About the Book

This is the first book that explains why spotting is valuable, how spotting can be developed methodically and how children spotting each other is supposed to look.

Spotting and securing are two essential safety constituents when it comes to teaching and training gymnastics.

Teaching Children’s Gymnastics takes a close look at what spotting and securing really means and how it must be done. It is a new, revolutionary teaching idea, which gets even the youngest children to learn how to spot each other safely.

Containing step-by-step instructions for teaching children to spot each other, as well as hundreds of examples and suggestions for interactive and spotting gymnastic exercises, Teaching Children’s Gymnastics is an invaluable resource for all teachers, coaches, day camp leaders and others who work with children.

About the Author

Ilona E. Gerling is a university lecturer at the German Sports University in Cologne. She has worked in gymnastics for many years as a teacher and as a club coach. She is the National Chairperson for General Gymnastics in the German Gymnastic Federation and regularly speaks at international gymnastics congresses and forums. Furthermore, she is the author of a number of articles and books on both adult and children’s gymnastics.
Teaching Children's Gymnastics
Dedications

I would like to dedicate this book to my college teacher Mrs. Irma Nikolai, born Lenzing. Mrs. Irma Nikolai was a member of the Mettmanner Gymnastics Club since the age of seven. She was German Gymnastics Champion in the all-around competition and was a member of the 1936 Olympic Team. Since 1938, she was coached by Hermann Ohnesorg at the Reichs Academy for Physical Education in Berlin. He is considered the father of children’s gymnastics. With the foundation of the German College of Sports in 1947 she was called to Cologne by Carl Diem as one of the first to serve as college professor. Until 1978, the year of her retirement, she trained thousands of sports students. Natural gymnastics, children performing gymnastics on apparatus and helping each other, cooperating with each other and humanity; her basic thoughts and lessons are contained in this book.

Dedicated to Kea, Jasper, Steffen and Henryk, representing all children of this world.

Above all dedicated to my parents Emmi and Werner Busse, who unselfishly did everything for us children in order to give us the best foundation and prerequisites for our lives. They helped wherever they could. They participated in our lives and always gave us the security of a parental home, which we wish for all children.

Thanks

I would like to thank my colleague Jürgen Engler very much for his unending support in the foundation phase of this book, and Mariette Mahkorn who was a big help during the final stage. Last but not least, I would like to thank my friend of many years, Achim Fassbender, very much for the translation of this book. He accepted, as a graduate from the German College of Sports, based on his experiences as gymnastics coach in Germany and the United States, the difficult task of translating subject specific literature from German into English. Thank you, finally, to Michelle Meyer, who read and corrected the book again in 2009.

Cologne, Ilona E. Gerling
Ilona E. Gerling

Teaching Children’s Gymnastics

Spotting and Securing

Step by step with thousands of ideas for children to spot each other

Meyer & Meyer Sport
Please observe: The author and the publisher do not assume any responsibility for injuries that might occur when putting exercises or spotting grips, which are listed in this book, into practice.

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4 Securing

Games

Balance Apparatus

Different Apparatus

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Cat, Scissor, Stride and Split Leap

Forward Roll

Backward Roll

Headstand

Kick Up to Handstand

Handstand Forward Roll

Backward Roll to Handstand

Cartwheel

Round-off

Front Handspring Including Front Walk-over and Front Handspring Step-out

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