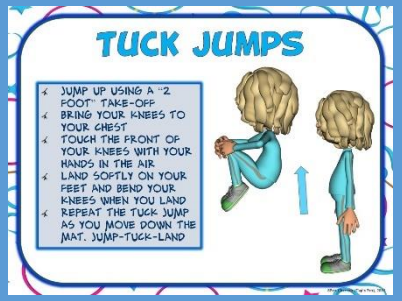
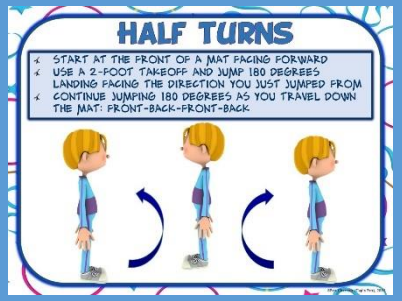
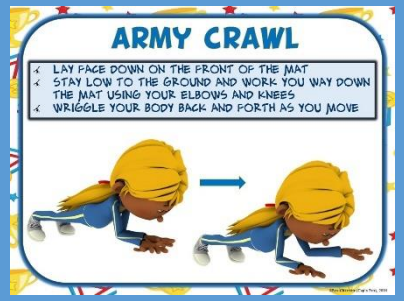
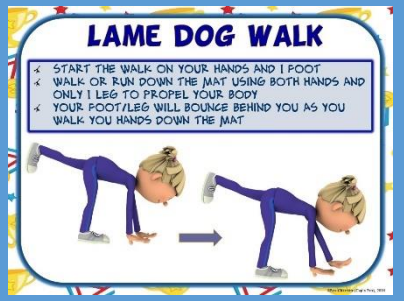
PE EDUCATIONAL GYMNASTICS STATION SIGNS AND TASK CARDS



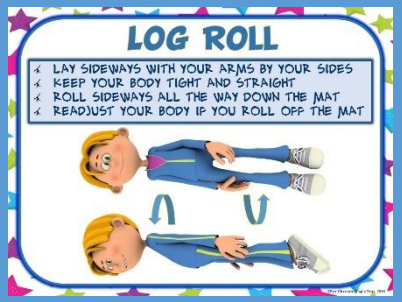


JUMPS





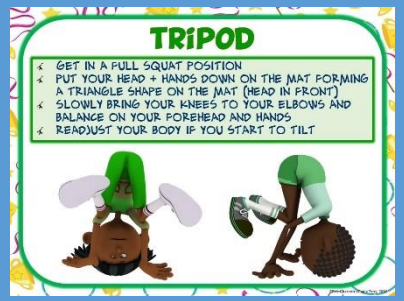
CRAWLS AND ANIMAL WALKS





ROLLS





BALANCES

8 FREE STATION SIGNS AND INSTRUCTIONAL CARDS

PE EDUCATIONAL GYMNASTICS STATION SIGNS AND TASK CARDS

This FREE EDUCATIONAL GYMNASTICS STATION SIGNS AND TASK CARD product is an 8 Card "lite" version of my TES complete package of 36 EDUCATIONAL GYMNASTICS SIGNS AND CARDS located here: https://www.tes.com/us/teacher-lessons/pe-educational-gymnastics-station-signs-and-task-cards-36-signs-and-cards-11226118



Both sets (free and paid) are a "kid friendly" set of instructional GYMNASTICS/TUMBLING printable signs/cards that can be used to teach a variety of "widely-used" educational-gymnastics and tumbling skills, using a variety of teaching styles and learning formats. Each sign/card is uniquely designed to display and describe specific jumping, crawling, rolling and balancing "skills" commonly used by practicing physical educators when teaching an "educational gymnastics" or "tumbling" unit during PE. The cards are specifically created to be easy to understand with attractive, eye-catching and kid-friendly illustrations. The instructional cues incorporate a variety of background and text colors which make the cards really "pop"! The 8 signs and instructional cards can easily be set up in your gym or playing area, using traditional PE mats, utilizing a variety of formats.

These EDUCATIONAL GYMANSTICS Instructional Signs/Cards are ideal for PE teachers to reinforce your tumbling and balancing teaching cues in daily classes, specialized units or practice sessions. Classroom teachers could also use individual signs/cards from this activity packet inside their classrooms or outside in a playing area such as a playground or field. Homeschool teachers could also use the instructional signs in a smaller setting to teach EDUCATIONAL GYMNASTICS at home. The cards have been designed for Kindergarten through 8th grade age students.

