

Chiles High School
Instructor: Ms. Gayla Sanders
Gymnastics I & Gymnastics II

This course is designed to introduce, develop, and examine the gymnastic skills, aerobic activities, movements, and exercises that can improve physical fitness and aerobic capacity as well as rhythmic/dance activities and skills. Emphasis is placed on guiding students to develop and design their own gymnastics routine with gymnastics skills that they can utilize in everyday life as a fitness routine and as a lifelong activity.

COURSE OBJECTIVES

- 1) To discuss and practice the following skills and techniques:
 - Conditioning and fitness components
 - Stretching and warm up exercises
 - Music and rhythm incorporated in gymnastics
 - Conditioning and fitness through diversity of gymnastics movements, skills and activities, and other rhythmical/gymnastics skills such as: Pilates, aerobic dance routines, fitness routines for gymnasts and dancers,

Fitness testing, fitness components; health related and skill related components; and rhythmic gymnastics skills
- 2) To perform movements, activities, skills and/or routines specific to participants' abilities and to utilize skills learned in each class in order to perform rhythmical sequences and gymnastics routines in their everyday life
- 3) To offer the opportunity to improve participants' coordinative structured movements and skills
- 4) To create rhythmic patterns using gymnastics and rhythmic exercises
- 5) To offer the opportunity to improve participants' physical fitness.