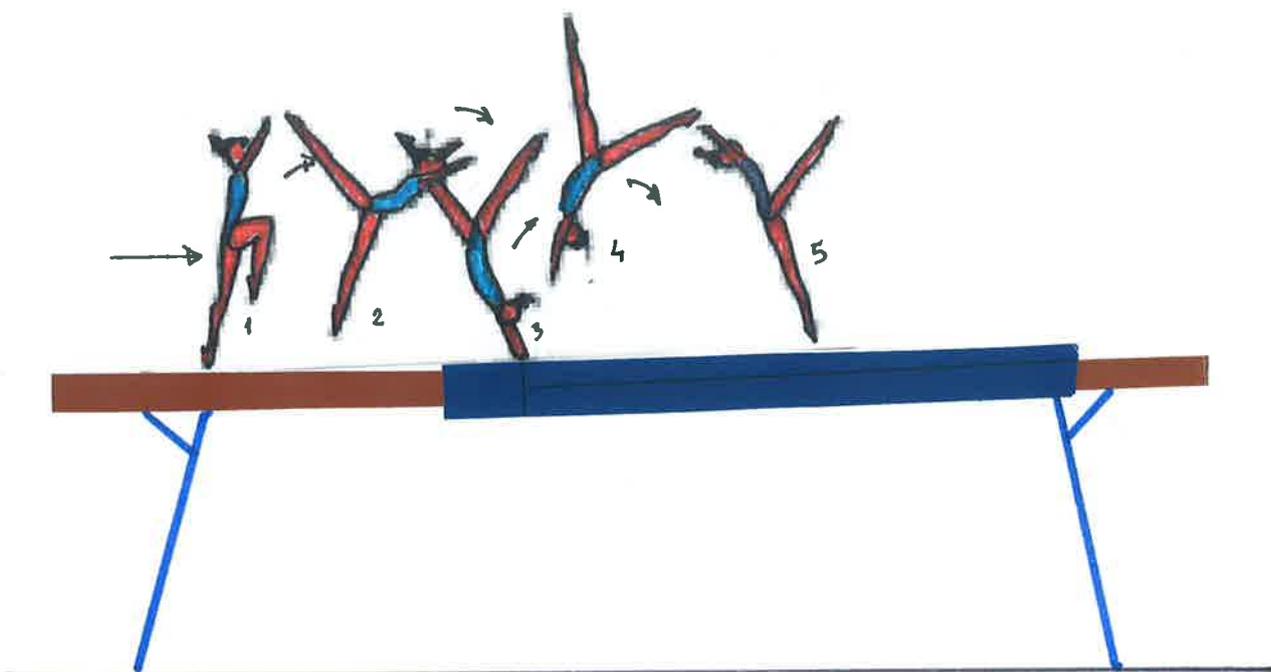


PARTE QUINTA

ACROBATIC FLIGHT

(elementi acrobatici con la fase di volo)

N. 1: Ribaltata avanti con arrivo su uno o due piedi.

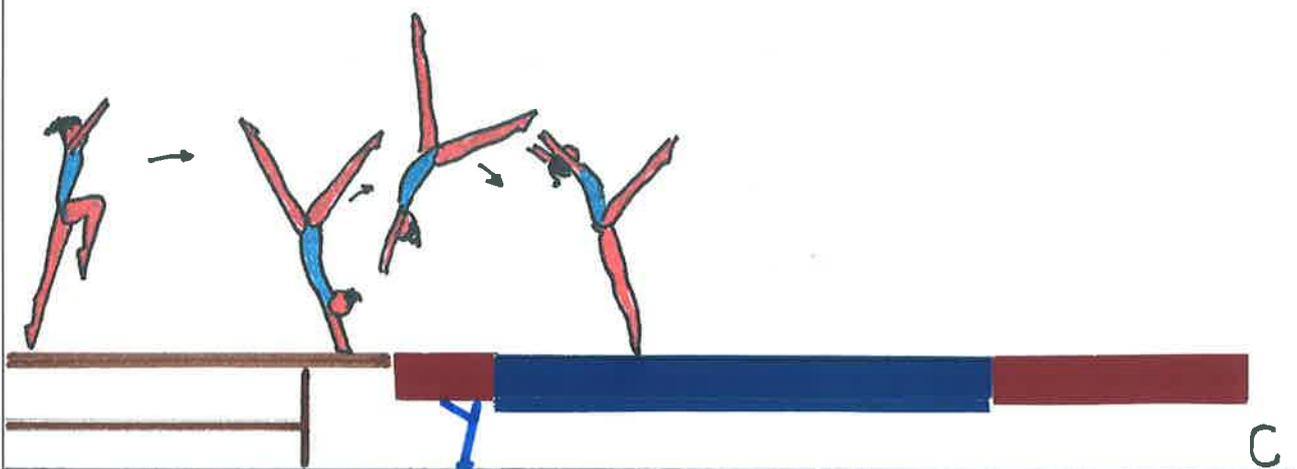
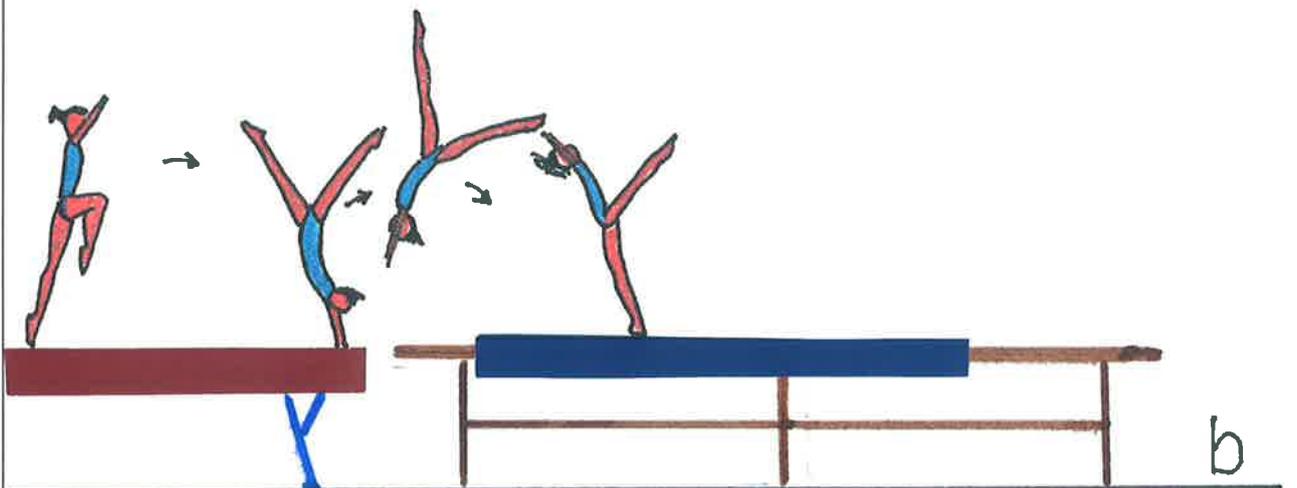
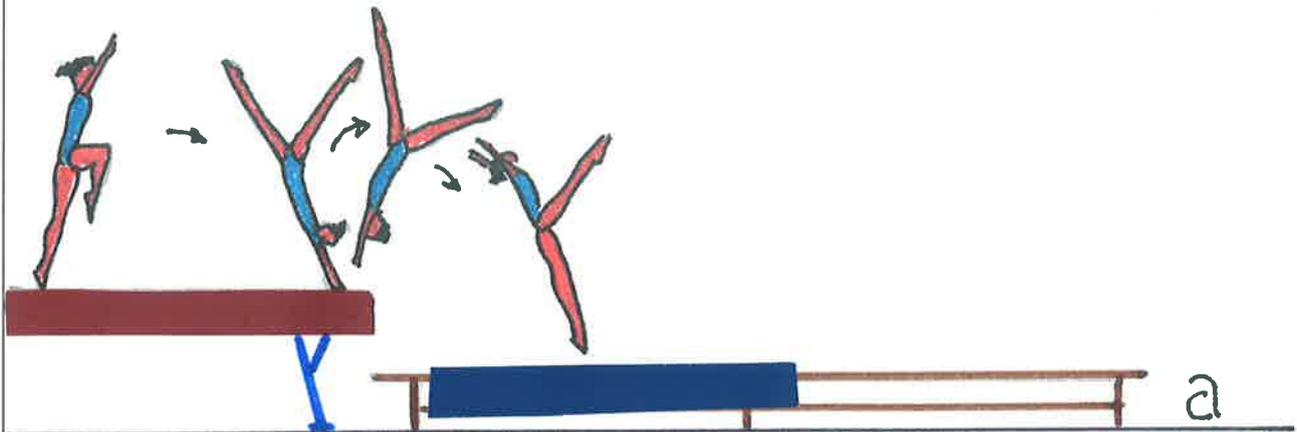


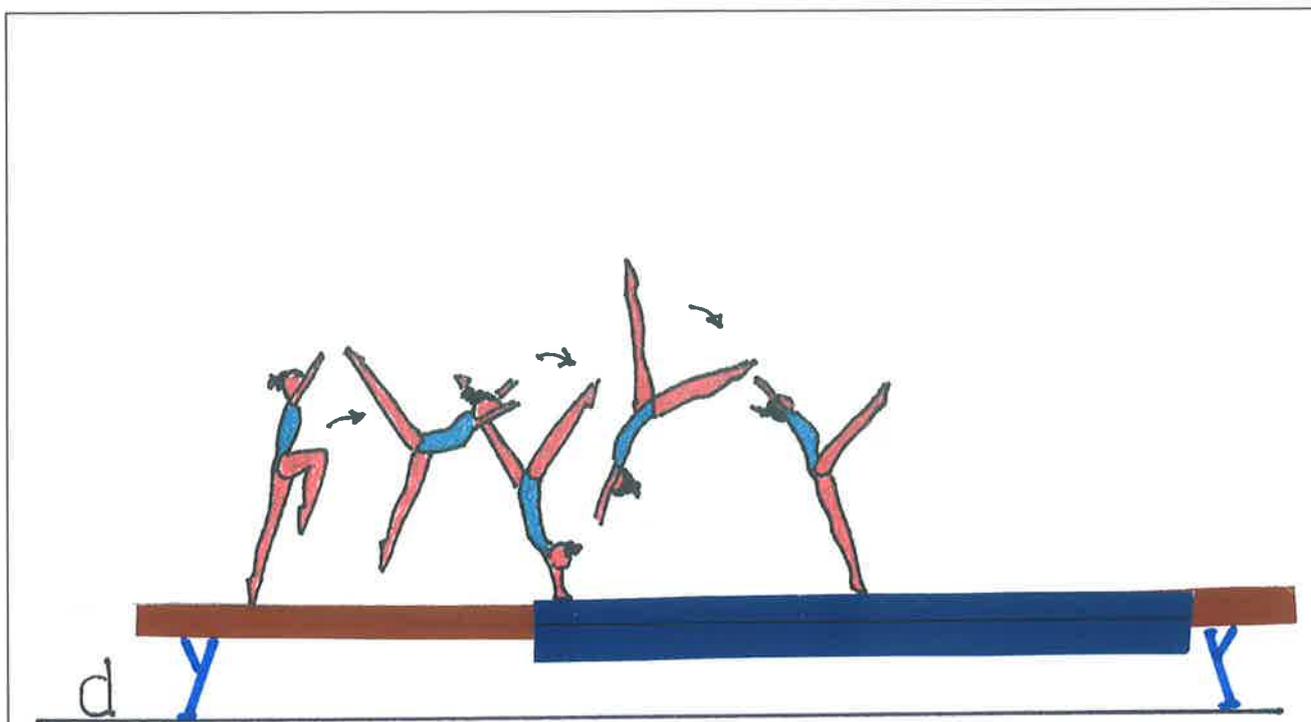
Proposte didattiche:

1) Utilizzare le metodologie per l'insegnamento della ribaltata a corpo libero.

