

Highland Park Senior High

Gymnastics Class

Course description: This course will provide students with the opportunity to learn and gain knowledge about the sport of gymnastics. They will also identify the different levels of ability in themselves as well as the others in the class.

Goals

1. To improve general levels of fitness.
2. To improve elements of physical fitness such as balance, flexibility, strength and endurance.
3. To attempt and perform as many skills on each piece of apparatus as time allows.
4. To use the gymnastics equipment appropriately, safely, and independently.
5. To demonstrate the ability to improve in all areas of gymnastics.
6. Students will perform a floor and beam routine.

Uniforms

For safety and activity purposes a uniform is necessary. Students are responsible for furnishing their own uniform, which consists of shorts, shirt, and/or sweats.

Material used

- A. Appropriate uniform
- B. Video Taping
- C. Music
- D. Visual Aides

Grading

- A. Attendance
- B. Dress for class
- C. Participation
- D. Floor Routine
- E. Total of stunts learned
- F. Work and help others
- G. Evaluation
- H. Daily conduct

Student Name

Parent Signature

If you have any questions, please call Mrs. Kramer at 651 744-3877 or email at Kathleen.kramer@spps.org

