



## **KHE 209 GYMNASTICS**

## **MODULE 1 SKILLS DEVELOPMENT AND TECHNIQUES IN SPORTS AND GAMES- GYMNASTICS**

This module is to introduce you to gymnastics, which is important sporting activity. You will learn about the history and development of gymnastics as well as forms of gymnastics activities. You will also be introduced to some gymnastics activities which you can perform on your own or with the help of a partner (spotters).

- Unit 1 History and Development of Gymnastics
- Unit 2 Forms of Gymnastics Activities
- Unit 3 Competitive Gymnastics and Performing Gymnastics Activities
- Unit 4 Performing Gymnastics Activities
- Unit 5 Performing Gymnastics Activities and Gymnastics Terminologies

### **UNIT 1 History and Development of Gymnastics**

#### **CONTENTS**

- 1.0. Introduction**
- 2.0. Intended Learning Outcomes (ILOs)**
- 3.0. Main contents**
  - 3.1. History and development of Gymnastics**
  - 3.2. Facilities, equipment and supplies for Gymnastics**
- 4.0. Self-Assessment Exercise**
- 5.0. Conclusion**
- 6.0. Summary**
- 7.0. References/Further Readings**

## **1.0. INTRODUCTION**

You have seen people performing different physical activities in order to keep fit as well as prolong their lives. The activities may be in form of hanging on objects like poles or rolling on the floor. All these are called gymnastic activities.

## **2.0. INTENDED LEARNING OUTCOMES**

By the end of the lesson, you will be able to;

- trace the history of gymnastics
- list facilities and equipment used in gymnastics

## **3.0. MAIN CONTENTS**

### **3.1. History and Development of gymnastics**

In the ancient Greek in particular in Spartan, one of the city states where their aim was to build man of action, gymnastics was highly important for physical fitness. The gymnastic activities were done in gymnasium. The activities done then included jumping, running and wrestling.

However, modern gymnastics was started by Johann Friedrich GutsMuths and Friedrich Ludwig Jahn who created exercises for boys and young men. The international world ruling body for gymnastics, International Federation of Gymnastics was formed in 1881. Gymnastic was one of the Olympic events at the introduction of the modern Olympics in 1896. Women's event in Olympics started at the 1928 Olympic game in Amsterdam. An individual who performs gymnastic activities is known as gymnast. A gymnastic activity could be classified into floor activity and apparatus activity. It is an event that involves balance, strength, flexibility, agility, coordination and endurance.

Gymnastics is divided into men and women activities. Women compete in four activities which include vault, uneven bars, balance beam and floor exercises while men compete in six events which include floor exercise, pommel horse, still rings, vault, parallel bars and high bars.

Click on <https://www.youtube.com/watch?v=h89LnWIDwcQ> to watch a gymnastic game

## **Self Test**

Briefly trace the history of gymnastics.

## 3.2. Facilities, Equipment and Supplies in Gymnastics

### 3.2.1. Facilities

Facilities in gymnastics are the non-movable, permanent, durable structures used in gymnastics activities. They cannot be taken from one place to the other. Examples of facilities in gymnastics include the gymnasium where gymnastics takes place. All the structures that are fixed to the floor, wall or ceiling that cannot be moved from one place to the other are also facilities. Apart from the gymnasium, other facilities include uneven bars, horizontal bars and parallel bars, single bar trainer, balance beam, rings, and others.



**Fig. 1.1: A Gymnasium**

**Source:** <https://www.harperhawks.net/sports/2019/8/8/gymnasium.aspx?path=general>

### 3.2.2. Equipment

Equipment in gymnastics are movable durable materials that are used for gymnastics. These materials can be transferred from one place to the other.

Examples of equipment in gymnastics are vaulting box, spring board, choco vault table, horse, sportswear, gymnastic mats, side horse and others.

### **3.2.3. Supplies**

Supplies in gymnastics are also equipment but they are materials that can be used and discarded. They are therefore called consumable materials. Examples of supplies in gymnastics are powder used by the gymnasts to rub the palm for firm grasp of the equipment when holding them.