INTRODUCTION

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PE EDUCATIONAL GYMNASTICS STATION SIGNS AND TASK CARDS



Listed below are a few methods in which teachers could utilize the PE EDUCATIONAL GYMNASTICS STATION SIGNS AND TASK CARDS:

1. STATIONS: Use the large Station Signs to mark and represent tumbling/gymnastics stations. The students would rotate from mat to mat and perform the skill listed and depicted on the Station Sign. Allow 3 to 8 minutes at a station before rotating the students. Students would rotate, read the sign and perform the task in small groups, one at a time down or on the mat

2. AS A TEACHER DRIVEN INSTRUCTIONAL AID: Teachers could use either the large signs or the smaller, instructional cards to help in their own instruction. Utilizing a "practice" style of teaching , teachers could look at the sign or card, show it to the students, demonstrate the skill (or have a student demonstrate) and have all of the class perform the task down or on a mat in small group lines. The line size would be dependent upon your class size and number of mats you have in your gym

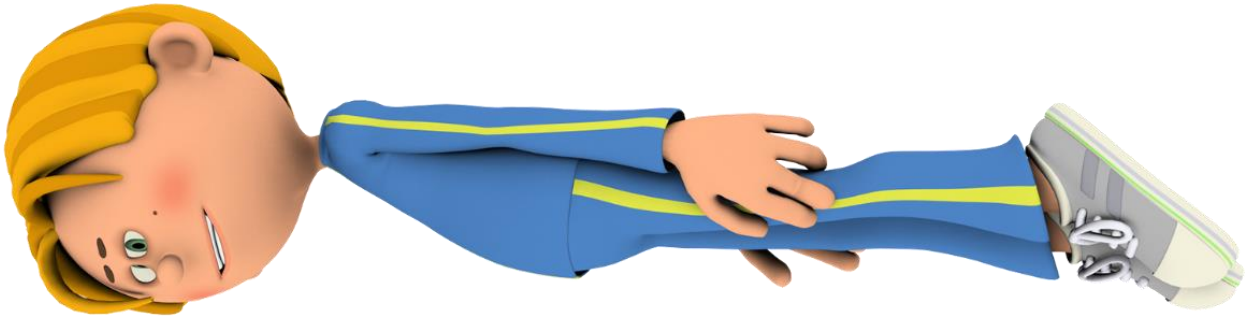
3. AS A STUDENT DRIVEN "PROGRESSION" INSTRUCTIONAL AID: Teachers could distribute the instructional cards to small groups and have the students work on the skills in a "progressive" manner. For instance, the teacher could distribute the "Jump" cards to a small group (on a mat or set of mats) and the students would work on the skills on their own time and according to their own ability. The teacher would walk around and monitor and provide feedback to the students as they practice.

4. RECIPROCAL TEACHING/PEER TEACHING: Teachers could distribute the instructional cards or stations signs to partner or trio groups and the students could take turns teaching and providing feedback to their peers, basing their feedback on the listed cues on the cards. This works well with smaller groups or if you plenty of mats/equipment.

