

10 Tips for Teaching

Preschool Tumbling

by Patti Komara

Throughout the next few issues Patti Komara will be providing Technique with articles on how to train staff to teach preschool and beginner gymnastics. Encourage your preschool director to use it as a training tool--a jumping off point for discussion at your staff meetings. At the following staff meeting give a "pop quiz" to see what ideas stuck with them and that they actually used and learned. Reinforce key ideas at every staff meeting!



1. **Move** - Don't just stand there and call off skills and corrections, but move alongside the student as you give encouragement, and suggestions as you spot them.

2. **Organized** - Keep good records of what you've already taught your students by dating your progression sheets as you teach them a new skill. Have all your needed props and equipment out and ready for your class.



3. **Spot** - For every skill introduced you should spot the first skill so the child feels the correct way to perform it. Then, move alongside them as they attempt the skill at least two more times.

4. **Excited** - It's your enthusiasm that motivates your students. If you're excited about a new skill, they will be, too.

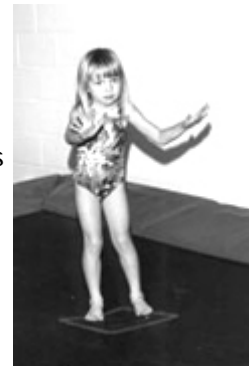
5. **Safety** - From your ability to spot, the equipment, your safety certification to what skill to call when, make safety #1.

6. **Reinforce and Repeat** - Do each skill every lesson at least three times. Repeat the name of the skill often. Quiz the students throughout the class, review what you did in class, then leave them with a challenge.

7. **Visual Cues** - Use small traps and equipment such as poly dots, handprints and footprints as indicators for hand and foot placement.

8. **Teach Part/Whole Method** - Teach each tiny part of the skill and let the student feel achievement, then put it all together.

9. **The Latest Equipment** - Look through the newest equipment catalogs. Stay on top of this industry and use the latest, most innovative equipment pieces.



10. **Make it Fun** - When Mom or Dad asks that invariable question, "Did you have fun?" The students have to answer enthusiastically, "yes!" To keep your classes full, make it FUN!