## **4.0. SELF-ASSESSMENT EXERCISE**

Explain facilities, equipment and supplies in gymnastics and give one example of each.

## **5.0. CONCLUSION**

In this unit, you have been introduced to gymnastics. You have also learnt about the facilities, equipment and supplies in gymnastics.

## **6.0. SUMMARY**

In this unit, you have learnt the history of gymnastics and where gymnastics activities are done, that is, gymnasium. You also learnt that gymnastics was part of the sports featured during the modern Olympic Game. You have also been exposed to different types of facilities, equipment and supplies in gymnastics.

## **7.0. REFERENCES/FURTHER READINGS**

Babalola, J.F. (2010). *Handbook of practical physical education*. Ibadan: OBK International Press.

Omughene, C.O (1988). *P.E for Junior Secondary School*. Benin City: Ambik

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## **UNIT 2     FORMS OF GYMNASTICS**

- 1.0. Introduction**
- 2.0. Intended Learning Outcomes (ILOs)**
- 3.0. Main Contents**
  - 3.1. Classes of Gymnastics**
  - 3.2. Vault**
- 4.0. Self-Assessment Exercise**
- 5.0. Conclusion**
- 6.0. Summary**
- 7.0. References/Further Readings**

### **1.0. INTRODUCTION**

You have seen children performing physical activities that involve tumbling and vaulting before but may not know that they are gymnastic activities. In this unit, you will be introduced to the process of performing such activities either on the floor or on apparatus.

### **2.0. INTENDED LEARNING OUTCOMES (ILOs)**

By the end of the lesson, you will be able to;

- compare the two major classes of gymnastics
- explain the activities under each class
- enumerate the objectives of gymnastics
- highlight the values of gymnastics

### **3.0. MAIN CONTENTS**

#### **3.1. CLASSES**

Generally, gymnastics activities can be classified into two parts; the floor activities and the apparatus activities.

##### **3.1.1. Floor Activities**

Floor activities are the activities that are done on the floor without the use of any instrument or apparatus. Some of the floor activities can be done individually while others can be done with partners or groups. Those done individually are called individual activities while the other is known as group activities. The individual floor events include forward roll, backward roll, hand stand, head stand, angle head stand, centre wheel, elbow balancing, hand spring, somersaulting, hand walking. On the other hand, floor activities that can be done with partners include fireman lifting, wheel barrow, head stand with support, kangaroo jump. jump.

### **3.1.2. Apparatus Activities**

Apparatus activities are the activities that are done on apparatus either improvised or real apparatus. The apparatus used in gymnastics include parallel bars, horizontal bars, beam, pommel horse, the ring, trampoline, ropes. Activities that can be done with these apparatuses include; vaulting, tumbling, balancing, chin up. chin up.

### **3.2. Objectives and Purpose of Gymnastics**

The objectives of performing gymnastic activities include;

- a. To train the individual the process of balancing the body during body movements.
- b. To enable participants gain strength and stability.
- c. To develop agility and mobility.
- d. To teach falling and landing without injury during sudden falls.
- e. To develop confidence in the performers.
- f. To improve the muscular system.
- g. To develop physical fitness

### **3.3. Values of Gymnastics Activities**

The following are the values of participating gymnastics activities.

- a. Helps in the development of the muscles of the body
- b. Aids good body posture
- c. Helps in the development of power and increase agility
- d. Develops sense of appreciation
- e. Helps in developing sense control
- f. Helps in developing proper balancing

## **4.0 SELF-ASSESSMENT EXERCISE**

- i. Outline the objectives and purpose of gymnastics
- ii. What are the values of participating in gymnastic activities?
- iii. What are the major classes of gymnastics?
- iv. List five examples each of floor activities and apparatus activities.
- v. List five gymnastics apparatus.

## **5.0. CONCLUSION**

As a beginner this unit has been able to introduce you to the major classifications of gymnastic activities as well as the objectives and values of gymnastics.