HOW TO USE THIS PACKET

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STATION SIGNS



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JUMPS



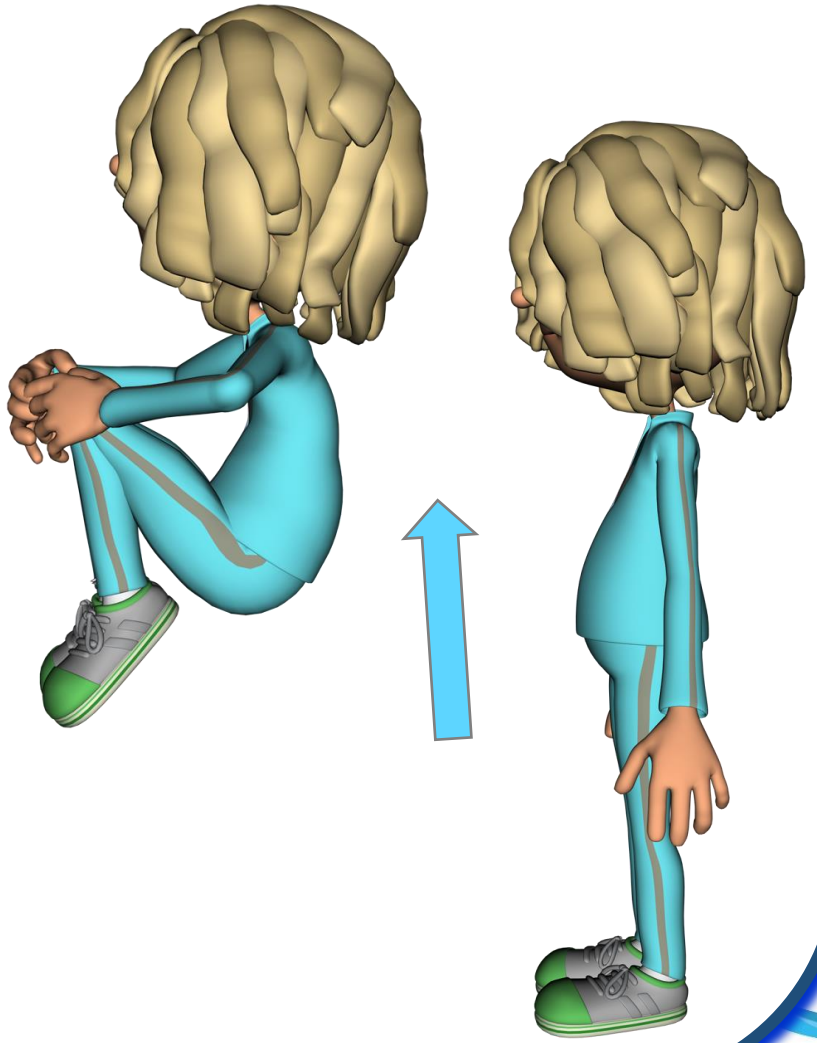


- STUDENTS START AT THE BEGINNING OF A MAT AND WAIT FOR THEIR TURN
- WHEN THE PERSON IN FRONT OF THEM JUMPS OFF THE END OF THE MAT, IT IS THEIR TURN TO GO
- JUMPS ARE TO BE PERFORMED ON THE MAT AND SHOULD END WITH A "BIG FINISH" (ARMS UP)

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TUCK JUMPS

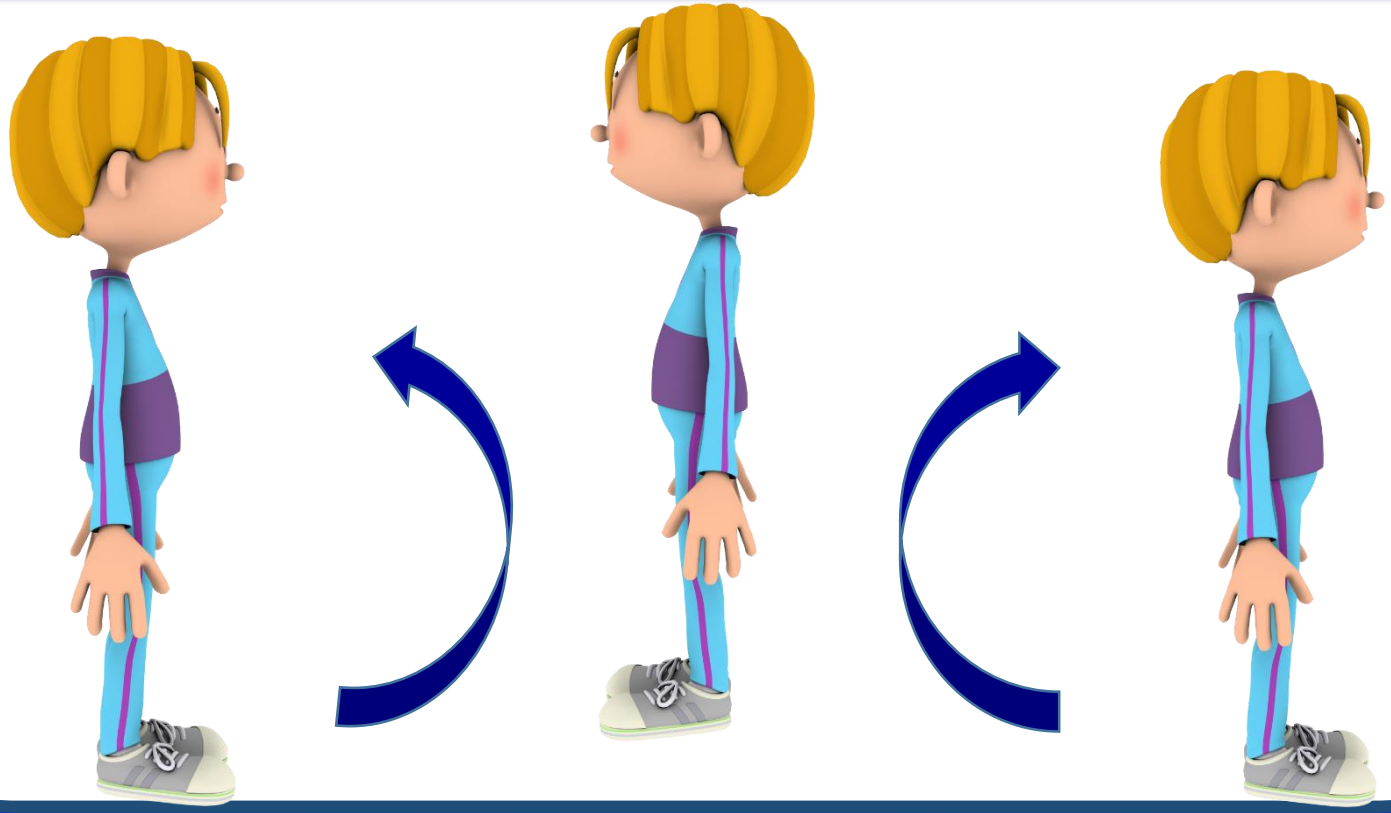
- JUMP UP USING A "2 FOOT" TAKE-OFF
- BRING YOUR KNEES TO YOUR CHEST
- TOUCH THE FRONT OF YOUR KNEES WITH YOUR HANDS IN THE AIR
- LAND SOFTLY ON YOUR FEET AND BEND YOUR KNEES WHEN YOU LAND
- REPEAT THE TUCK JUMP AS YOU MOVE DOWN THE MAT. JUMP-TUCK-LAND



