



Teaching Developmental Gymnastics: Skills to Take Through Life

Garland O'Quinn

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Agility, balance, and coordination are important for all children, not just the athletically inclined. With this in mind, Garland O'Quinn has prepared a series of gymnastic activities that every child can learn at home or in school. Many of the activities in this book can be performed on the living-room floor, since the stunts are not dangerous nor do they require complicated gymnastics equipment. This instructional book is organized in easy-to-follow steps for children aged 3 to 11 and is designed for use by anyone interested in the physical development of children--parents and teachers alike. The activities are illustrated by sequential pictures to make the movements clear and easy to understand. The author, an Olympic gymnast, has refined these activities during twenty-five years of teaching gymnastics to children and has included the latest educational theory emphasizing the value of kinesthetic stimulation in a child's education. Developmental Gymnastics brings kinesthetic input to its highest level, stimulating the right and left sides of the brain to ensure a fuller and more complete integration of the child's perceptions. Teaching Developmental Gymnastics is O'Quinn's second book, successor to the immensely popular Developmental Gymnastics, which has been adopted by school districts around the country and is based on years of study of motor and sensory development. This new book continues his dedication to allowing each child to move at his or her own pace, relieving youngsters of restricting competitive physical education and making success a built-in factor.

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