## **6.0. SUMMARY**

In this unit, you have learnt that gymnastics can generally be divided into two parts which are floor activities and apparatus activities. You were able to identify some examples of both floor and apparatus activities. Finally, you were able to learn about the objectives and values of gymnastic activities.

## **7.0. REFERENCES/ FURTHER READINGS**

Babalola J.F. (2010). *Handbook of practical physical education*. Ibadan: OBK International Press.

Ekperigin, H.J., & Uti J.O. (1971). *A handbook of physical education*. Ibadan: Machmillian

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## **UNIT 3            COMPETITIVE    GYMNASTIC    AND    PERFORMING GYMNASTIC ACTIVITIES**

- 1.0. Introduction**
- 2.0. Intended Learning Outcome (ILOs)**
- 3.0. Main Contents**
  - 3.1. Classes of Competitive Gymnastic**
  - 3.2. Participating in Gymnastic**
- 4.0. Self-Assessment Exercise**
- 5.0. Conclusion**
- 6.0. Summary**
- 7.0. References/ Further Readings**

### **1.0. INTRODUCTION**

In the previous unit, you have learnt the major classification of gymnastic, the objectives of participating in gymnastics and the values of gymnastics. In this unit, you will learn about competitive gymnastics. You will also be introduced to the process of performing some other activities.

### **2.0. INTENDED LEARNING OUTCOME (ILOs)**

By the end of the lesson, you will be able to;

- identify the different classes of competitive gymnastics
- perform some floor activities like forward roll, backward roll and head stand

### **3.0. MAIN CONTENTS**

#### **3.1. Classes of Competitive Gymnastics**

Gymnastic activities are governed by the laws of Federation of International Gymnastics (FIG). Under this law, gymnastic activities are classified as artistic gymnastics, rhythmic gymnastics, trampoline sports and acrobatic and aerobic gymnastics. The most popular among these is the artistic gymnastic which include women and men events. Women's events in artistic gymnastics include participation in vault, uneven bars, beam and floor activities. On the other hand, men's events include participation in floor exercises, pommel

horse, still rings, vault, parallel bars and high bars. Athletes either male or female at international levels are to perform different activities (compulsory and optional) at different stage

### 3.2. **Participating in Gymnastic Activities – Floor Activities**

#### 1. **Cart Wheel**

##### **Skill Teaching**

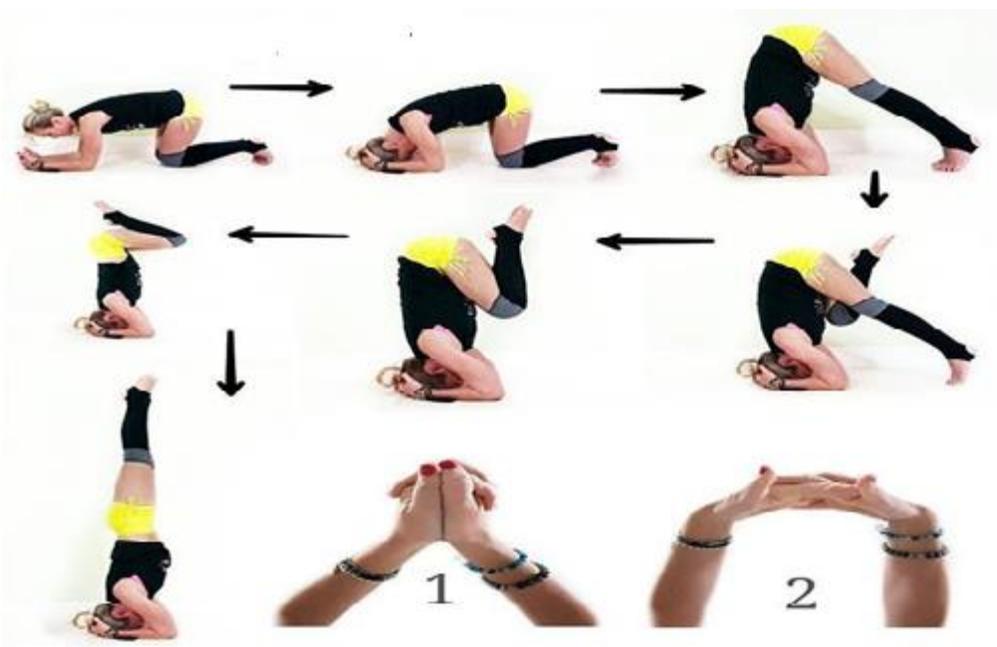
- a. Stand straight in astride position
- b. Spread out the arms sideways looking straight forward
- c. Rock to the left and right and spring towards the side landing with hand.