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HALF TURNS

- START AT THE FRONT OF A MAT FACING FORWARD
- USE A 2-FOOT TAKEOFF AND JUMP 180 DEGREES, THEN LAND FACING THE DIRECTION YOU JUST JUMPED FROM
- CONTINUE JUMPING 180 DEGREES AS YOU TRAVEL DOWN THE MAT: FRONT-BACK-FRONT-BACK



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CRAWLS AND ANIMAL WALKS

- STUDENTS START AT THE BEGINNING OF A MAT AND WAIT FOR THEIR TURN

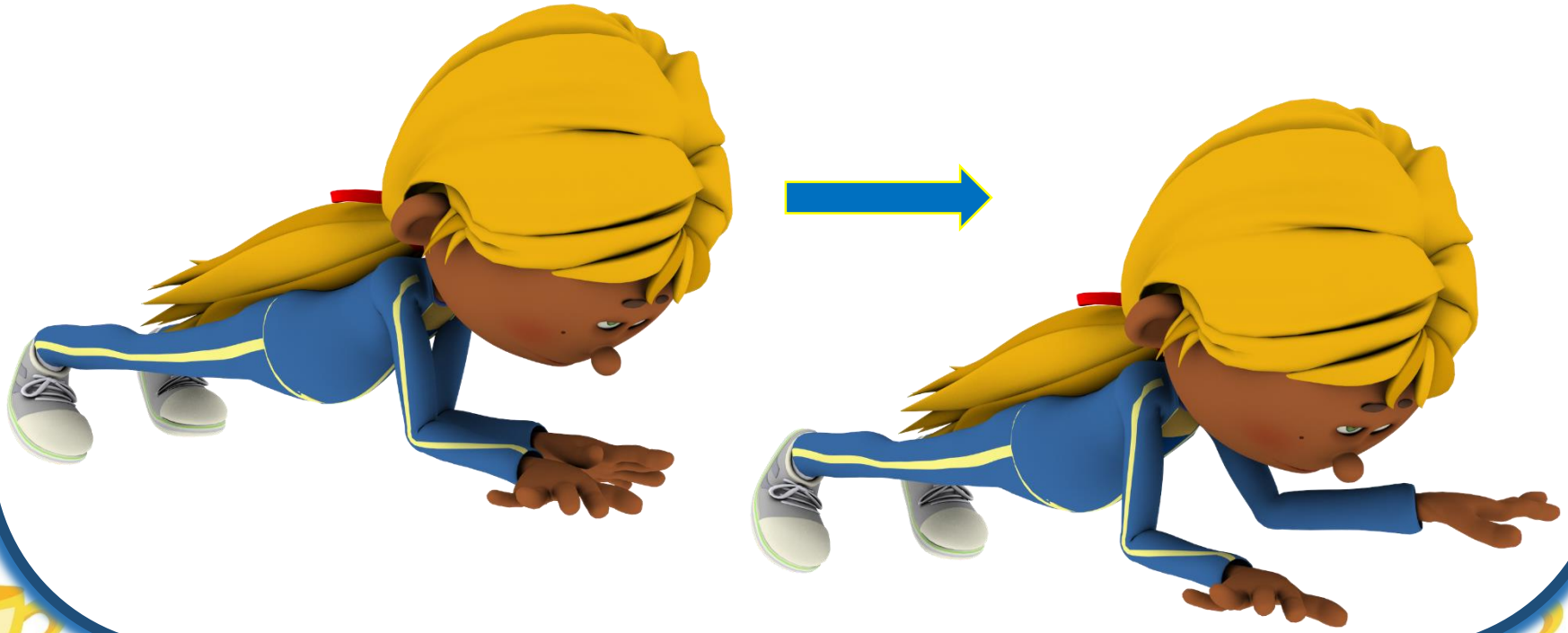
- WHEN THE PERSON IN FRONT OF THEM CRAWLS OR WALKS OFF THE END OF THE MAT, IT IS THEIR TURN TO GO