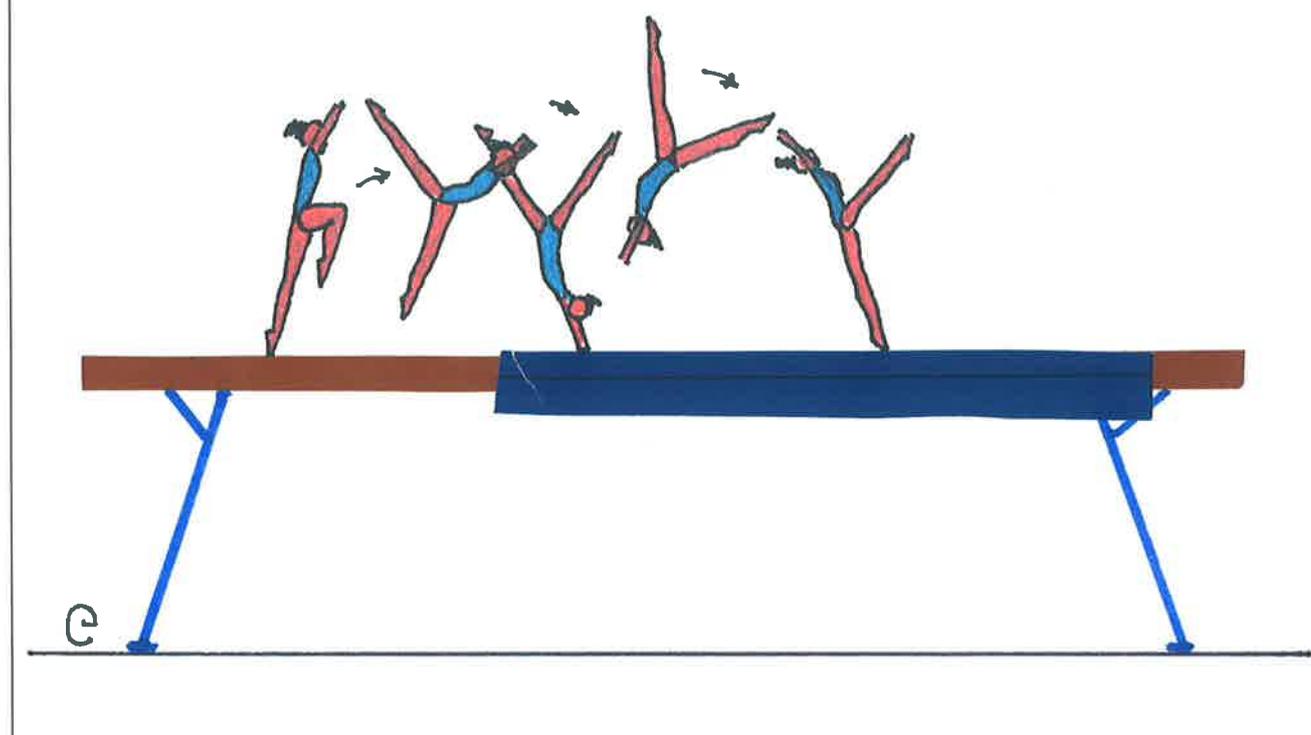
(vedi schede tecniche di Franco Pistecchia.)

2) Utilizzare una trave bassa - e una panca (a)-e una panca o tappeti alla stessa altezza (b) -una panca e una trave bassa (c). Una trave bassa con un tappeto (d).

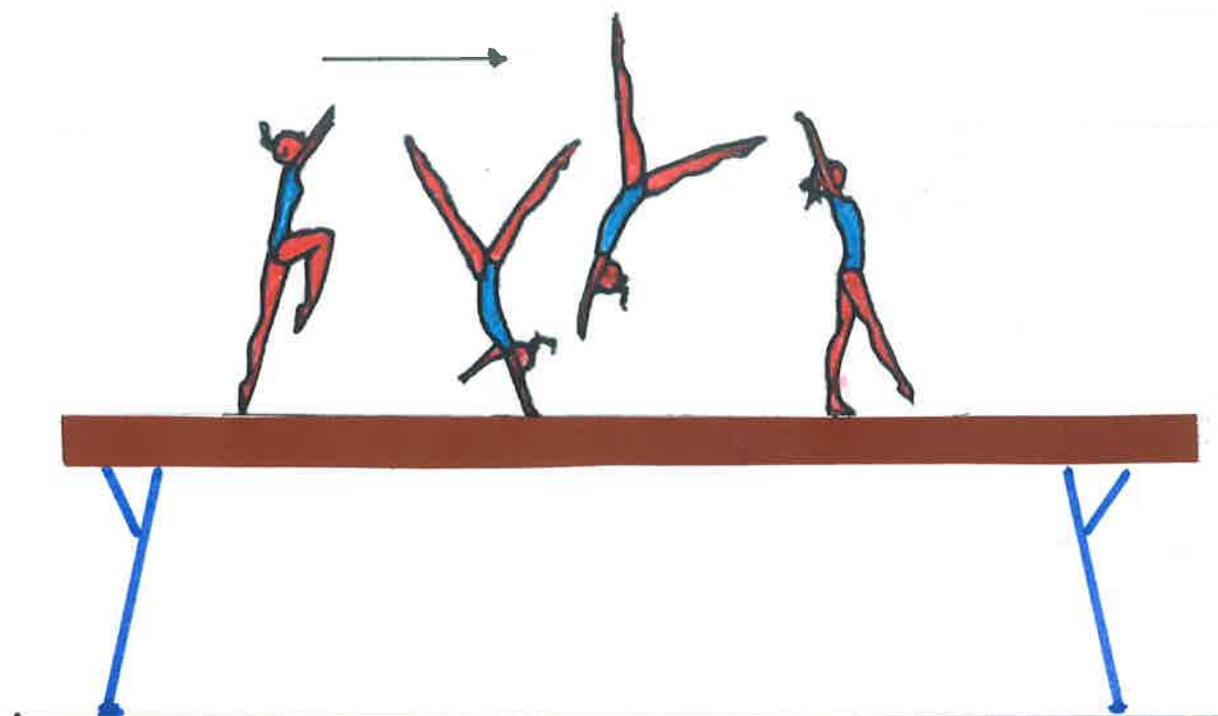




3) Eseguire il movimento alla trave alta con sopra un tappeto.

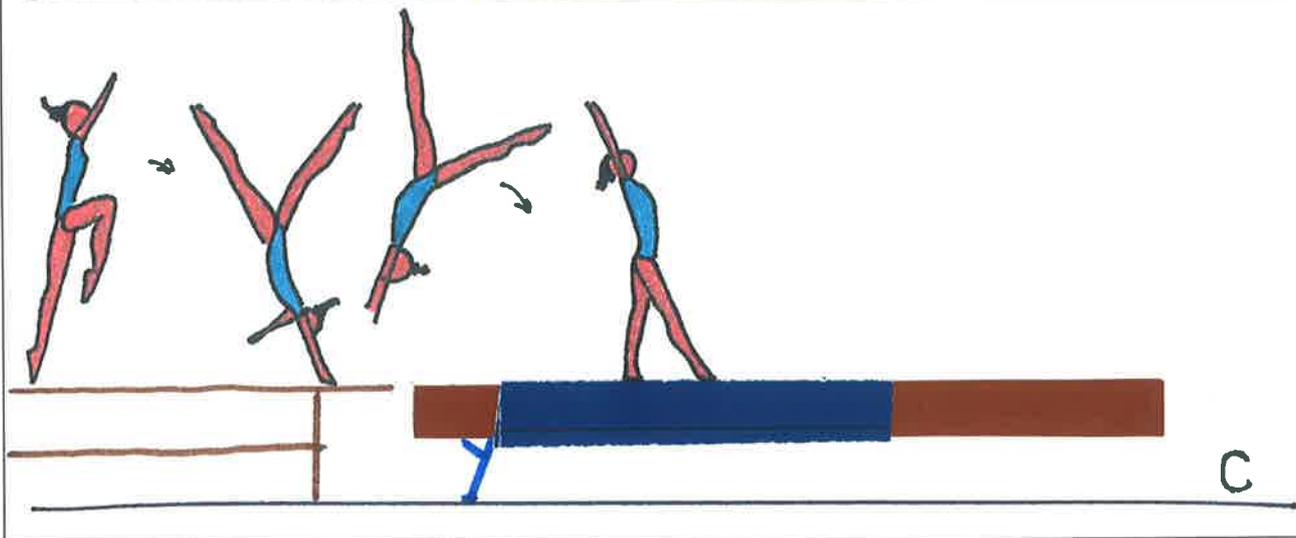
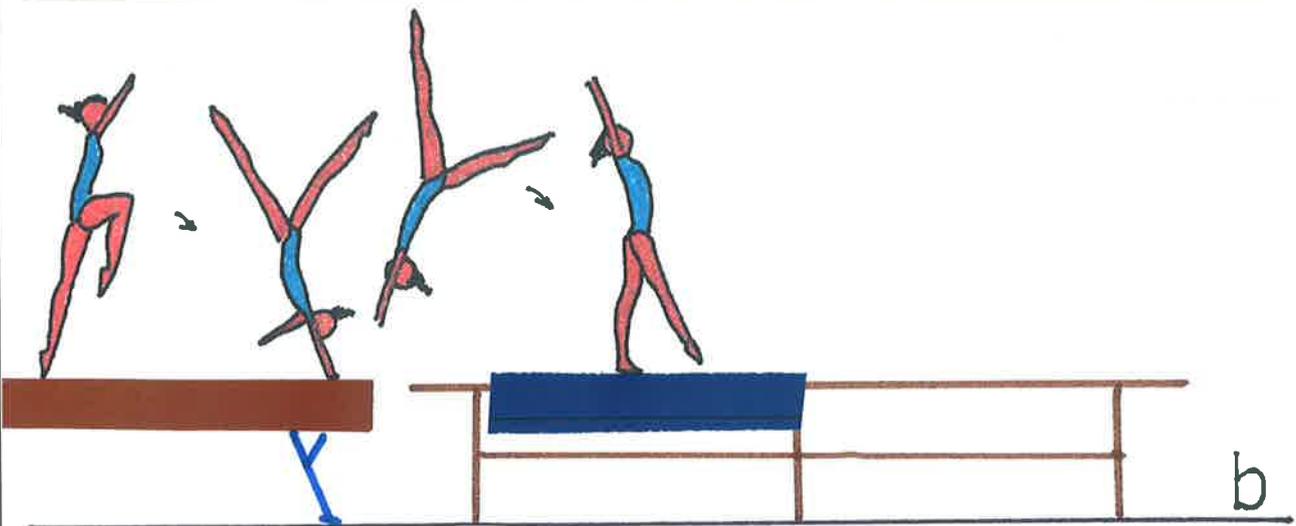
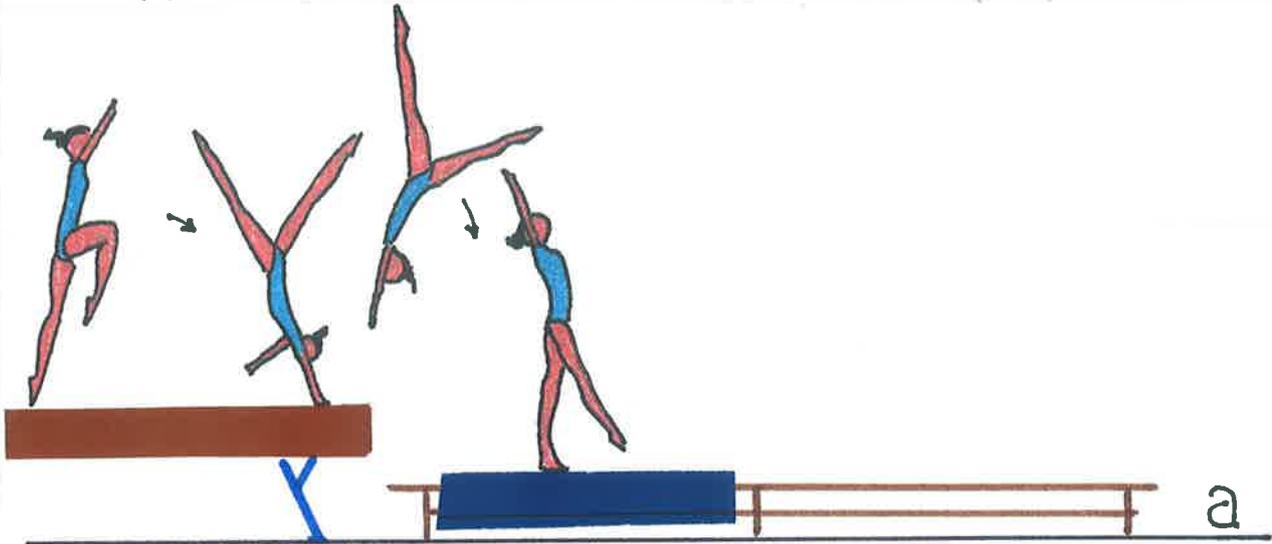