- d. Land back on the legs

#### 2. **Head Stand**

- a. Stand in astride position
- b. Place your two palms on the floor
- c. Bend down and place the forehead on the floor to make a form of tripod or triangle on the floor
- d. Gradually remove the two feet from the floor and raise the legs up straight in the air.



### Self Test

Try to practice the gymnastic skills with partners

#### 4.0. SELF-ASSESSMENT EXERCISE

- i. List the different events in competitive gymnastics.
- ii. What are the events of female in artistic gymnastics.
- iii. Elaborate on the events of male in artistic gymnastics.

Answer

- artistic gymnastics, rhythmic gymnastics, trampoline sports and acrobatic and aerobic gymnastics
- vault, uneven bars, beam and floor activities.
- floor exercises, pommel horse, still rings, vault, parallel bars and high bars

#### 5.0. CONCLUSION

You have been able to learn the categories of competitive gymnastics and also the process of performing floor activities in gymnastics.

## **6.0. SUMMARY**

In this unit, you have learnt about competitive gymnastics and the events involved for both men and women. You have also learnt the process of performing two floor activities in gymnastics.

## **7.0. REFERENCES/FURTHER READINGS**

Babalola J.F. (2010). *Handbook of practical physical education*. Ibadan: OBK International Press.

Ekperigin, H.J., & Uti J.O. (1971). *A handbook of physical education*. Ibadan: Macmillan

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## **UNIT 4     PERFORMING GYMNASTIC ACTIVITIES**

- 1.0. Introduction**
- 2.0. Intended Learning Outcome (ILOs)**
- 3.0. Main Contents**
  - 3.1. Performing Gymnastic Activities – Floor Activities**
    - 3.1.1. Performing Forward Roll**
    - 3.1.2. Backward Roll**
    - 3.1.3 Hand Stand**
  - 3.2. Performing Gymnastics Activities – Apparatus Activities**
- 4.0. Self-Assessment Exercise**
- 5.0. Conclusion**
- 6.0. Summary**
- 7.0. Reference/ Further Readings**

### **1.0. INTRODUCTION**

In the previous unit, you have learnt about the classes of competitive gymnastics and the process of performing cart wheel and head stand. In this unit, you will learn more about the process of performing floor activities and apparatus activities.

### **2.0. INTENDED LEARNING OUTCOMES (ILOs)**

By the end of the lesson, you will be able to;

- I. perform more floor activities like hand stand, forward roll, backward roll

### **3.0. MAIN CONTENTS**

#### **3.1. Floor Activities**

Other forms of floor activities are forward roll, backward roll, hand spring, press ups, pushups.