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ARMY CRAWL

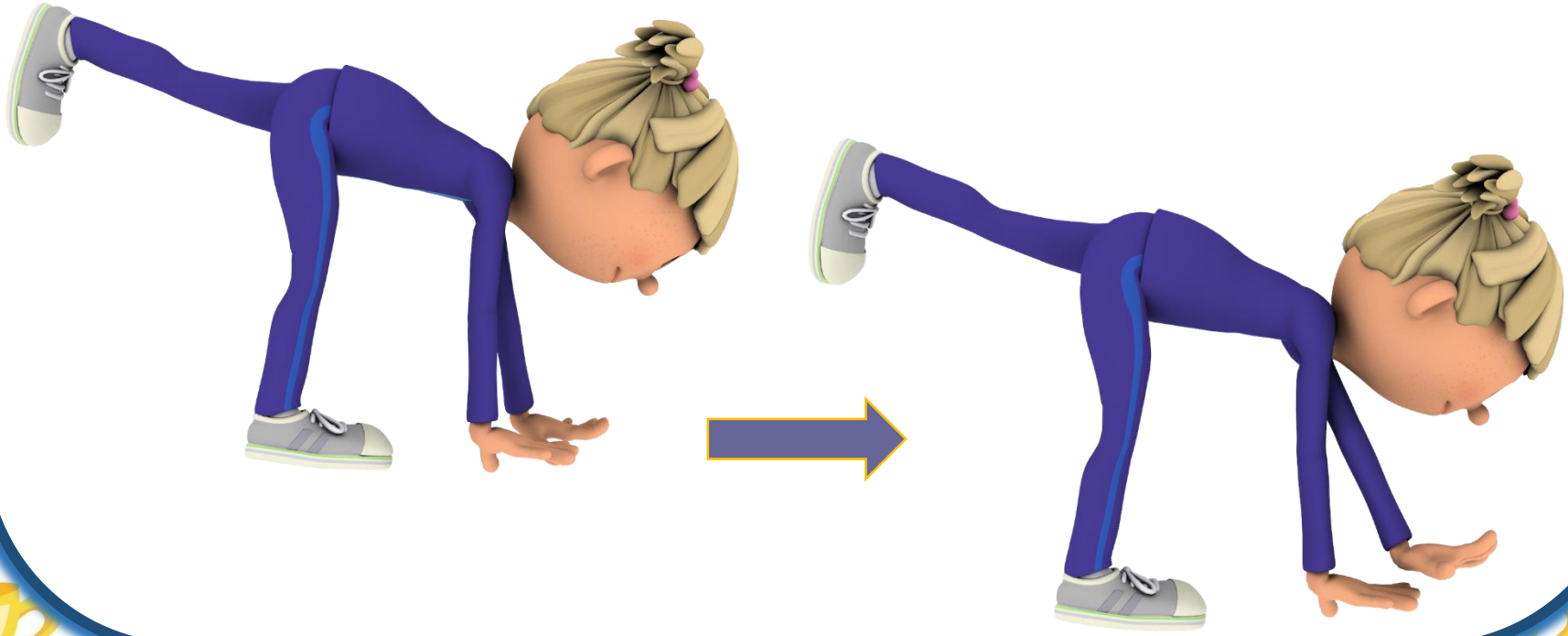
- LAY FACE DOWN ON THE FRONT OF THE MAT
- STAY LOW TO THE GROUND AND WORK YOUR WAY DOWN THE MAT USING YOUR ELBOWS AND KNEES
- WRIGGLE YOUR BODY BACK AND FORTH AS YOU MOVE



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LAME DOG WALK

- START THE WALK ON YOUR HANDS AND 1 FOOT
- WALK OR RUN DOWN THE MAT USING BOTH HANDS AND ONLY 1 LEG TO PROPEL YOUR BODY
- YOUR FOOT/LEG WILL BOUNCE BEHIND YOU AS YOU WALK YOUR HANDS DOWN THE MAT



