



Gymnastic Skills & Games (Teacher's books)

Joan Jackman, Bob Currier

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This book emphasizes the enjoyment that can be derived from participation in recreational gymnastics. The book highlights the importance of introducing skills carefully and steadily, with progressions from simple to more advanced moves. With non-specialist teachers in mind, the book provides expert advice on how to construct games that are suitable for a wide age range and that use simple apparatus. Many of these activities deal with skills central to the new PE curriculum for children up to the age of 14. There is coverage of floorwork and vaulting, as well as sections dealing with activities on benches, ropes, bars and beams. The information on safety, warm-up and fitness, strength and mobility exercises will be of particular interest to gymnastic coaches. The authors are qualified international judges who have officiated at a number of European and World Championships and have served on the British Amateur Gymnastic Association's Board of Control as members of their respective technical committees.

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