

# Teaching Fundamental Gymnastics Skills

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Teachers College University of Idaho M. Rhonda Folio Peter Vidmar*

this manual provides guidance on gymnastics instruction for physical education teachers the  
authors explore different teaching strategies body awareness and the foundational  
movements and postures then describe the basic skills of floor exercise balance beam  
springboard and vault and bars black and white drawings illustrate correct body positions  
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the author and some young gymnasts show you how much fun it is to learn this exciting sport  
includes abstracts of magazine articles and book reviews

gymnastics is accessible and straightforward to teach and lindsay broomfield provides clear  
instruction for primary teachers and club coaches to teach gymnastic skills its progressive  
approach builds on the basics and allows for a smooth transition for pupils entering year 7

olympic gold medalist peter vidmar teaches principles embodied by rov which are simple yet  
the underlying messages are profound when applied together these principles can help change  
lives

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