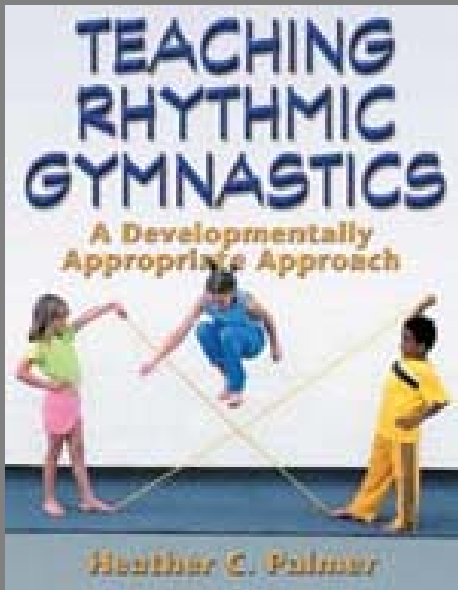




Rhythmic Gymnastics: A safe educational movement program for all ages and abilities



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- Complete teaching tools that make teaching rhythmic gymnastics easy—even for those with little or no experience with the sport
- Developmentally appropriate skill instruction for fundamental movement experiences and five types of apparatus: balls, ropes, hoops, ribbons, and scarves
- Ready-to-use checklists, assessment guidelines, learning outcomes, lesson plans, and even routine-planning posters that you can enlarge on a copier and post in the gym
- Shows you how to use students' natural curiosity and enthusiasm to shape their movements into routines in fun ways

Rhythmic gymnastics offers a unique blend of music, movement, and apparatus that challenges students to discover their bodies' capabilities. The opportunities for movement are endless as children use their natural creativity and imagination to manipulate ribbons, balls, hoops, ropes, and scarves in fun and spectacular ways.

With *Teaching Rhythmic Gymnastics*, you don't need any specialized training to put together a developmentally appropriate program. It's so easy to implement that you'll be able to lead classes through the basics of rhythmic gymnastics from the very first day. This book has everything you need:

- Practical ideas for making your own hand apparatus from everyday materials
- Lesson plan ideas and strategies for class management
- Activities for developing each of the movement elements:

locomotion, jumps, leaps, balances, turns, and pivots

- Learning challenges for every fundamental movement using each apparatus
- Tips for selecting music, including basic information about tempo, rhythm, and beat

The open-ended approach and extensive illustrations make this resource easy to use. To make your job even easier, the book includes a variety of convenient and time-saving tools, including ready-to-use checklists, assessment guidelines, lesson plans, word searches for vocabulary development, and even routine-planning posters that you can enlarge and post in the gym.

With *Teaching Rhythmic Gymnastics*, you can add variety to your gymnastics and rhythmic units; start a rhythmic gymnastics club; or introduce a safe, enjoyable alternative to traditional gymnastics programs.

Audiences: Resource for K-12 physical education teachers, classroom teachers, adapted physical educators, recreation teachers, dance teachers, and gymnastics club owners and instructors. Supplemental textbook for courses in physical education, adapted physical education, elementary education, early childhood education, recreation, and dance.

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About the Author

Heather C. Palmer is the program consultant for Rhythmic Gymnastics Alberta. She discovered rhythmic gymnastics at the age of 19 (the time of her retirement from competitive artistic gymnastics), and she has been actively promoting the sport ever since.

As a classroom teacher herself, Palmer also understands the demands of teaching: She has taught movement and rhythmic gymnastics to children throughout her teaching career. She has also taught rhythmic workshops for teachers for 12 years. She is certified as a level 3 coach in Canada's highly regarded National Coaching Certification

Program and as a course conductor for level 1 and 2 technical courses in rhythmic gymnastics.

Palmer attended the 1999 World Gymnaestrada in Sweden as a team manager and hopes to attend a World Gymnaestrada as a performing gymnast. She is also a member of the Canadian Association for Health, Physical Education, Recreation and Dance and the Coaching Association of Canada, Palmer lives in Calgary, where she teaches at Hillhurst Community School. She also runs a private club that focuses solely on recreational and performing programs.

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