#### **3.1.1 Performing Forward Roll Performing Forward Roll**

- Be in crouch position with the two legs opened wide mainly at shoulder width

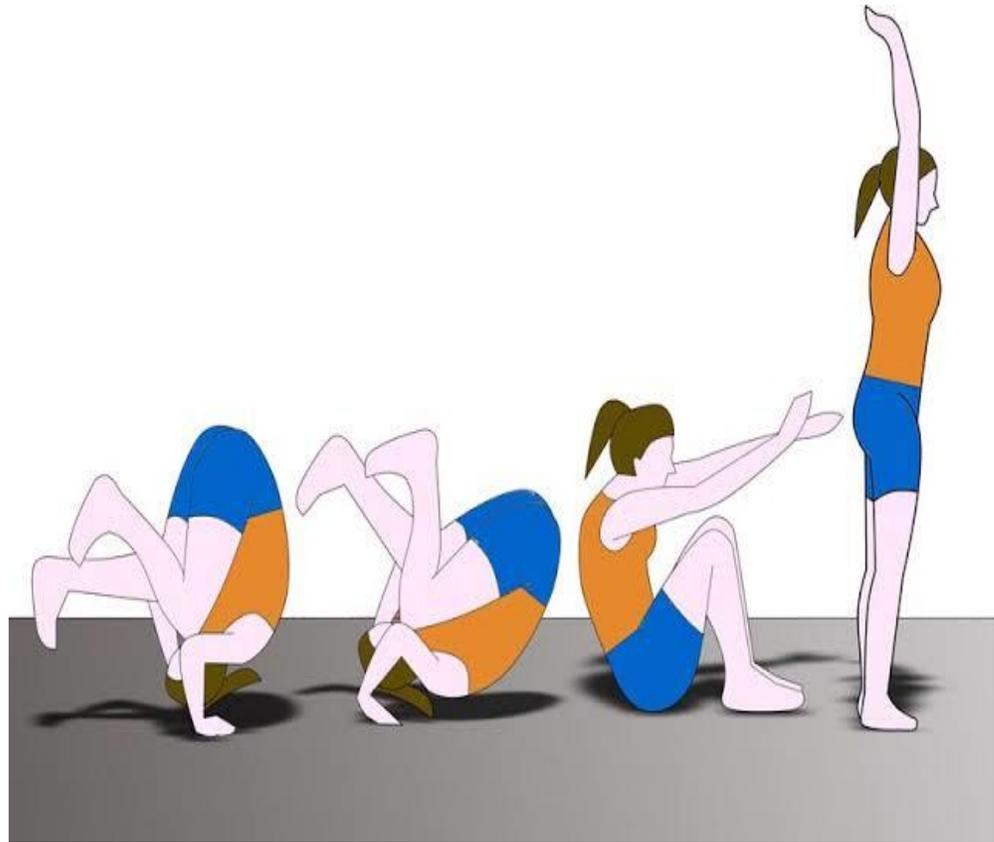
- Place two palms on the floor beside the two legs with the fingers pointing forward
- Move the body forward by transferring the body weight to the hand by removing the legs from the floor
- Roll over without allowing the head to touch the floor and the head passing through the two hands
- Complete the movement by returning to the crouch position with hands raised up.

- Be in standing position with the two legs together
- Raise up the arms with the palm facing up
- Bend down to crouch position and place the palm on the floor beside the legs
- Tuck in the head and transfer the weight of the body to the hand
- Spring up and go back to squat position without allowing the head to touch the floor and stand up.

- Be in standing position with the two legs together
- Raise up the arms with the palm facing up
- Bend down to crouch position and place the palm on the floor beside the legs

**OR**

- Be in standing position with the two legs together
- Raise up the arms with the palm facing up
- Bend down to crouch position and place the palm on the floor beside the legs
- Tuck in the head and transfer the weight of the body to the hand
- Spring up and go back to squat position without allowing the head to touch the floor and stand up



**Fig. 4.1: Forward roll picture**

### **3.1.1. Backward Roll**

- Be in squat position or crouch position
- Raise your hands up
- Bend backward and spring up pushing backward with the leg and turn without allowing the hand to touch the floor
- Return to starting position

### **3.1.2. Hand Stand**

- Raise up the hand
- Move forward and place the palm on the floor and spring up the leg to raise the two legs up
- Balance on the hand and straighten the legs up.

## **Self Test**

Practice the skill with somebody standing by your side

### **4.0. SELF-ASSESSMENT EXERCISE**

Highlight steps involved in performing forward roll.

### **5.0. CONCLUSION**

In this unit, you have learnt how to perform forward roll backward roll and hand stand.

### **6.0. SUMMARY**

This unit has given you the insight into the performance of floor activities in gymnastics which include forward roll, backward roll and hand stand.

