

SPOTTING TECHNIQUES FOR PROGRESSIVE TUMBLING
IN GIRLS GYMNASTICS

by

BERNADETTE R. H. WAGNER

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Approved by:

Charles B. Corbin

Major Professor

LD
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RM
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CHAPTER ONE

THE PURPOSE

The purpose of this study was to present a gathering of spotting techniques which were being used successfully in the instruction of tumbling at the beginning, intermediate and advanced levels.

There are many times in conducting gymnastic instruction that lack of attention is given to spotting. If spotting is taught continually with each stunt no matter how basic the stunt, there will be progressive learning. Attention is given to the instruction of the stunt. Spotting aids in the instruction of that stunt, therefore, importance should also fall upon spotting.

Photos demonstrating proper and successful spotting techniques may be used as a teaching aid.

INTRODUCTION

Progressions and spotting are keys to successful teaching of tumbling. The fear of injury need not be present if the unit is developed correctly. Application of kinesiological principles and practice of spotting techniques will give the uninitiated teacher more confidence. The members of the class will be able to control each other's movements if the teacher presents an understanding of spotting techniques to the class.

Spark can be put into tumbling by the excitement of accomplishment, especially when the stunt is one which has a difficult rating.