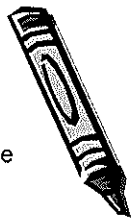


## Gymnastics and Game ③ with in a Group



### Prerequisites physical

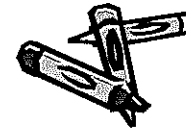
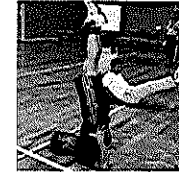
- Power: to those who or lifting is required to have the power, I on the small and light person
- It is necessary to balance the weight; the balance capacity
- Softness: The easier it is to make the shape, injuries less
- Body of tightening: must be learned by consciously prepared since it is the success of the difficult form to tense the muscles of the whole body movement.
- Posture: the teacher explains the correct lifting styles and carry way, it must be carried out systematically attitude training.



## The contents of the school physical education and SC

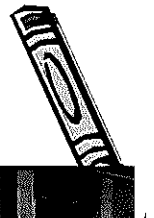
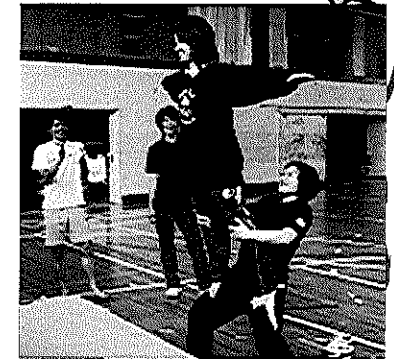


- It is not taken up dangerous and sophisticated ones. (3 or more stages of the pyramid and the acrobatics of the floor)
- Correct guidance, to be performed under the guidance was the order, safety inspections of balance equipment.
- Do not compare advanced individual movements and is competing. Movement to adjust to each other, cooperative action, creativity is priority.
- Since the elongation force can now trick is configured to be varied.
- Cooperative relationship, such as collaboration and fairness has a big meaning.



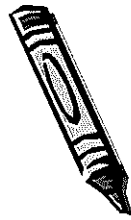
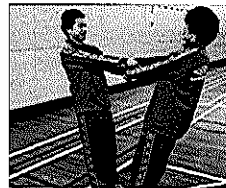
### Collaboration and clothes

- The monitor on a mat, and the safety check. Support - help
- It is a partner and group work. Difficulty and shape vary by group
- I acclimate to body contact.
- The slip not, is carried out in the fit dressed in easy to move the body.
- Soft gym shoes or I do barefoot. Socks is dangerous.



# W-Up Twosome

- Back-to-back knee bending
- Bending horizontal knee
- Bending face each knee
- Balance
- Back-to-back seesaw
- Arm support twist

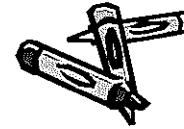


How to perform movement for heightening physical strength is got to know, and they are combined.  
( elementary school upper classes and junior high school 1-2 grade, 10~14 yrs.)

- ①W-Up
- ②Strength training using their own body weight  
Push Up → Sit Up → Squat → arm and leg raise in the prone position
- ③Game Strength training using the partner's weight  
Radio gymnastic I with a partner  
Gymnastics with a partner for muscle strength

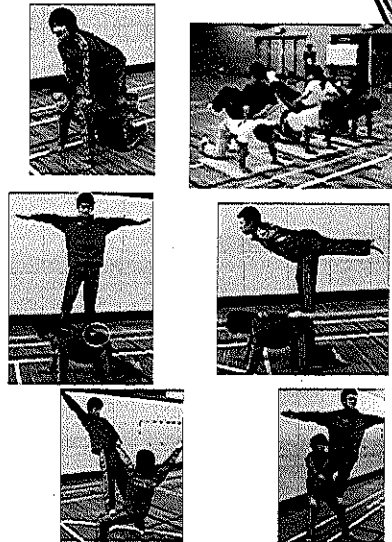


6



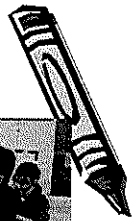
# Pyramid in two of

- Wooden box pyramid
- Candle
- Leg Standing
- Kneeling
- Standing waist
- Horizontal balance
- Choza



# 三人で準備運動

- 運搬
- 地蔵倒し 前後・左右
- シーソー
- 風車
- 前後倒し
- 振りとび



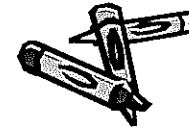
# Pyramids in three people

- Everyone all fours
- It stands at the waist or shoulder
- The all fours alternately
- Knee on the handstand

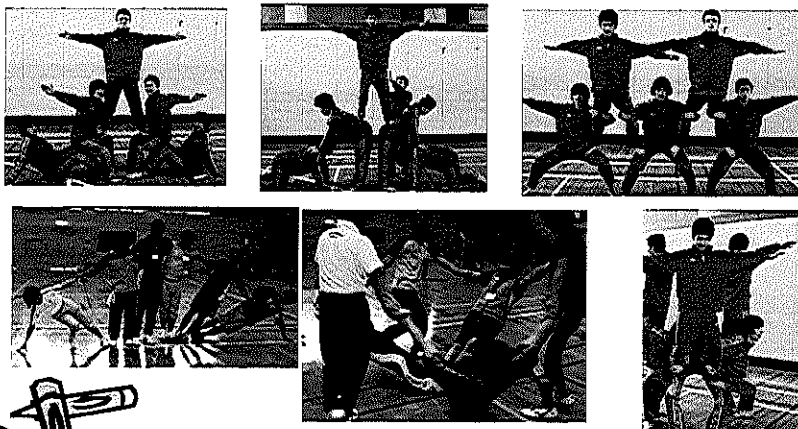


# Radio Gymnastics I With Partner

|              |              |              |               |               |               |             |
|--------------|--------------|--------------|---------------|---------------|---------------|-------------|
| Arm Raise    | Swing Arm    | To Circle    | Stretch Chest | Bend Sideward | Bent forwards | Twist       |
| Face to face | Side by side | Face to face | in the Back   | Side by side  | in the Back   | in the Back |
| Scholder     | Bent West    | Upper Body   | Jumping Jack  | Bend Knee     | Take Breath   |             |
| For & Back   | in the Back  | Face to Face | Face to face  | Side by side  | Stretch       |             |



# in a group (5,6, 7, 8 person)



After instruction, a questionnaire survey is conducted about the following item.

1. Were you frank with the group ?
2. Have you contributed to group ?
3. Have you expressed the opinion freely to the member ?
4. Have other members of yours expressed the opinion freely ?
5. Which game remained in your impression ?