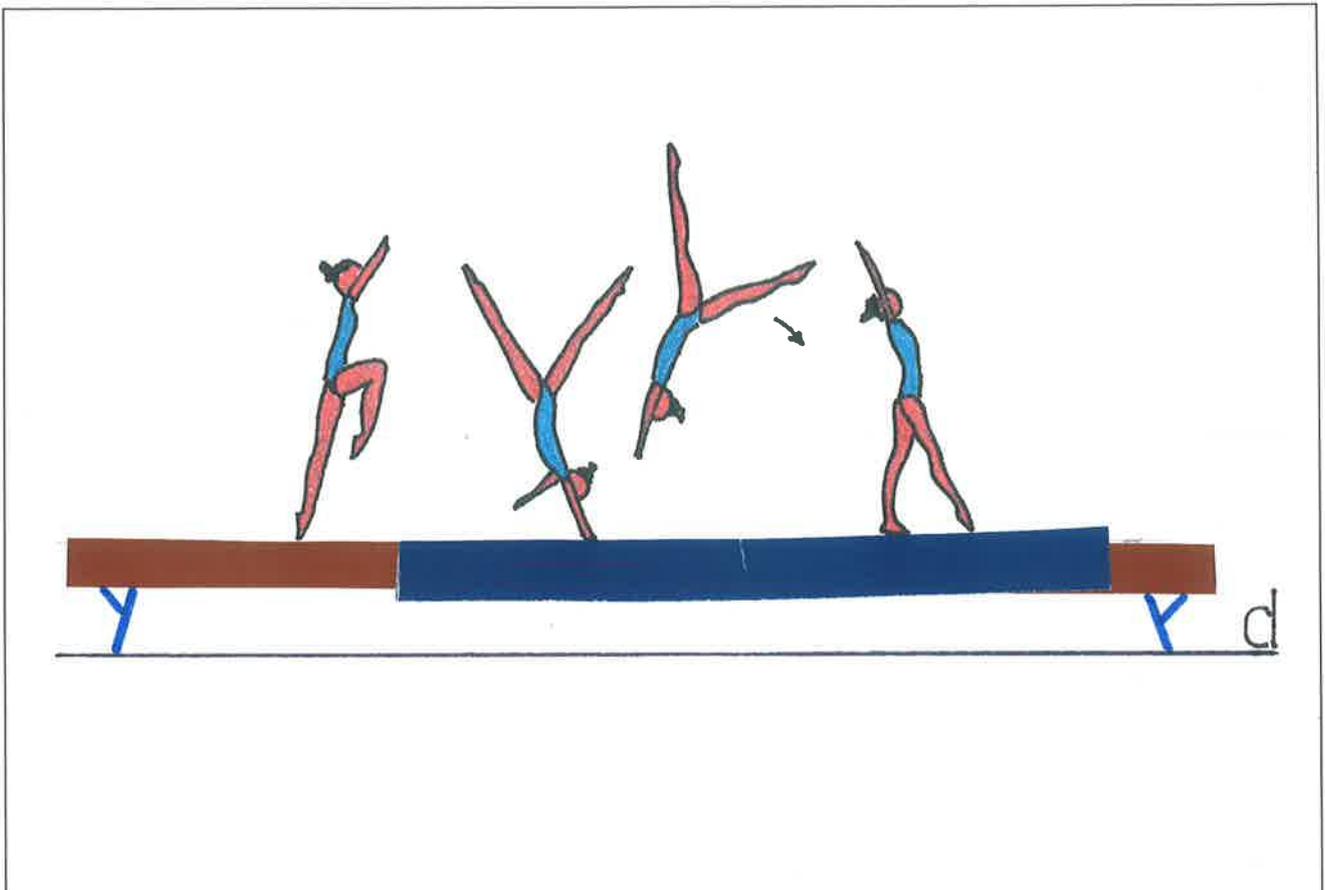
N. 2: Ribaltata avanti in appoggio su una mano.



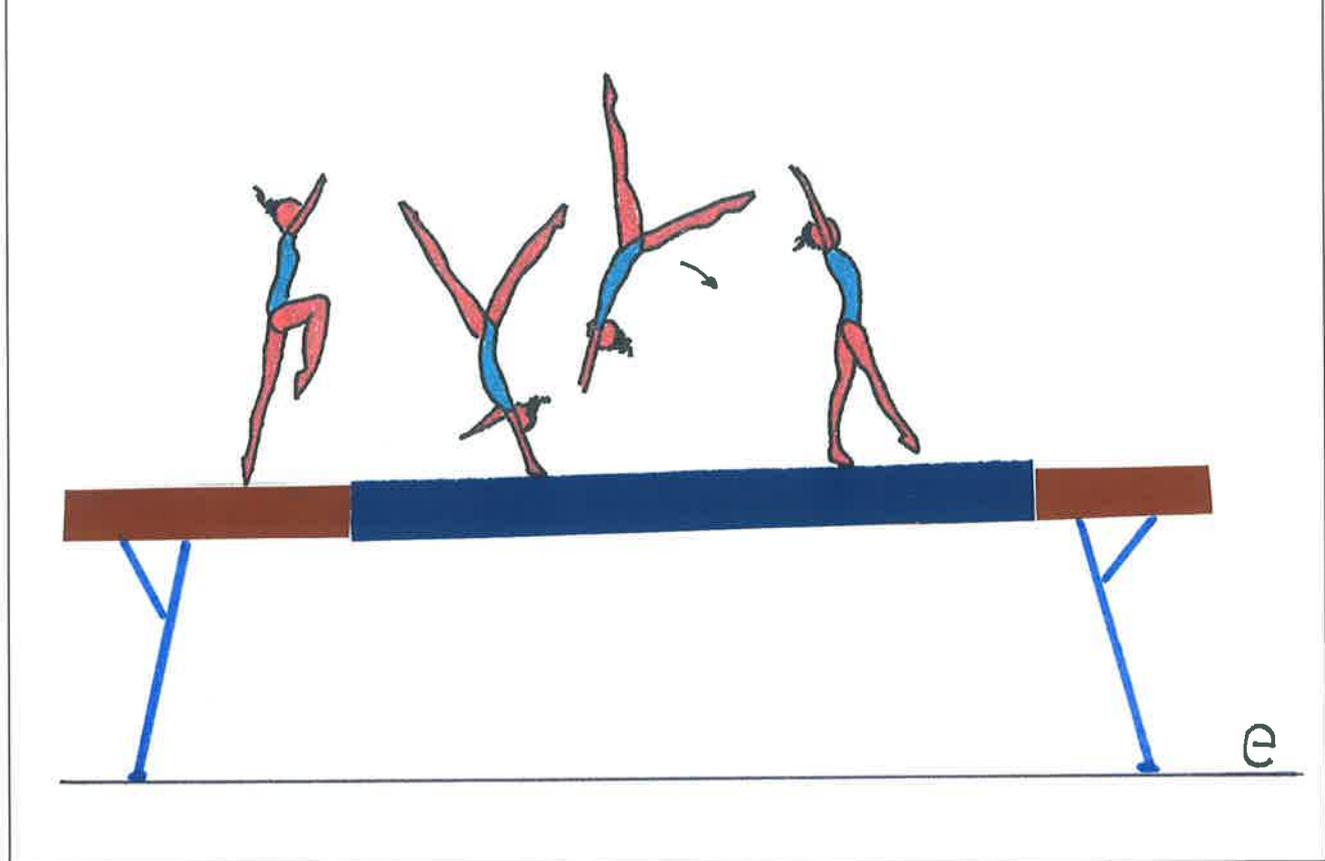
Proposte didattiche:

- 1) Eseguire il movimento al corpo libero.
- 2) Utilizzare una trave bassa - e una panca (a)-e una panca o tappeti alla stessa altezza (b) -una panca e una trave bassa (c). Una trave bassa con un tappeto (d).

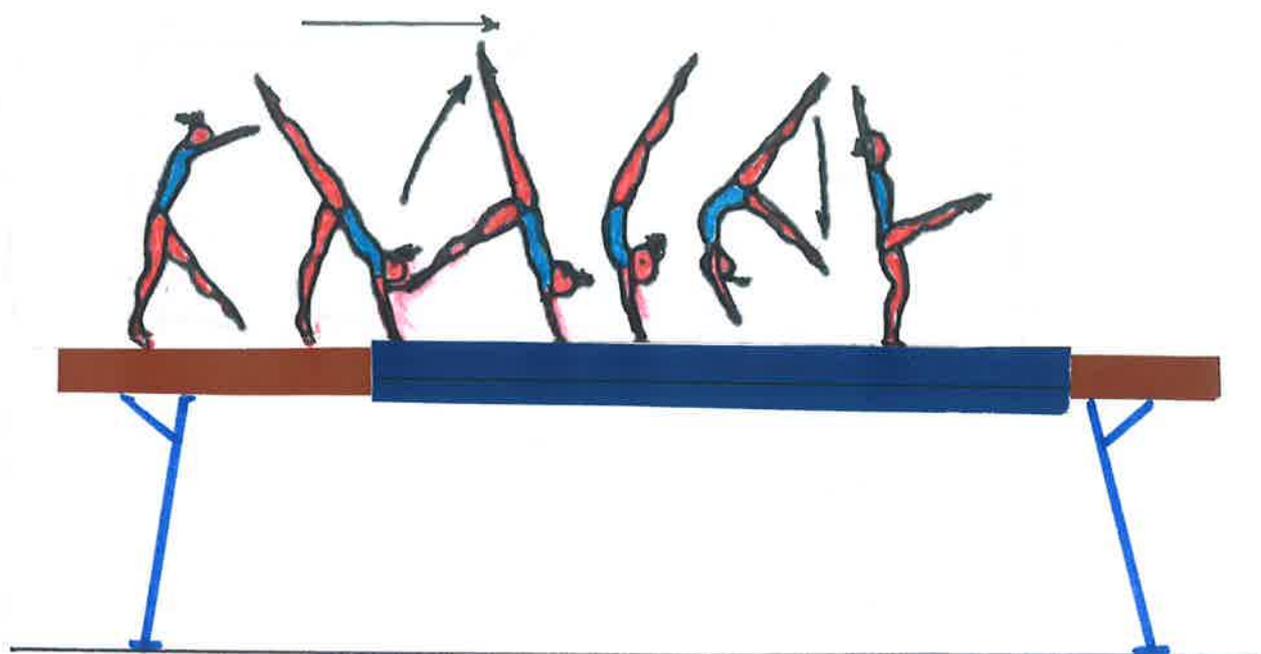




3) Eseguire il movimento alla trave alta con sopra un tappeto.

