HOW TO DO A ROUNDOFF BACK HANDSPRING

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Introduction

On the basis of the basic elements of roundoff and back handspring, a double lesson is planned, to form a successive combination out of the single movements. This lesson is held at the end of a teaching unit.

Teaching Unit

Broad goal: *The Students are able to perform a combination of roundoff and back handspring.*

Unit	Content	Defined goal
1	Roundoff with straight jump	The students are able to perform a roundoff followed by a straight jump.
2	Back handspring with assistance	The students are able to perform an assisted back handspring.
3	Back Handspring	The students are able to perform the back handspring.
4-5	**Combination of roundoff and back handspring**	**The students are able to perform a roundoff followed by a back handspring.**

Learning Objectives

Specific goal

The students learn how to perform a combination of a roundoff and a back handspring.

Further specific goals

The students

- can perform the kurbet movement after a roundoff
- learn the quick opening of the arm-trunk angle (ATA)
- know the right posture after the roundoff to jump into the back handspring

Content of the Unit

During the lesson, the students go through stations with different preliminary exercises to practice further specific goals isolated. Therefore, working material is available at each station.

Working material 1 shows the perfect execution of the different elements (roundoff, roundoff with kurbet, back handspring, combination of roundoff and back handspring). That should serve as an orientation guide for the students where red marked fields should help to draw attention on important goals. Even if the working material corresponds to the perfect execution, merely a coarse execution is required from the students (e.g.: bended knees, bended arms, with assistance). ► 1

Working material 2 presents all stations and explains how the students can practise at the individual stations. ► 2

At the end of the lesson the students practice the combination of roundoff and back handspring on ground runners (GR) and provide mutually assistance.

Example of an exercise from the stations

Schedule

Motoric goals: *The students learn the coarse execution of the roundoff back handspring.*

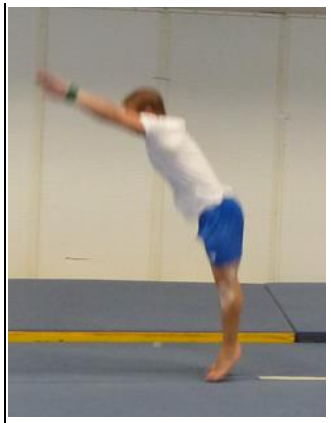
Phase/Time	Motivity in teaching practise	Specific goals	Methodical and didactical teaching structure	Organisation/ Material
Start 2 min.			**Greeting**	Three ground runners (GR) are built up Students sit in a semicircle
Warm-up and Stretching 10 min.	Running-ABC Hollow rock position	 The students get to know specific stretching exercises for the kurbet.	**Teacher's demonstration** • Individual running with arm and leg movements (Arm circling fw.and bw., high knee skips, bounce jumps) • Specific stretching exercises (Hollow rock position)	Whole gym Practise on ground runners (GR)
Theory 3 min.	Kurbet	The students get to know the content of the stations and the execution attributes of the kurbet.	**Teacher explains the student's demonstration**	Division into groups
First practical phase 40 min.	Kurbet	The students • can perform the kurbet movement after a roundoff • learn the quick opening of the arm-trunk angle (ATA)	**Correction** • *"Take your arms faster upwards."* • *"Bring your feet closer to your hands."*	Station operation ► 2

Phase/Time	Motivity in teaching practise	Specific goals	Methodical and didactical teaching structure	Organisation/ Material
Second practical phase 20 min.	Roundoff back handspring	The students know the right posture after the roundoff to jump into the back handspring.	**Practise with assistance and teacher's correction**	Spread on the ground runners (GR) ▶ 1
Reflection 5 min.			**Teacher-Student dialogue/ Error pattern analysis** • Quick opening of the ATA • Position of the knees • Position of the head	Students sit in a semicircle

Perfect Execution of the Elements
Roundoff

1

▶ 1

					
• Start running into the roundoff with your dominant leg • Leg is kept bent while step down • The other leg should come up behind	• 1/4 rotation and touch down of the hands • → inward rotated (ca. 45 °)	• Swing leg is moved in vertical position • Dominant leg reaches the swing leg in vertical position	• 1/4 rotation of the hips • Push away from the ground with your hands and bend your hip concurrently	• Swing down your closed legs (feet touch down behind body's centre of gravity) • Concurrent raising of the upper body and extension of the arms	• Straight jump and secure landing

