BPHY311 Teaching Gymnastics

ECTS Value: 4 ECTS

Module Description

This module sets out to prepare participants for the design and delivery of safe, engaging and progressive gymnastics activities as part of a physical education curriculum. The module fosters a broad appreciation for different gymnastics disciplines, it explores the value of fitness components in relation to this sport as well as how these can be developed through gymnastics activity. The technical content focuses specifically on the physical preparation and skill development relevant to artistic gymnastics. Participants will be supported in developing their ability to teach core gymnastics skills and elements these using appropriate progressions, equipment and feedback.

Overall Objectives and Outcomes

By the end of this module, the learner will be able to:

Competences

a. design a series of progressive gymnastics sessions in line with the relevant curriculum/syllabus;
b. manage safe and effective gymnastics activities as appropriate for the learner’s current abilities and aspirations;
c. integrate cross-curricular teaching/learning opportunities within gymnastics activities.

Knowledge

a. systematically understand the different gymnastics disciplines;
b. recognise selection of core artistic gymnastics movements and elements and identify relevant variations;
c. distinguish the phases and component movements in core floor and vault elements.

Skills

a. employ training progressions and conditioning exercises to promote good body management and support skill development;
b. modify skill development activities and training progressions to suit different levels of ability;
c. create and facilitate the creation of gymnastics floor routines composed of at least 6 elements.

Mode of Delivery

This module adopts a blended approach to teaching and learning. Information related to the structure and delivery of the module may be accessed through the IfE Portal. For further details,
kindly refer to the Teaching, Learning and Assessment Policy and Procedures found on the Institute for Education’s website.

Assessment Methods

This module will be assessed through: Portfolio and Practical Assignment

Suggested Readings

Core Reading List


Supplementary Reading List