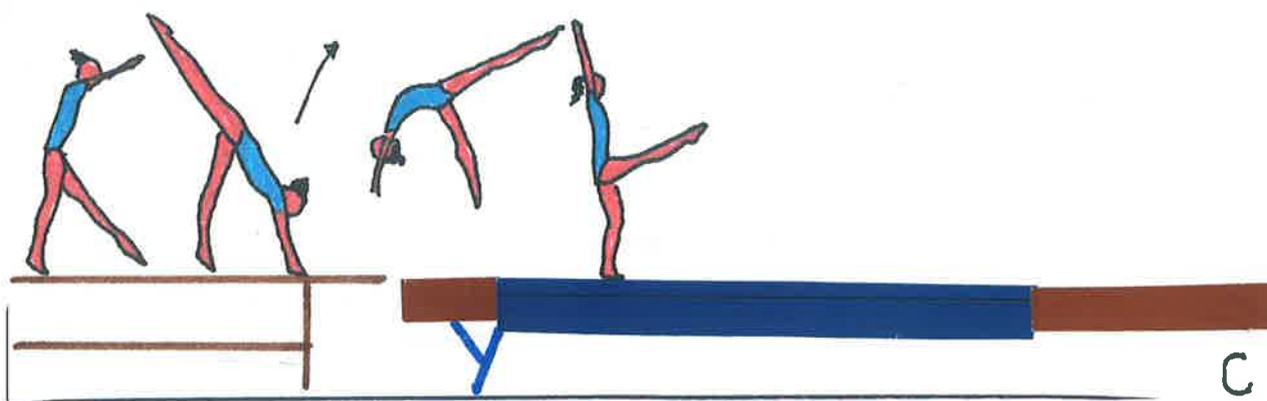
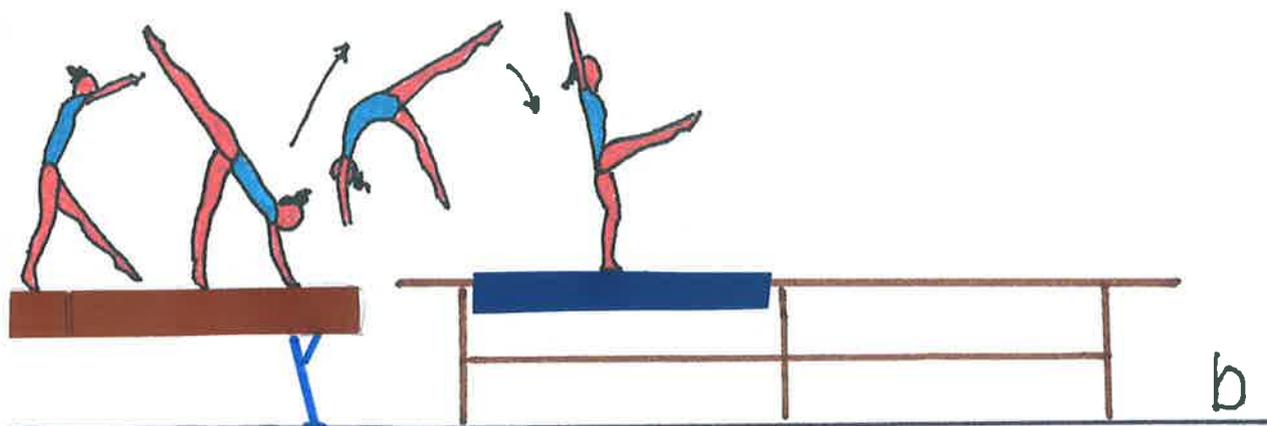
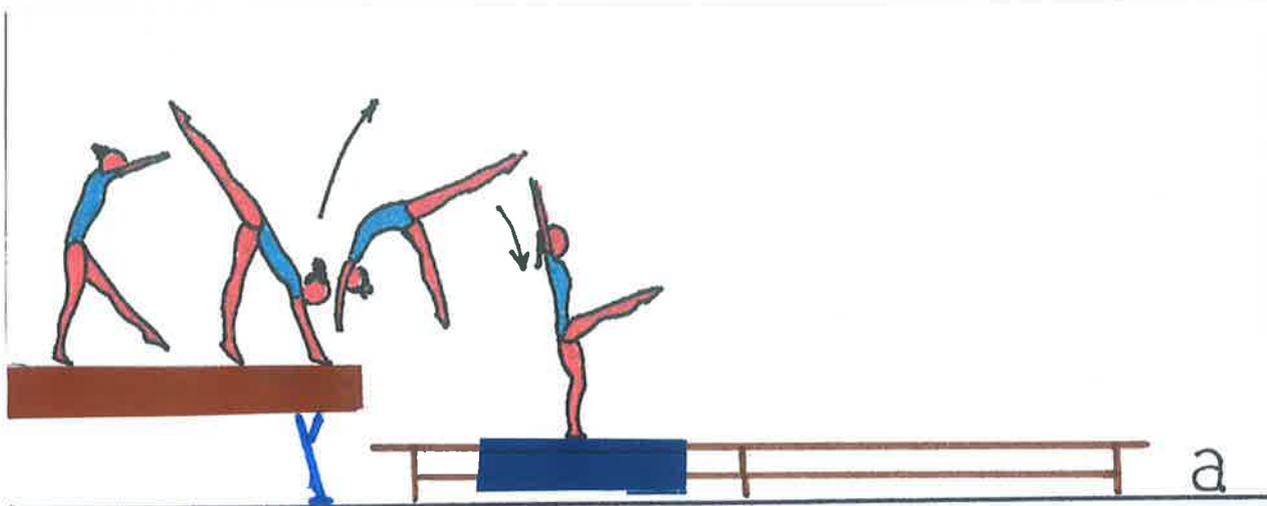


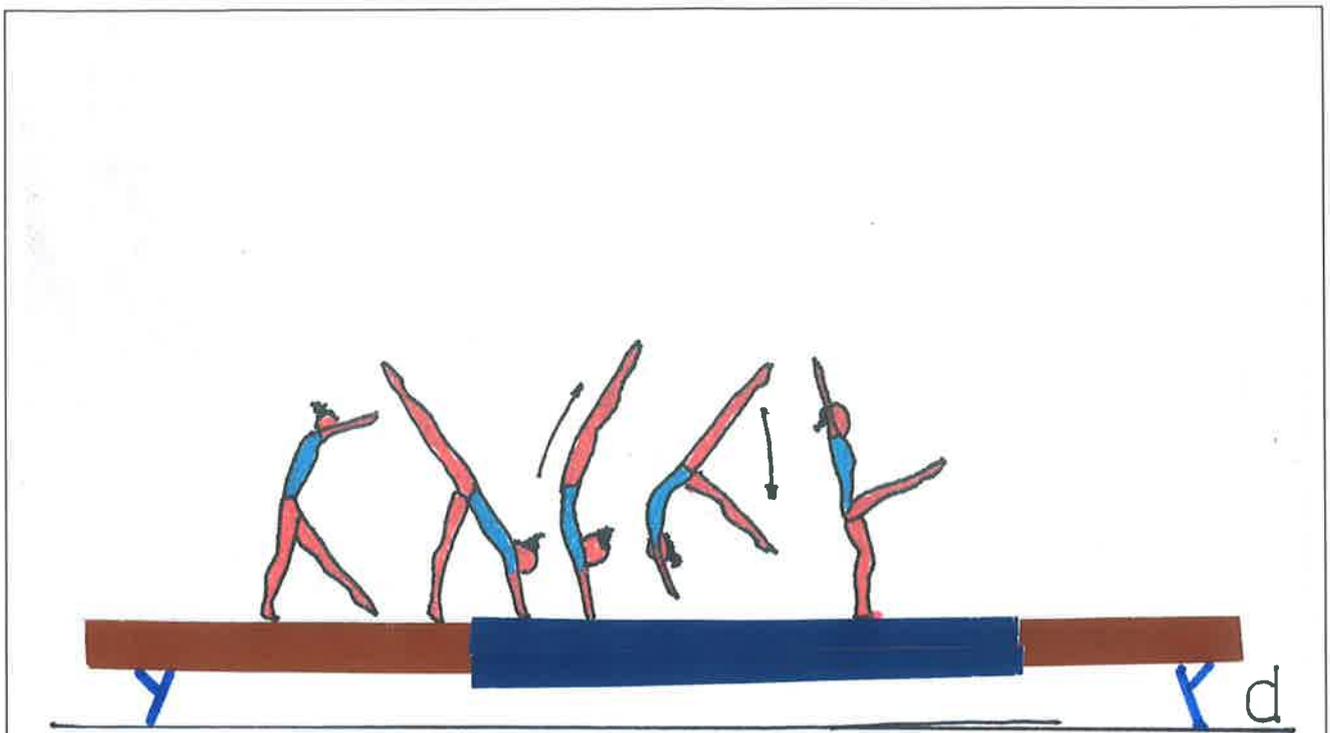
N. 3: Ribaltata avanti con cambio di gamba nella fase di volo.



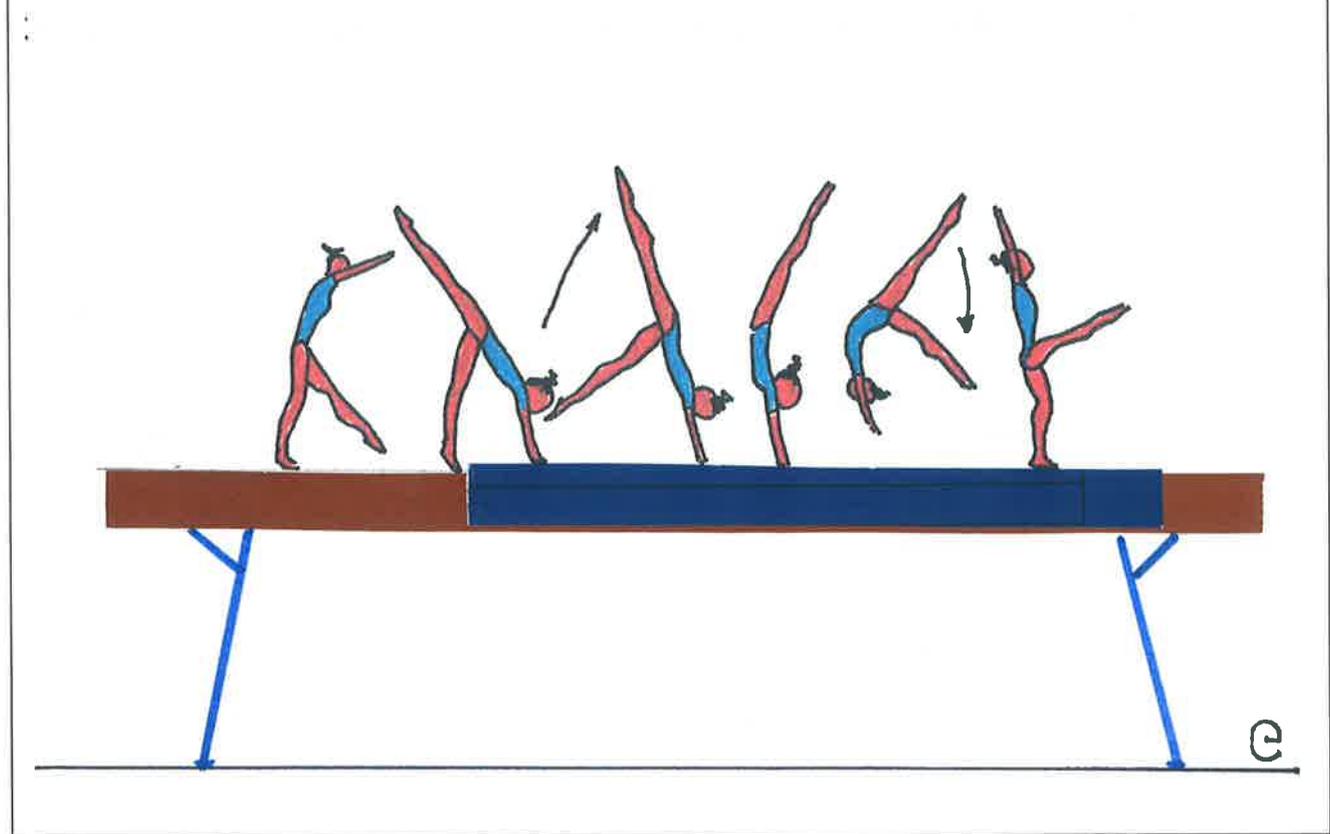
Proposte didattiche:

- 1) Eseguire il movimento al corpo libero.
- 2) Utilizzare una trave bassa - e una panca (a)-e una panca o tappeti alla stessa altezza (b) -una panca e una trave bassa (c). Una trave bassa con un tappeto (d).