Roundoff with Kurbet

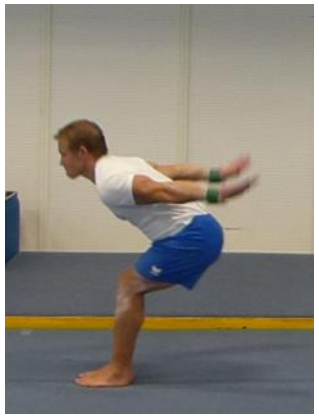
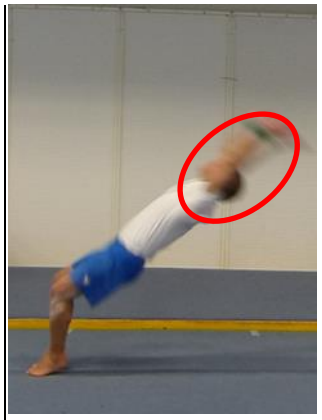
1

2

• Start running into the roundoff with your dominant leg • Leg is kept bent while step down • The other leg should come up behind	• 1/4 rotation and touch down of the hands • → inward rotated (ca. 45 °)	• Swing leg is moved in vertical position • Dominant leg reaches the swing leg in vertical position	• 1/4 rotation of the hips • Push away from the ground with your hands and bend your hip concurrently	• Swing down your closed legs (feet touch down behind body's centre of gravity) • Concurrent raising of the upper body and extension of the arms	• Interception of the swing by running backwards

Back Handspring

3

					
• From the standing position, bend into a sitting posture • At the same time, swing both arms down to your hips and slightly bend your back in the sitting position	• Quick lifting of the stretched arms (maximum opening of the ATA) • Jump backwards concurrently • Keep your arms straight	• Overextension of the body →**C-Position** in the flight phase	• The hands hit the ground • At the same time, whip your legs back over into the vertical position	• Push away from the ground with your hands and bend your hip concurrently • Raising of the upper body and extension of the arms • Feet touch down behind body's centre of gravity	• Straight jump and secure landing

Combination of Roundoff and Back Handspring

1

4

Combination of Roundoff and Back Handspring with Assistance

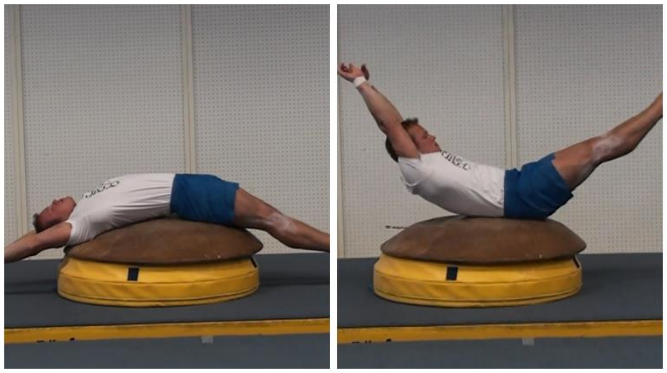
1

5

Stations 2

1. C - Position

- Lie in supine position (Overextension)
- Turn into the hollow rock position
- Then change position



2. Kurbet off the wall

- Handstand against the wall
- Swing down your closed legs
- Place your feet close to the wall
- Raise your stretched arms upwards and jump backwards
- Landing: stretched in the hands of your partner

3. Kurbet off the springboard

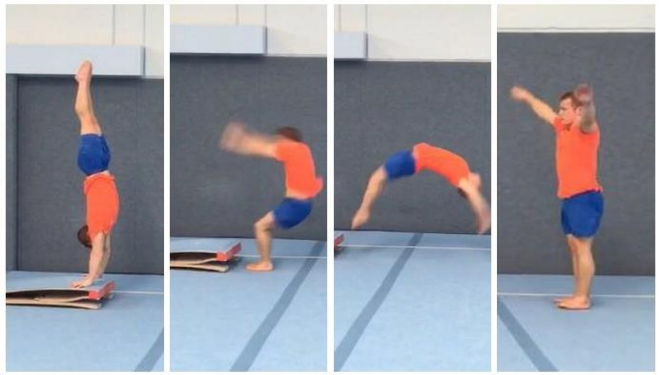
- Handstand on a springboard with assistance
- Swing down your closed legs
- Place your feet close to the board
- Raise your stretched arms upwards and jump backwards
- Landing: Stretched into supine position

4. Roundoff with kurbet into supine position

- Roundoff
- Swing down your closed legs
- Raise your stretched arms upwards and jump backwards
- Landing: Stretched into supine position

5. Kurbet off the board and back handspring

- Handstand on a springboard with assistance
- Swing down your closed legs
- Place your feet close to the board
- Raise your stretched arms upwards and jump backwards
- Back handspring with assistance



References

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