

Task Analysis:

Method of Instruction To Be Used: (check only one)

Total Task Presentation: Teach each step (as necessary) beginning with step 1 and working through to the final step with every presentation of the task until all steps are mastered.

Session #	Rhythmic Gymnastics Target Behavior
1	Ribbon Movements: (1) Using one arm, swing the ribbon forward and backward, switch arms, swing the ribbon in front of the body. Using one arm, turn in a circle while spinning/turning the ribbon around with you as you go (make sure to spin the other way too). (2) Run while carrying the ribbon. Try to run while moving your arm to make the ribbon move in different ways. Allow exploration with this step. (3) Using one arm, make big circles with your ribbon. Large circles should involve the whole arm, smaller circles involve the wrist; either one is fine. Switch arms/hands. (4) Zig-zag movements: move the arm/minist up and down or back and forth in a continuous motion either on the ground or in the air. Switch hands. (5) Try running and jumping while making various movements with the ribbon.
2	Hoop Movements: (1) Swinging movements: grasp the hoop with one or both hands while standing. With one or both arms, swing the hoop from side to side and across the body (like a grandfather clock). Switch it up and hold the hoop with one hand only and swing the hoop back and forth on the side of your body, moving your arm forward and back. Switch hands. (2) Spinning movements: use both or one hand to turn the hoop while it is on the ground in an upward position. (3) Rolling movements: with both hands or one hand, balance the hoop on the ground so that it is standing up. Using your hand(s) roll the hoop forward. Now, roll the hoop forward and run with it. Now, roll the hoop to a friend, have the friend roll the hoop back to you. Roll the hoop and jump/hop with it. (4) Allow the clients to explore the hoops and different movements and ways that they can manipulate it.
3	Ball Movements: (1) Use a 6-inch or an 8 1/2-inch ball, moderately inflated. (2) Rolling: in a sitting position, roll the ball under the legs and around the back, around the body, down the legs, down the arms, etc. This activity does NOT need to be done independently, this is a sensory activity. (3) Bounce ball in place then bounce ball while moving forward slowly. Bounce ball then make a full turn around. (4) Toss ball into the air and catch it. Swing the ball around from side to side. (5) The instructions are purposely vague in this lesson. Allow clients the opportunity to explore the ball and the different movements that they can do with the ball.
4	Balance Beams: (1) SAFETY FIRST: TEACH'S WILL SPOT/HELP THEIR CLIENTS. BALANCE BEAMS SHOULD BE PLACED ON MAT ONLY NEVER JUST THE HARD FLOOR!!! (2) Clients will simply walk from one side of the balance beam to the other. It may help for the client to spread their arms out to their sides to help them balance. The first time around, the Tech or lead should be holding their hands, the second time around, try to let the client walk by themselves while the Tech stands next to them to spot. (3) Now, have the client walk sideways from one side to the other. Again, the first time around, the Tech's will hold their hands, the second time, try to see if they can do it themselves. (4) Lastly, try having clients do little hop's one leg at a time across the

Rhythmic Gymnastics Lesson Plans

Clemens Wendtner



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