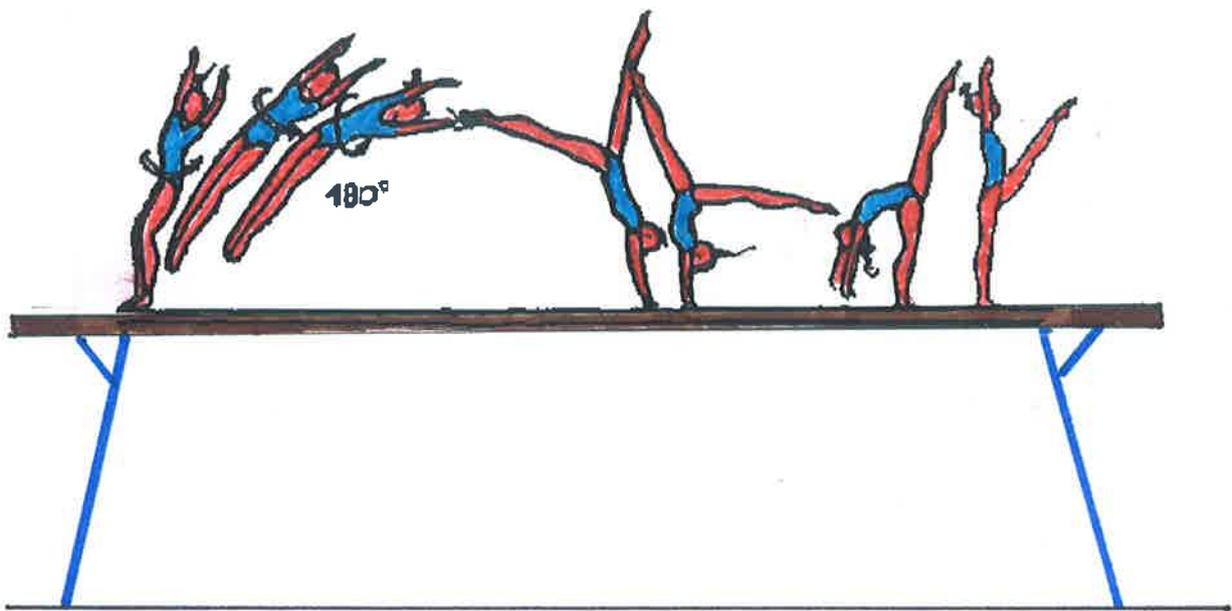




3) Eseguire il movimento alla trave alta con sopra un tappeto.

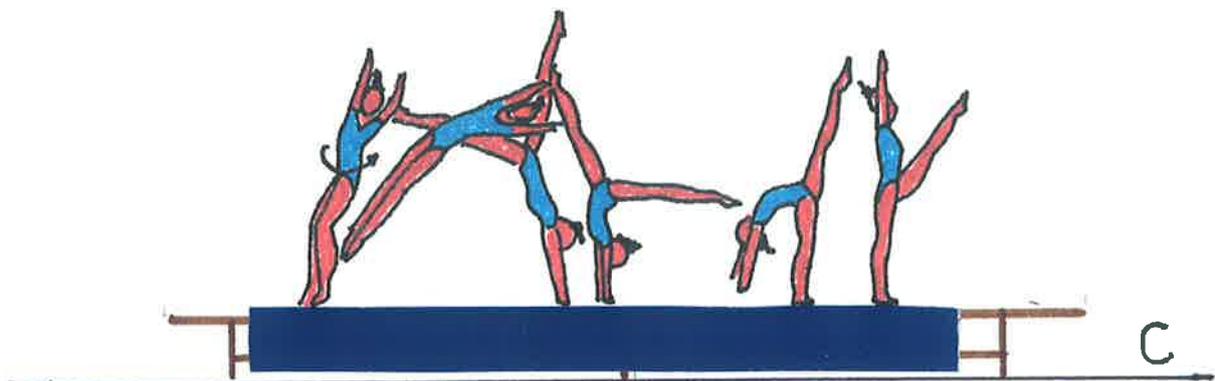
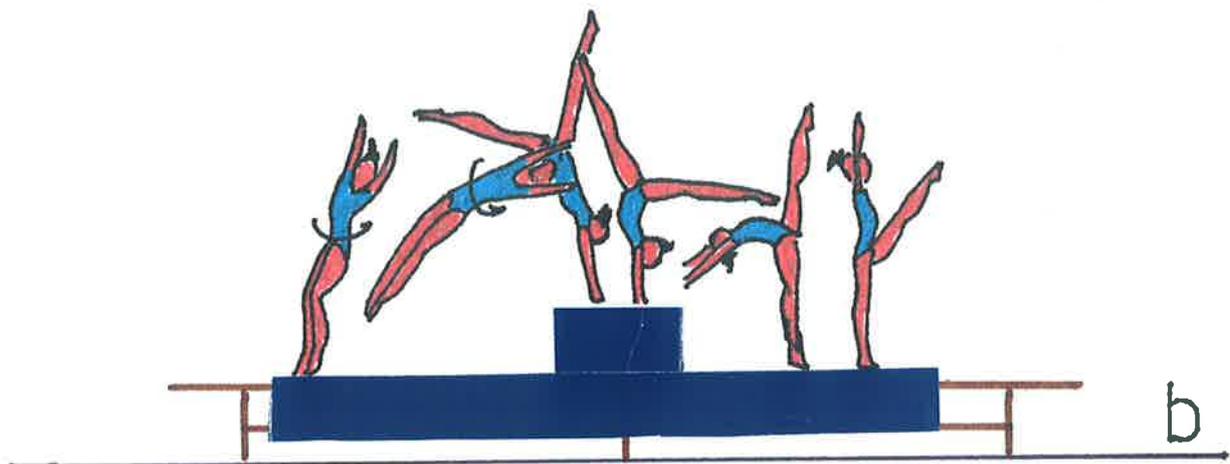
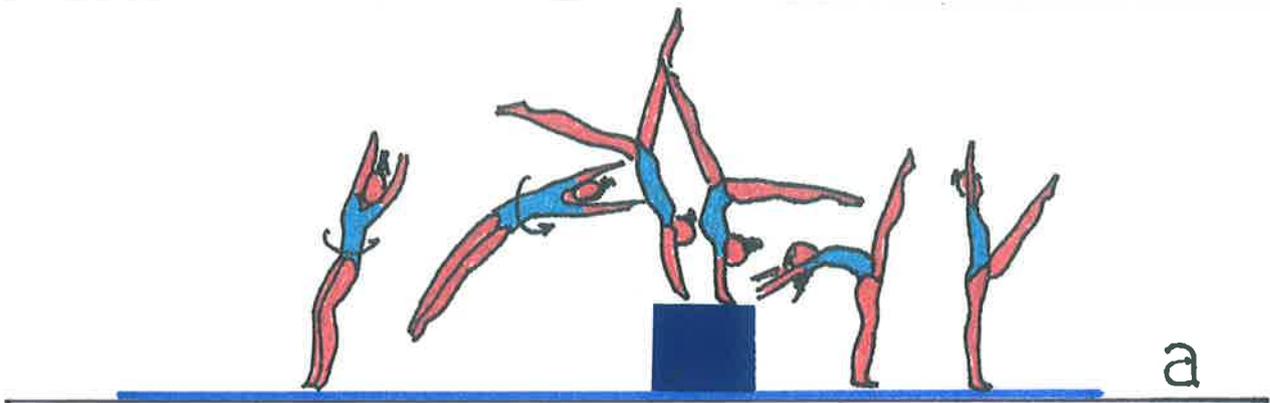


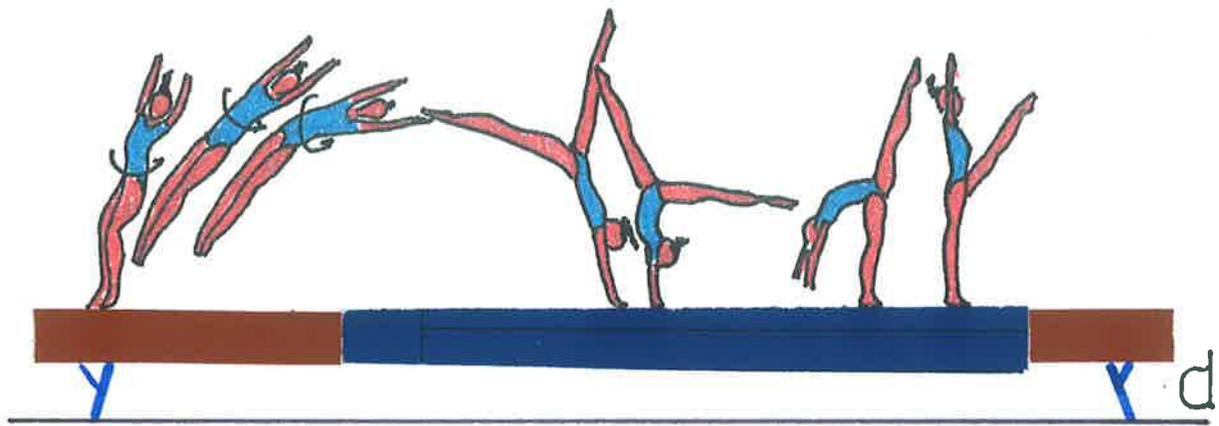
N. 4: Compiere $\frac{1}{2}$ giro e rovesciata avanti con arrivo in appoggio su un piede.



