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# The 1st Three Years Of Acro, Gymnastics, & Tumbling: Teaching Tips, Monthly Lesson Plans, And Syllabi For Successful Gymnastics Classes



## Synopsis

No matter if your program is completely new or you have been at it for 30 years, this book develops a common base from which all of your teachers can build their classes. Giving students a strong, balanced gymnastics education in their early years will allow students' individual talents, education, and creativity to thrive during classes in later years. This book is perfect for gymnastics organizations to develop their younger classes. It also provides a perfect model for organizations besides gyms to learn how to add in a gymnastics program. As any savvy business owner knows, the best way to grow your business is to find new customers or to sell more to the customers you already have. Whether you are a Gymnastics school, dance studio, sport complex, or recreation center, *The 1st Three Years of Acro, Gymnastics, & Tumbling* gives you a step-by-step process for introducing a new program, which will allow you to benefit more from your pre-existing customers.

## Book Information

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## Customer Reviews

If you want to add acro or gymnastics to your dance or karate studio look at this book. It offers three years of lesson plans plus teaching hints and songs and games. All lessons are based on developing the body to enable the student to move on to the next lesson. Each lesson begins with classroom management goals for the month. I like this for several reasons. First, keeping the class under control is safer. Second the organized classroom allows children to feel they are participating even while waiting for a turn. Third, the teacher is able to give attention to each child as needed.

The first lesson starts with Army drags and camel walks then after three years the students are doing. Round offs and handstands to a bridge. The teacher needs to have experience in gymnastics to use this book, but all the lesson plans are right here. I liked that I could hand the book to a young teacher and by the end of the week classes were running successfully

This is really basic. It does not go into detail about body mechanics or teaching methods. I was hoping it would go more in depth to teach HOW to teach kids but it just lists "teach a cartwheel" on this day. If it wasn't all spaced out this would be like 20 pages long.

I recommend this book if you want to take your gym/gymnastics class to the next level or if you are interested in starting a new program. Regardless of your experience level in gymnastics or in coaching the sport, this book will provide key guidelines to developing a successful program. It provides a step by step approach to enriching your lesson plan and developing gymnasts to their full potential. It will also provide your coaching staff the knowledge and confidence to provide the right amount of repetition, knowledge, creativity, and growth to every class.

Absolutely love this book!!! It gives so much information and the layout has really been great in class:) not just what to do but how to do it and the complete layout of a class from start to finish!!

Just what I was looking for, very helpful and easy to follow.

Very helpful for working children. This book was as good as the dancing one.

Love the lesson plans and descriptions of the games/activities within the lesson plans. Very helpful for our beginner tumbling classes! Book was in great condition too and easy to navigate

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