### **7.0. REFERENCE/ FURTHER READINGS**

Babalola J.F. (2010). *Handbook of practical physical education*.  
Ibadan: OBK International Press

Ekperigin, H.J., & Uti, J.O. (1971). *A handbook of physical education*.  
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# **UNIT 5      PERFORMING      GYMNASTIC      ACTIVITIES      AND TERMINOLOGIES**

## **1.0 Introduction**

## **2.0 Intended Learning Objectives (ILOs)**

## **3.0 Main Contents**

### **3.1 Apparatus Activities**

### **3.2 Terminologies in Gymnastics**

## **4.0. Self-Assessment Exercise**

## **5.0. Conclusion**

## **6.0. Summary**

## **7.0. References/ Further Readings**

### **1.0. INTRODUCTION**

In the last unit, you learnt about the process of performing floor activities like forward roll, backward roll and head stand which are floor activities. In this unit, you are going to learn about apparatus activities and terminologies in gymnastics.

### **2.0.                    INTENDED LEARNING OBJECTIVES (ILOs)**

By the end of this lesson, you will be able to;

- perform some apparatus activities like chin up, monkey somersault, hanging on balancing beam and unbalanced beam
- list some terminologies associated with gymnastics

### **3.0. MAIN CONTENTS**

#### **3.1. Apparatus Activities**

Apparatus activities are the gymnastic activities that are performed on gymnastic apparatus like horse, rings, balance beam, uneven parallel bar and others to list a few. Gymnastic activities that can be carried out on these apparatus include; chin up, hanging with one hand, balancing on parallel bars, vaulting box, gymnastic mats.

#### **3.1.1 Chin up**

This is performed as follows;

- Put your hands at shoulder width on the cross bar of horizontal and parallel bars with your palm facing you

- hang on the bars by remove the two feet from the floor
- rise until your head is above the cross bars and the chin touches the bar
- hang there and count 1-51-5..

### 3.1.2 **Monkey Hang**

To perform monkey hang, follow the coaching points

- Put your hands on the cross bar by placing your palm on it in such a way that your palm is facing the cross bar
- remove your legs from the floor and allow it to touch the cross bar.
- At this point, your two legs should be in between the two hands with the legs now placed on the cross bar.





### 3.1.3 **Monkey Somersault**

To perform monkey somersault, follow this coaching point;

- Put your hands on the cross bar with your palm facing the cross bar.
- hold on to the bar and move your legs up until the legs get to the cross bar
- turn by moving your leg and allow it to pass through the space created by the hand.
- turnover and return by allowing the leg to also pass through the same space created by your two hands.

### 3.2. **Gymnastics Terminologies**

Gymnastic terminologies are the terms associated with gymnastics. The term includes

**Gymnast:** This is an individual participating in gymnastic activities.

**Spotter:** This is an individual who gives support to a person performing usually begin gymnastic activities to prevent accident.

**Spotting:** This is the process of giving support to an individual performing gymnastic activities.

**Gymnasium:** This is an indoor hall where gymnastic activities are performed

**Chalk:** This is used in rubbing the hand so that gymnasts could have firm grips of apparatus

**Grips:** These are leather straps worn by gymnasts in order to have firm grips of the apparatus.

### **Self Test**

Try to practice some apparatus activities.

## **4.0 SELF-ASSESSMENT EXERCISE**

- i. List some apparatus activities.
- ii. List and explain any five terms used in gymnastics.

### Answers

chin up, hanging with one hand, balancing on parallel bars, vaulting box, gymnastic mats

Spotter, Chalk, Grips, Gymnasium, Gymnasts

## **5.0. CONCLUSION**

In this unit, you have learnt some apparatus activities and the process of performing them. You also learnt some terms used in gymnastics.

## **6.0. SUMMARY**

This unit has exposed you to the process by which you can perform some apparatus activities such as chin up, monkey hand and monkey somersault. You also learnt the meaning of such terms as gymnast, gymnasium, sporter and others

## **7.0. REFERENCES/ FURTHER READINGS**

Babalola J.F. (2010). *Handbook of practical physical education*. Ibadan: OBK International Press.

Ekpeigin, H.J., &Uti J.O. (1971). *A handbook of physical education*. Ibadan: Machmillian

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