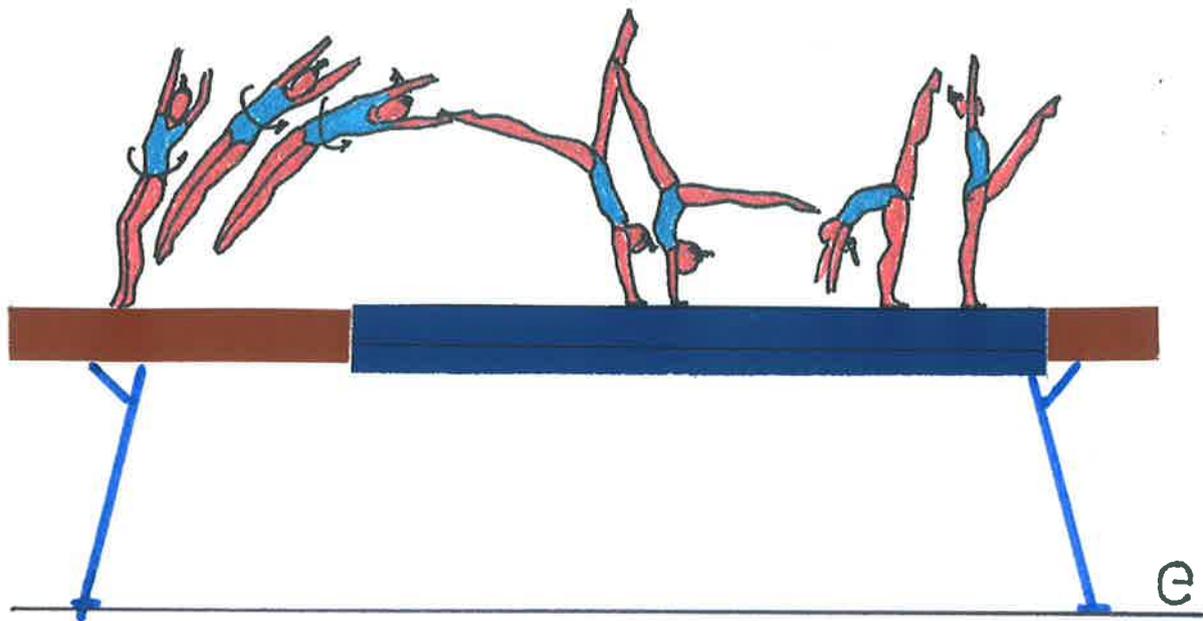
Proposte didattiche:

- 1) Eseguire il movimento al corpo libero.
- 2) Utilizzare prima dei tappeti (a)-poi una panca con dei tappeti come figura (b) - una panca con un tappeto di protezione (c) -una trave bassa con un tappeto di protezione(d)

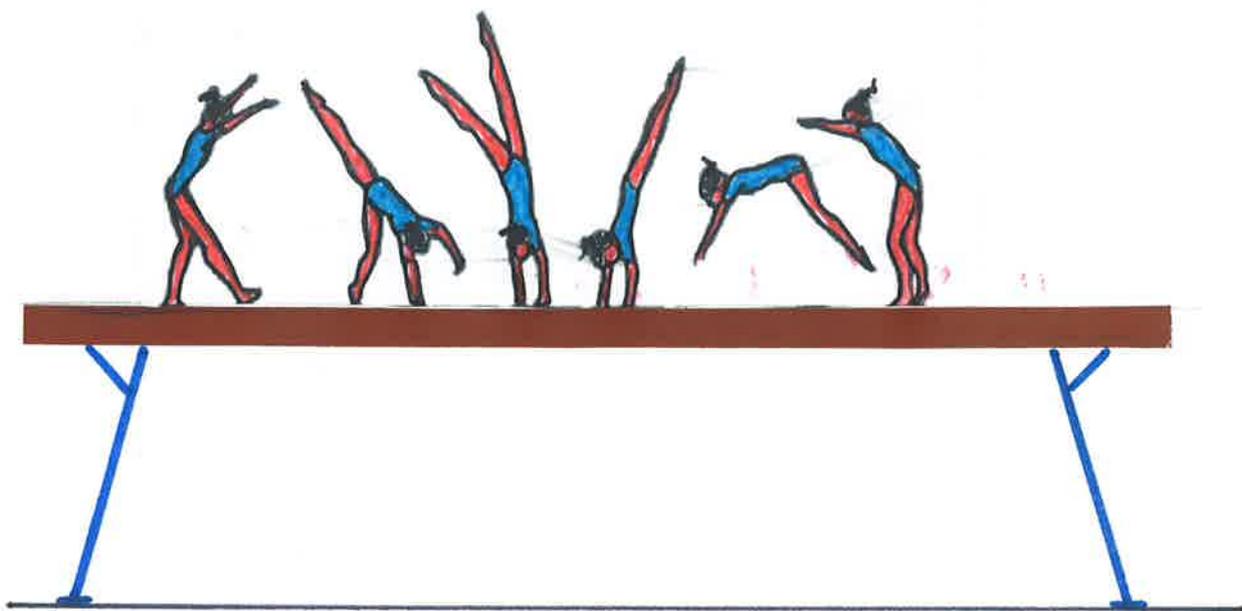




3) Eseguire il movimento alla trave alta con sopra un tappeto.



N. 5: Rondada.

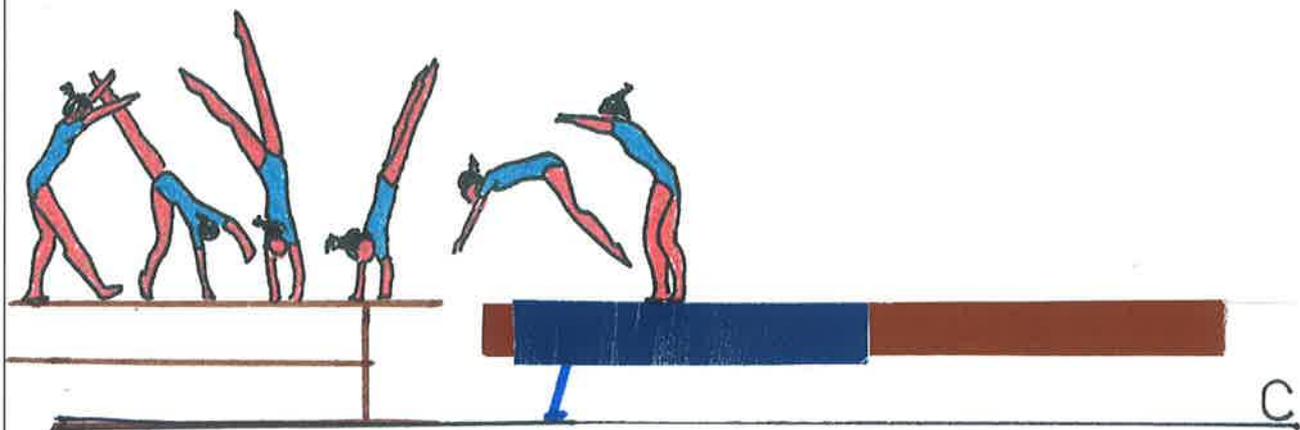
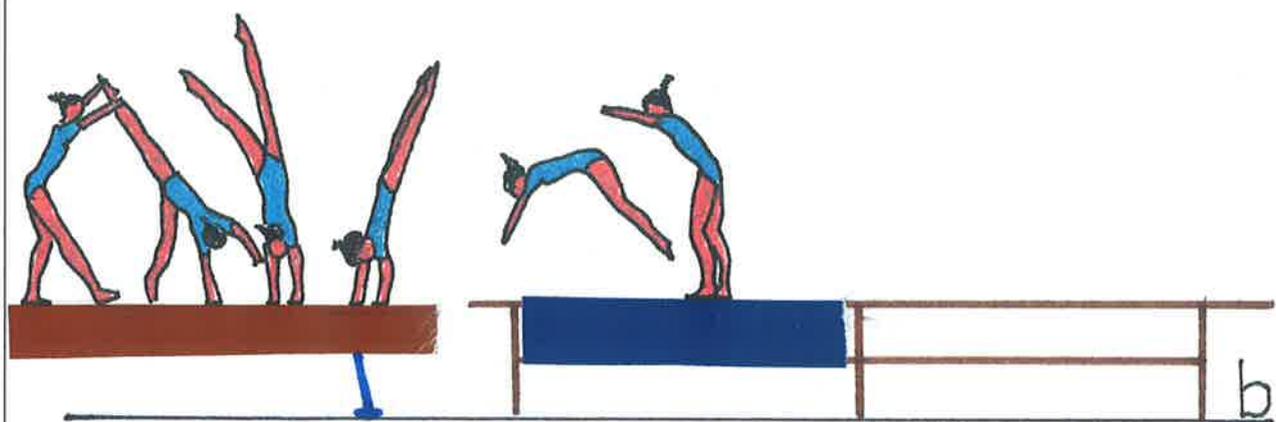
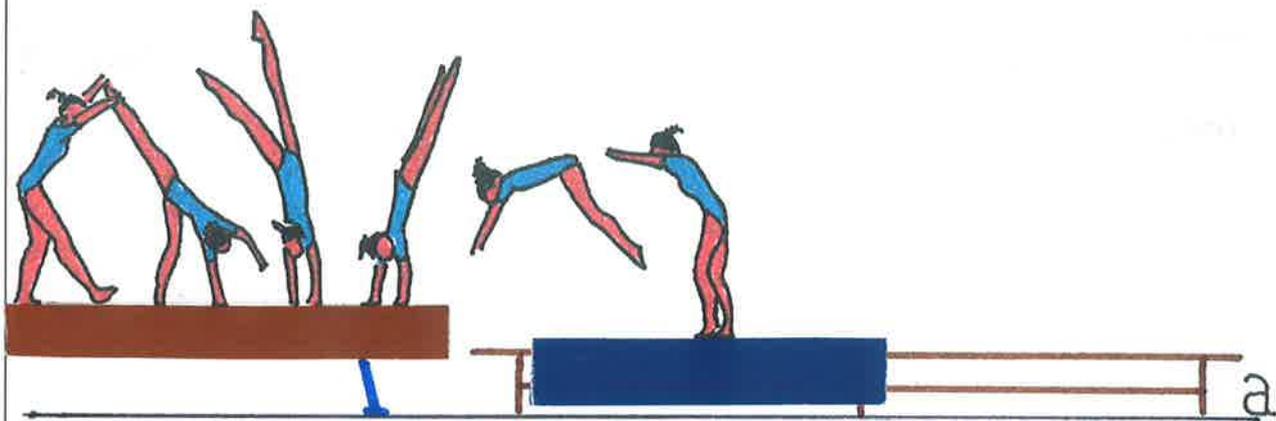


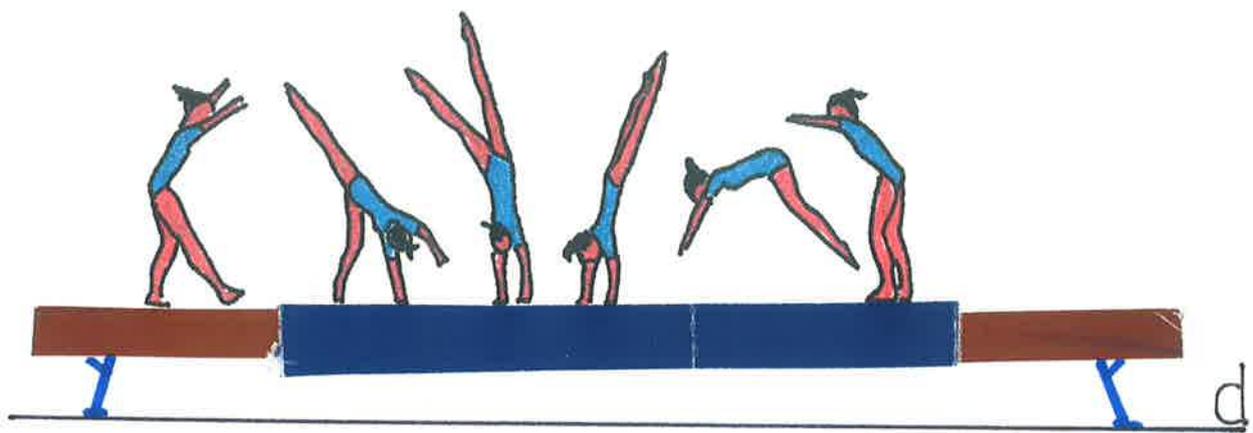
Proposte didattiche:

1) Utilizzare le metodologie per l'insegnamento della rondata a corpo libero.

