



Teaching Children Gymnastics: Becoming a Master Teacher

Peter Werner

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The video shows three condensed lessons that provide real-world examples of effectively teaching children gymnastics. The text combines traditional Olympic-style skills with the developmental approach of educational gymnastics and explains the why and how of teaching gymnastics effectively. It presents 24 practical, child-tested examples of gymnastics activities called Learning Experiences that are suitable for ages three to eleven. The Learning Experiences are divided into three skill themes: travelling, statics and rotation.

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