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ROLLS

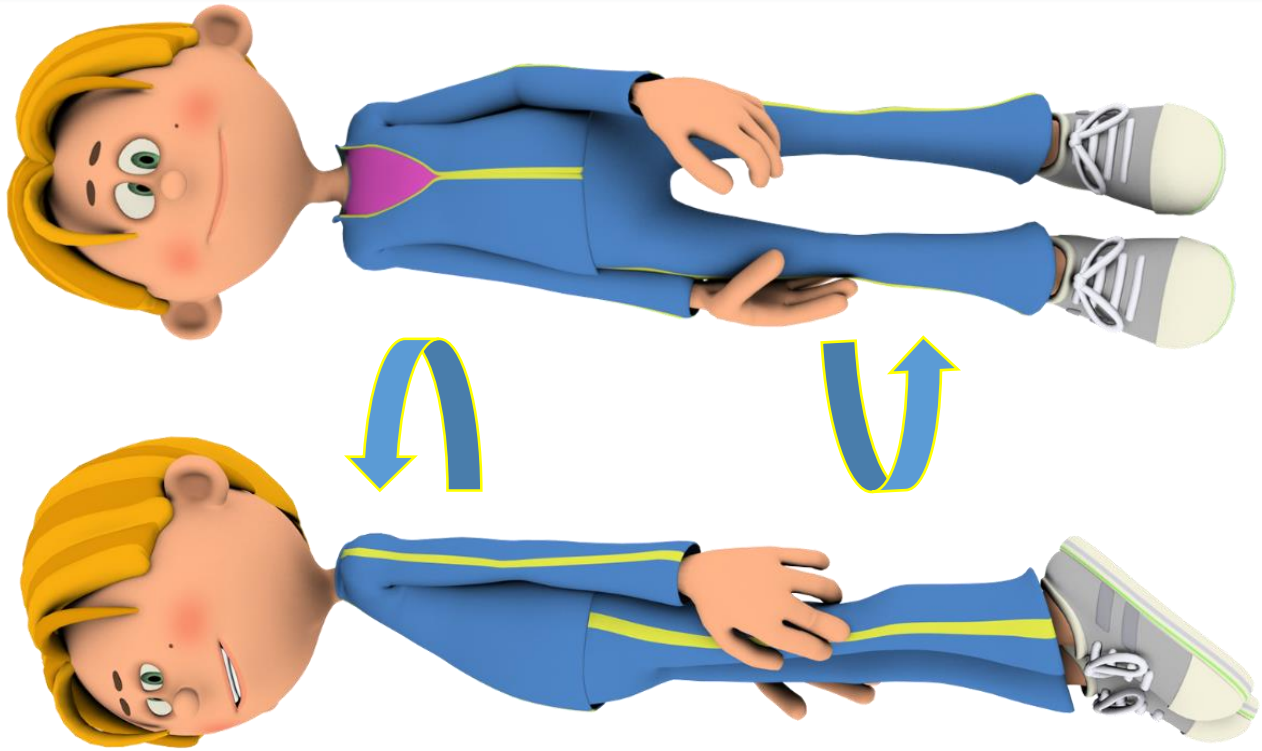
- STUDENTS START AT THE BEGINNING OF A MAT AND WAIT FOR THEIR TURN
- WHEN THE PERSON IN FRONT OF THEM ROLLS OFF THE END OF THE MAT, IT IS THEIR TURN TO GO
- IF A STUDENTS ROLLS OFF THE MAT, THEY SHOULD READJUST THEIR BODY
- USE SPOTTERS IF NECESSARY



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LOG ROLL

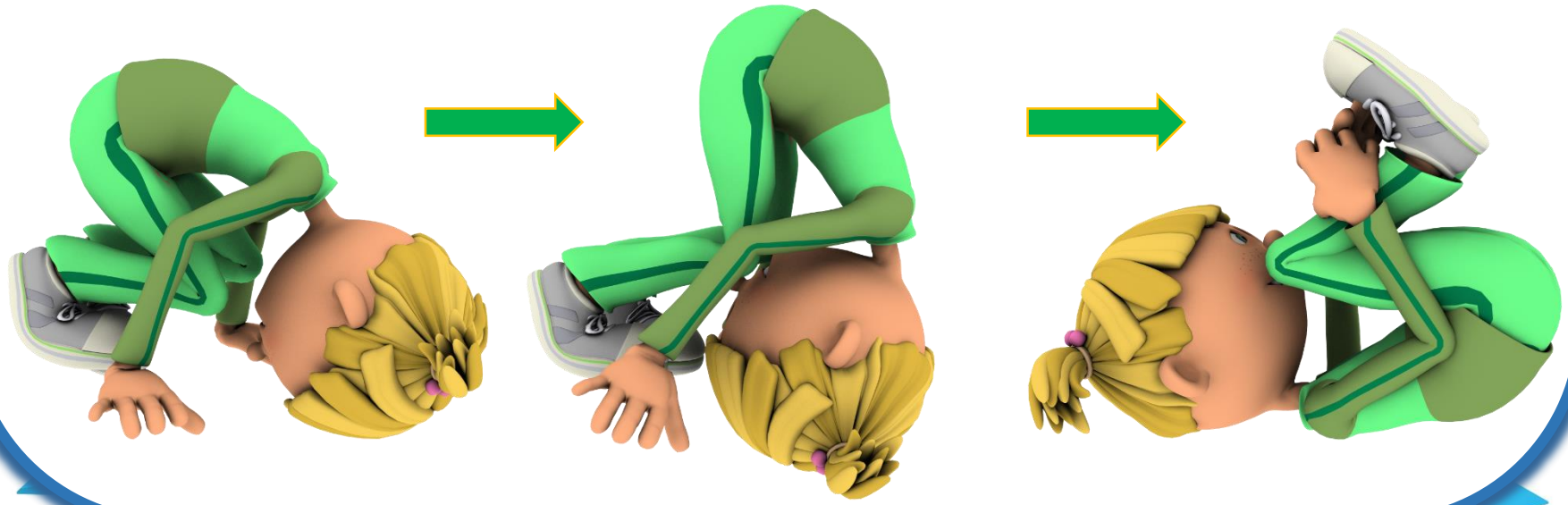
- LAY SIDEWAYS WITH YOUR ARMS BY YOUR SIDES
- KEEP YOUR BODY TIGHT AND STRAIGHT
- ROLL SIDEWAYS ALL THE WAY DOWN THE MAT
- READJUST YOUR BODY IF YOU ROLL OFF THE MAT



