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Primary School Gymnastics: Teaching Movement Action Successfully

Lawry Price

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This book is designed to help teachers develop well-structured and progressive programs of gymnastics activities for primary-aged children (3-11 years). In gymnastics, children learn not only how their bodies move and how body parts work in co-operation with other parts, but they are also able to develop awareness of space and a sense of control.

Practical Primary Gymnastics presents themed activities appropriate for infant, junior and upper junior levels, and shows how teachers can plan to use these in structured themes of work. The activities aim to broaden children's abilities in: jumping and landing skills; rolling actions; taking weight on different body parts; using a range of traveling actions; and working at floor level and using gymnastic apparatus at varying heights.

Gymnastics is a fundamental part of the PE curriculum. This book offers practical help for teachers in this vital area and focuses on enabling individual children to succeed at their own level.

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