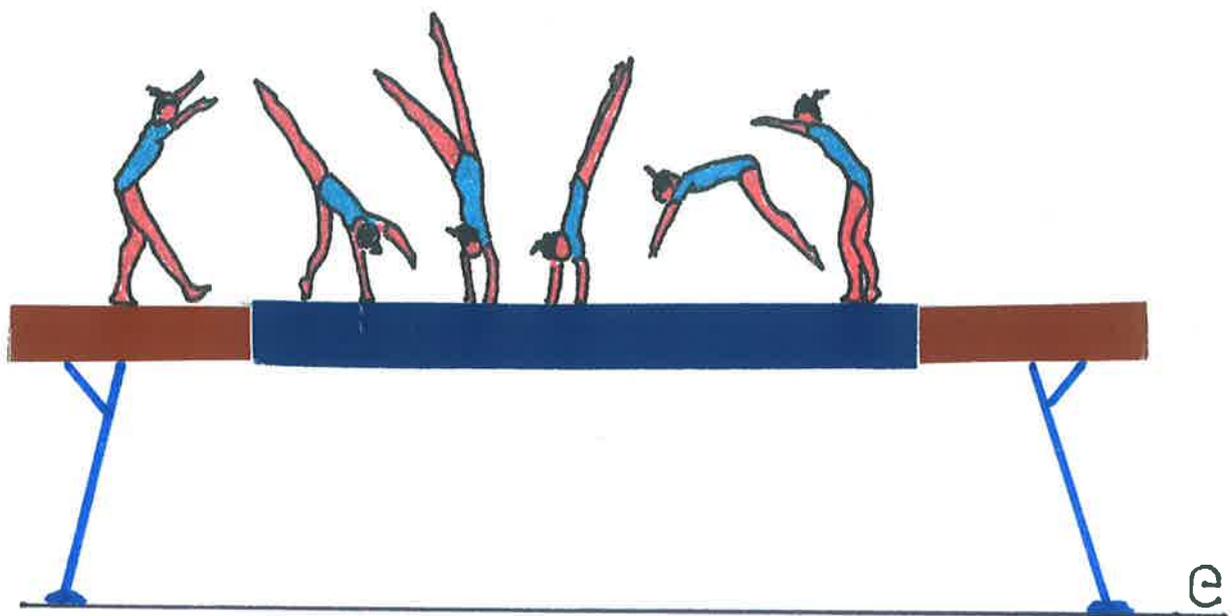
(vedi schede tecniche di Franco Pistecchia.)

2) Utilizzare una trave bassa - e una panca (a)-e una panca o tappeti alla stessa altezza (b) -una panca e una trave bassa (c). Una trave bassa con un tappeto (d).

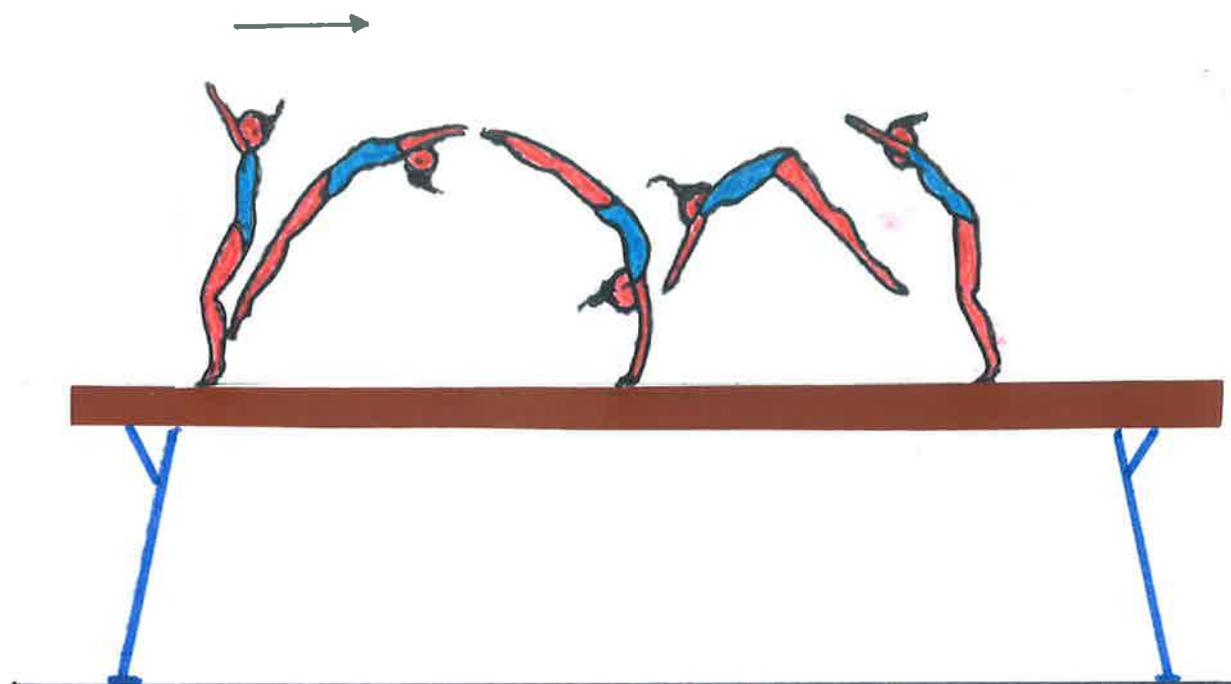




3) Eseguire il movimento alla trave alta con sopra un tappeto.



N. 6: Flic-flac indietro.

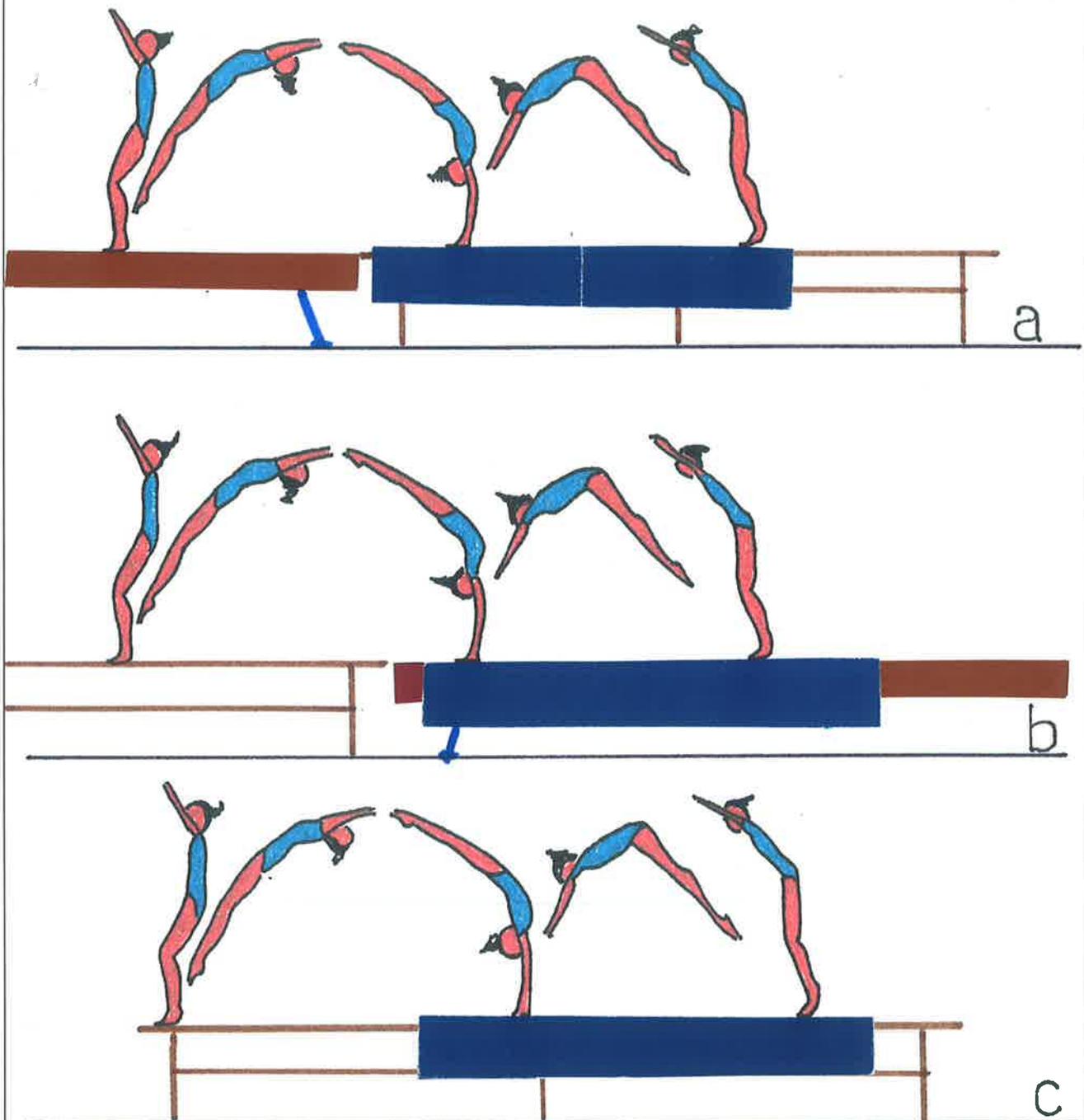


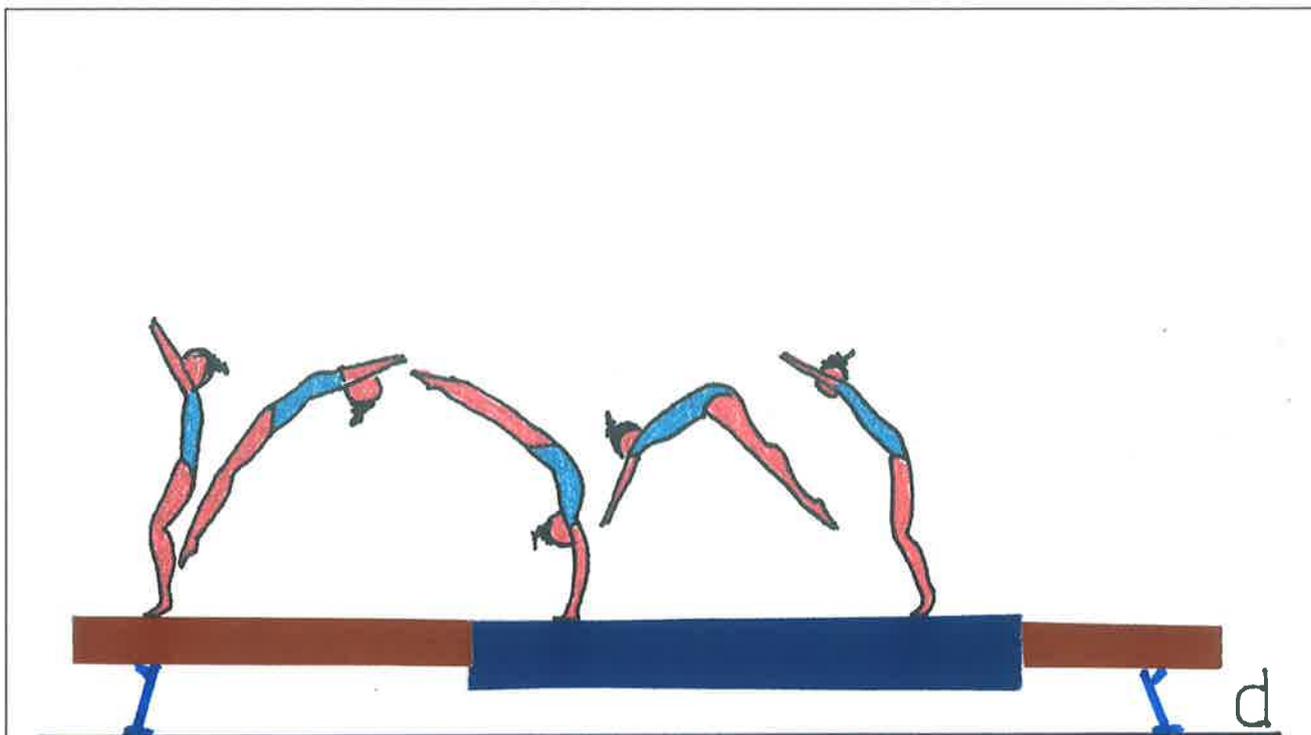
Proposte didattiche:

1) Utilizzare le metodologie per l'insegnamento del flic-flac indietro a corpo libero.