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FORWARD ROLL

- START IN A FULL SQUAT WITH YOUR HANDS OUT IN FRONT
- TUCK YOUR CHIN INTO YOUR CHEST
- PUSH WITH YOUR LEGS AND PLACE YOUR HANDS DOWN ON THE MAT FIRST
- ROLL ON THE BACK PART OF YOUR HEAD AND STAY IN A TIGHT BALL GRABBING YOUR KNEES AS YOU ROLL
- LET YOUR MOMENTUM CARRY YOU BACK TO YOUR FEET

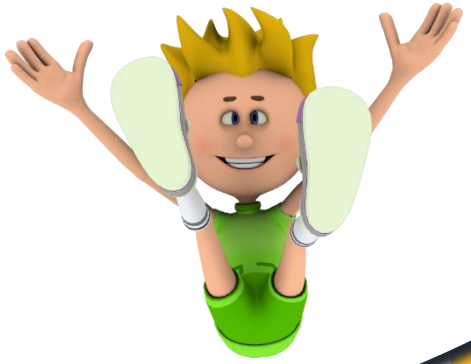


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BALANCES AND INVERTS



- STUDENTS FIND AN OPEN AND SAFE SPOT ON THE MAT
- STUDENTS PERFORMING BALANCES AND INVERTED BALANCES NEED SPACE IN CASE THEY LOSE THEIR BALANCE SO THAT THEY CAN STEP OR ROLL OUT FROM IT
- USE A SPOTTER WHEN NECESSARY



1 FOOT BALANCES

- FIND A PLACE ON THE MAT TO BALANCE
- LIFT ONE LEG UP AND HOLD THE BALANCE AS LONG AS POSSIBLE
- TRY LIFTING YOUR LEG UP TO THE SIDE OR BEHIND YOU AND HOLD IT WITH ONE OR BOTH OR YOUR ARMS
- READJUST YOUR LEG AND BODY IF YOU LOSE BALANCE







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TRIPOD

- GET IN A FULL SQUAT POSITION
- PUT YOUR HEAD + HANDS DOWN ON THE MAT FORMING A TRIANGLE SHAPE ON THE MAT (HEAD IN FRONT)
- SLOWLY BRING YOUR KNEES TO YOUR ELBOWS AND BALANCE ON YOUR FOREHEAD AND HANDS
- READJUST YOUR BODY IF YOU START TO TILT





