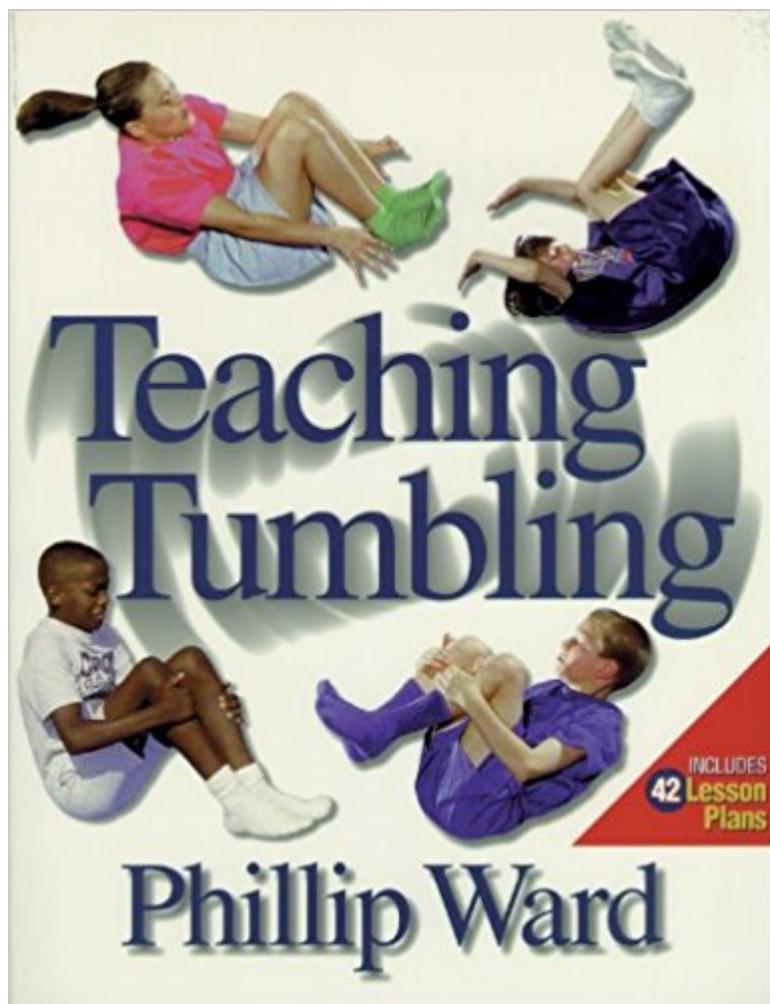


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# Teaching Tumbling



## Synopsis

You don't need to be a gymnastics expert to teach introductory tumbling. With dozens of skills, drills, and lesson plans for children, ages 5 through 13, *Teaching Tumbling* makes it easy to incorporate these fundamental skills into your classes. The most complete resource of its kind, *Teaching Tumbling* outlines 86 basic tumbling skills designed to introduce children to gymnastics safely and correctly, develop their strength and flexibility skills in preparation for physical activities, and enhance their motor development. Unlike other how-to books on tumbling, this user-friendly guide provides 42 sequenced lesson plans organized around movement themes. Each lesson includes objectives, warm-up ideas, new skills, time guides, and equipment needed. To make tumbling instruction as efficient and effective as possible, author and gymnastics veteran Phillip Ward also packs the book with these valuable features: -Critical elements, cues, and prompts for each skill-Skill finder to match activities to lesson plans-Scope and sequence chart to help you plan curricular content-Full-page, reproducible task cards to laminate for circuit stations-Skills checklist to evaluate student progress-Illustrated drills and skills-Assessment suggestions-Teaching tips for working with children in grades K-6-Recommended tumbling and gymnastics resources and materials

*Teaching Tumbling* is divided into three easy-to-follow chapters that guide you from tumbling basics to lesson planning. Chapter 1 reviews effective teaching methods and assessment techniques, and discusses safety issues, equipment, and proper form. Chapter 2 highlights 86 basic tumbling skills from three general categories: balances and supports, rotations, and springs and landings. You'll learn the basic principles behind a particular skill and the most effective way to teach it. You'll also find a diagram, a list of critical elements, hints and cues for instruction, and additional drills. Chapter 3 organizes the basic tumbling skills into lesson plans. You can modify these lessons or use them as a benchmark when developing your own curriculum.

## Book Information

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## Customer Reviews

A former gymnast, coach, and teacher, Phillip Ward has been involved in gymnastics for more than 25 years. As assistant professor in the Department of Health and Human Performance at the University of Nebraska-Lincoln, Ward's major scholarly interests include pedagogy, teacher education, and applied behavior analysis. Before joining the university, Ward was coaching director of the Victorian Gymnastics Association, where he was responsible for coaching education and course development. He was also a gymnast, a coach to beginning and elite gymnasts, a teacher, and a teacher educator. Ward earned his PhD in physical education from The Ohio State University in 1993. The author of numerous articles and six manuals on gymnastics and gymnastics instructions, he is a member of the American Association of Health, Physical Education, Recreation and Dance; the American Educational Research Association; and the National Association for Sport and Physical Education.

used for my class, it was helpful

This book was used as a reference in writing our school districts elementary tumbling unit. The skills are well illustrated and each stunt is clearly defined. For the novice teacher this manual includes lessons which are arranged into 4 parts-warm-up, assessment and review, intro of new skills and closure. For the more experienced teacher the Tumbling Principles and Skills section offers hints for instruction and a wide variety of ideas.

I got this book thinking that it would help me with my front & back handspring, but the most advanced it got was teaching a cartwheel. It would be an excellent book though for some one younger and less experienced that is just starting with tumbling although, but not me.

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