



PE Central Professional Development – Online Courses

Enroll Now: sww.teachable.com

Course: Teach and Learn Gymnastics Skills

Course Dates: Ongoing

Cost: \$49.00

Credit: 5 hours of professional development (No grad credit or CEU's available)

Instructor: Gemma Coles, Head Over Heels Gymnastics Tutor, Bournemouth, United Kingdom

Assignments:

- Learn through watching demo videos about the following floor gymnastics skills: Posture and Shapes, Jumps, Skills, Rolls, Leaps and Routines
- Complete short quizzes for each session

Who Should Take: Elementary physical education teachers.

Course Purpose/Description: The purpose of the course is to give detailed lessons on how to learn and teach basic fundamental floor gymnastics skills. Six essential gymnastics skills and concepts (Posture, Shapes, Jumps, Skills, Rolls, Leaps and Routines) are broken down to make the learning of the skills achievable for all levels of abilities. The student be shown ways (via videos) to extend the skills for higher skilled pupils. The more challenging skills are shown in slow motion and each of the lessons have hints and tips containing the teaching points.

Benefits:

- Flexibility - Complete assignments at your own pace and schedule
- Grade free - Complete your assignments, get feedback from instructor and platform.

What you will get out of the course:

- 5 hours of Professional Development (check with your principal or PD Dept.)
- Certificate of completion

What you need to take the course:

- Access to the Internet using a computer and/or tablet and ability to view videos, PDF and Microsoft Word documents.

To Learn More Contact Mark Manross at PE Central

678-764-2536 (cell)

Web: <http://sww.teachable.com> Email: ecourses@pecentral.org