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EDUCATIONAL GYMNASTICS

INSTRUCTIONAL CARDS





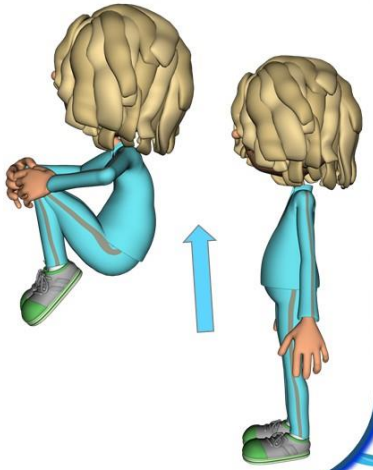


QUARTER PAGE CUT-OUTS

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TUCK JUMPS

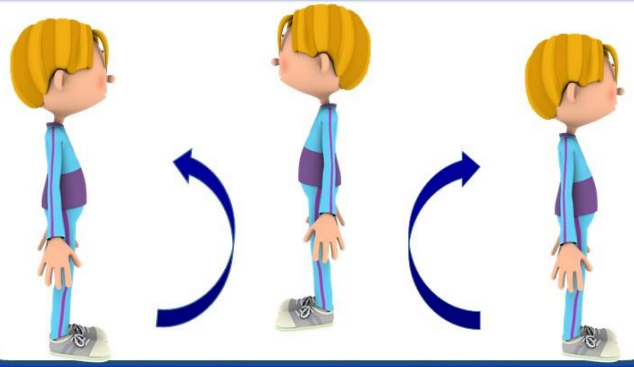
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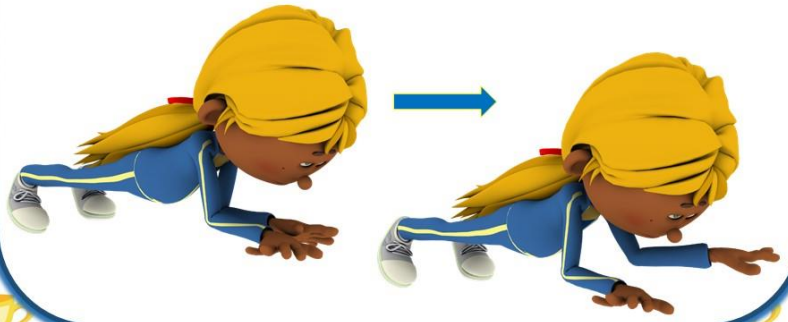
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ARMY CRAWL

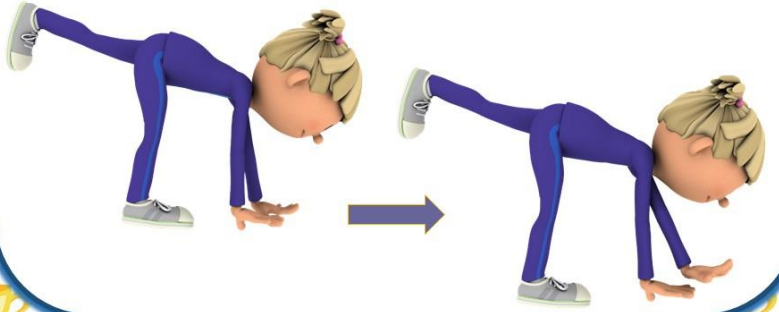
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LAME DOG WALK

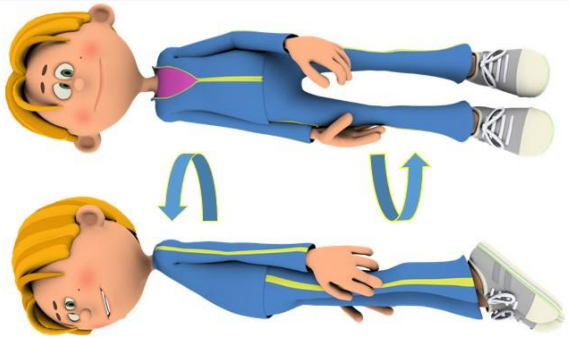
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- YOUR FOOT/LEG WILL BOUNCE BEHIND YOU AS YOU WALK YOUR HANDS DOWN THE MAT



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LOG ROLL

- LAY SIDEWAYS WITH YOUR ARMS BY YOUR SIDES
- KEEP YOUR BODY TIGHT AND STRAIGHT
- ROLL SIDEWAYS ALL THE WAY DOWN THE MAT
- READJUST YOUR BODY IF YOU ROLL OFF THE MAT



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FORWARD ROLL

- START IN A FULL SQUAT WITH YOUR HANDS OUT IN FRONT
- TUCK YOUR CHIN INTO YOUR CHEST
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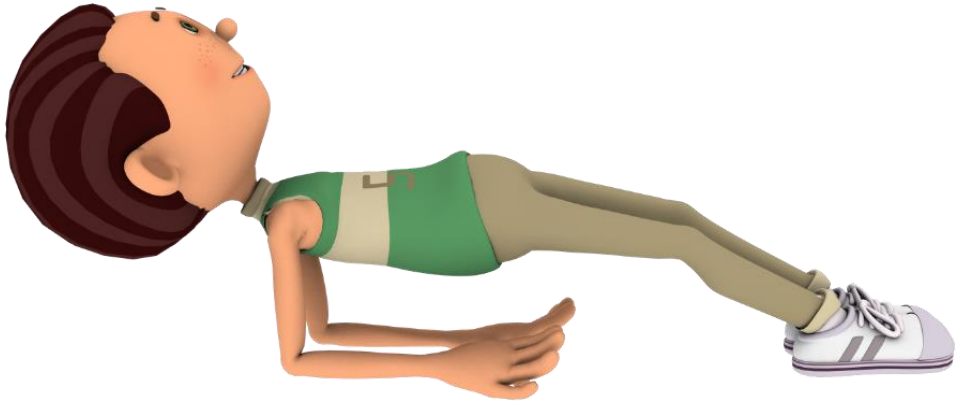
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PE EDUCATIONAL GYMNASTICS STATION SIGNS AND TASK CARDS

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PE EDUCATIONAL GYMNASTICS STATION SIGNS AND TASK CARDS

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