



Tumbling Basics

By Kathleen Ortiz

Human Kinetics Publishers, United States, 2013. Paperback. Book Condition: New. 276 x 216 mm. Language: English . Brand New Book. This title gives an introduction to gymnastics. Tumbling Basics helps teachers new to gymnastics break down each of seven basic skills into small, easy-to-teach steps and learn how to safely teach the essential skills needed for gymnastics. It also includes exercises to help students improve their strength and flexibility in order to perform skills successfully. Clear instructions on error spotting techniques help teachers learn to safely guide students through difficult skills and safety guidelines, and help them to create an environment where students can practice safely.



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