriate
- Sun protection if outdoors

Some additional useful guidelines

- If jumping from a piece of equipment, limit the height to spring from to knee height for ES1 and S1, and hip height for S2 and S3
- Limit jump and turn in the air to 90 and 180 degree turns for ES1 and S1, 360 degrees OK for S2 and S3
- Individual balances for ES1 and S1. Counter balances (partners use each other's weight e.g. holding hands and leaning out) introduced in S2. Partner balances involving supporting a partners weight off the floor are not to be introduced before S3
- Although they are included in the syllabus, the backward and shoulder rolls may be better off left to the clubs.
- Small groups, short lines, vary the activities (keeps them on task)
- Vary difficulty by allowing student choice e.g. same activity but lower/higher, wider/narrower pieces of equipment.
- The candlestick balance on the floor does not appear in the syllabus documents and is probably best left for the clubs