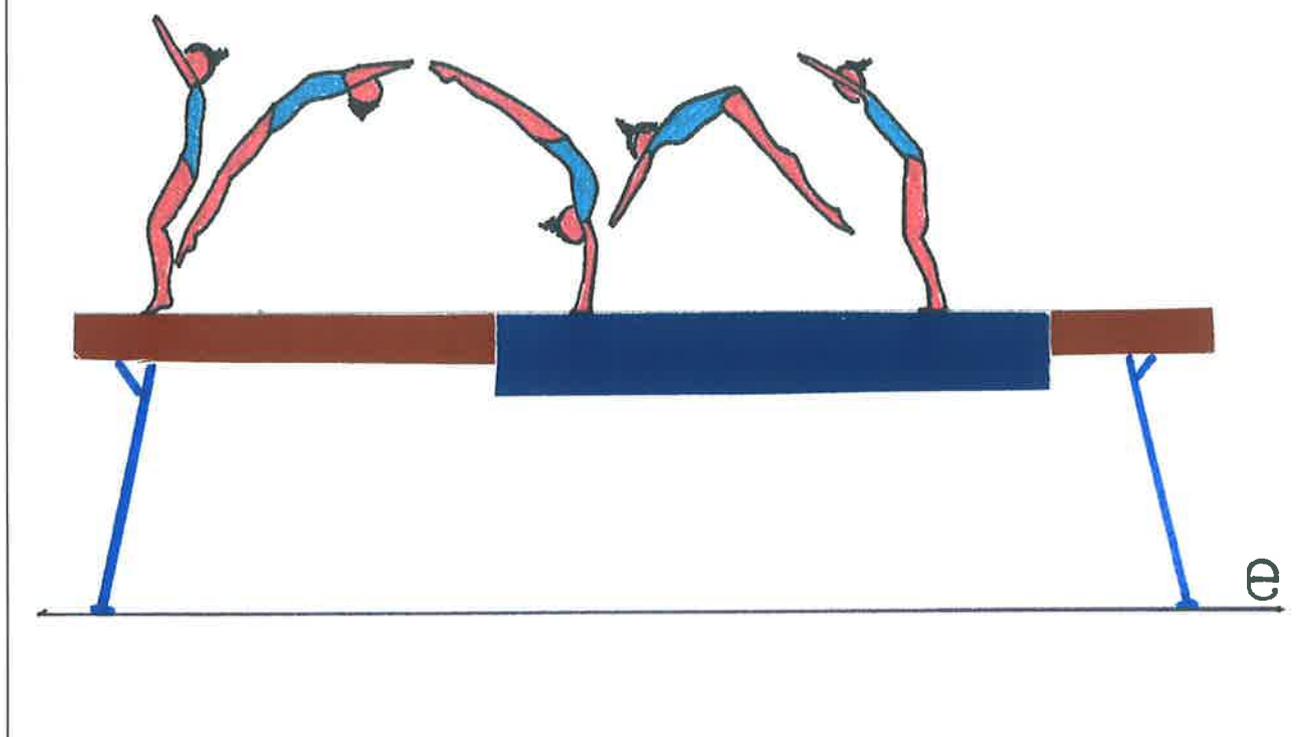
(vedi schede tecniche di Franco Pistecchia.)

2) Utilizzare una trave bassa e una panca con un tappeto di protezione (a)- una panca e una trave bassa con un tappeto di protezione (b)- una panca con un tappeto di protezione (c)- una trave bassa con un tappeto di protezione (d).

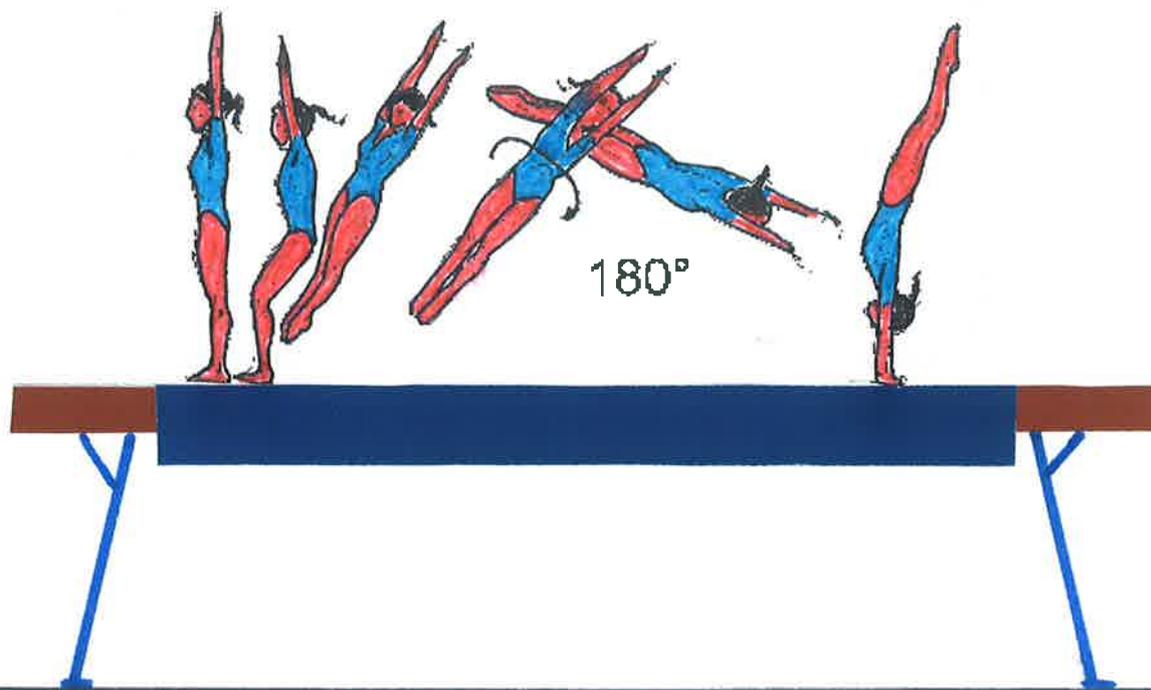




3) Eseguire il movimento alla trave alta con sopra un tappeto.

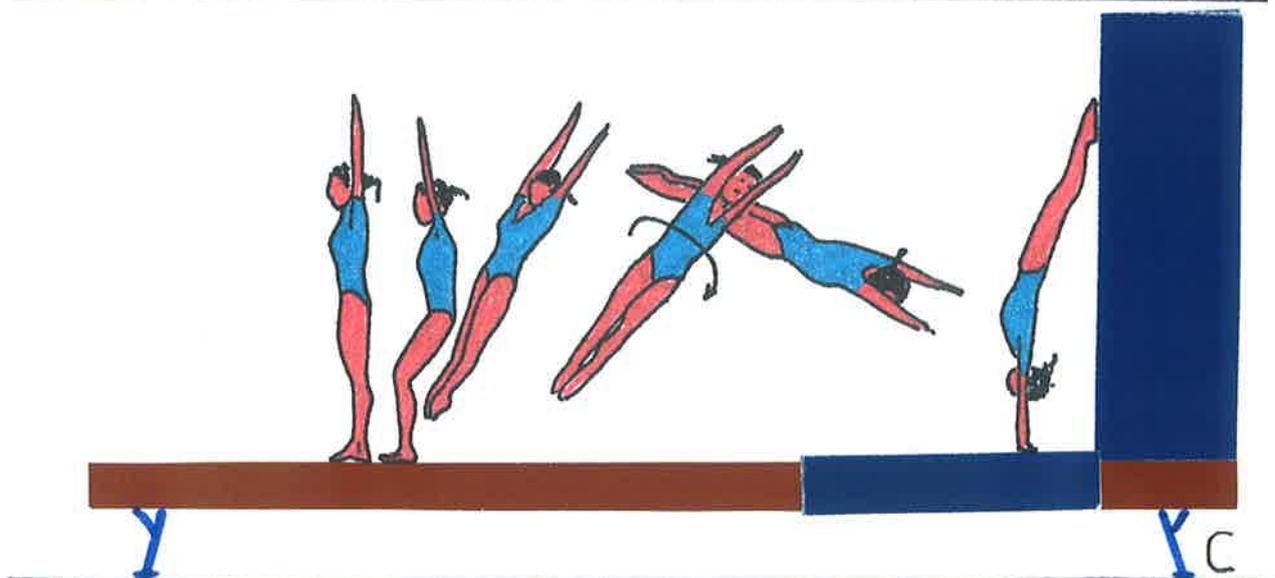
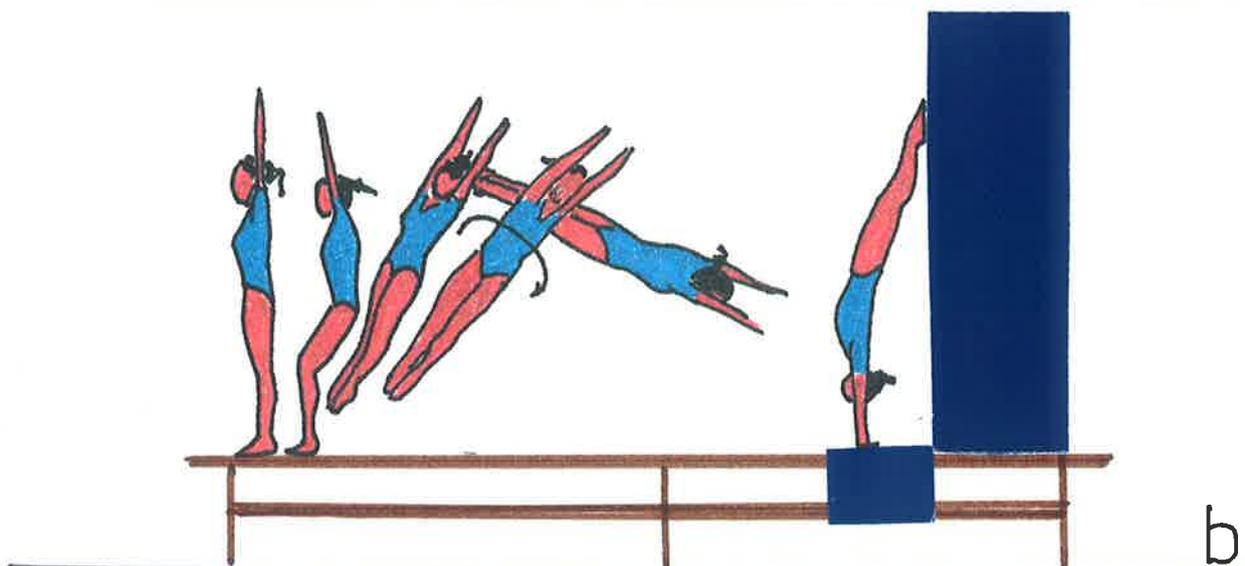
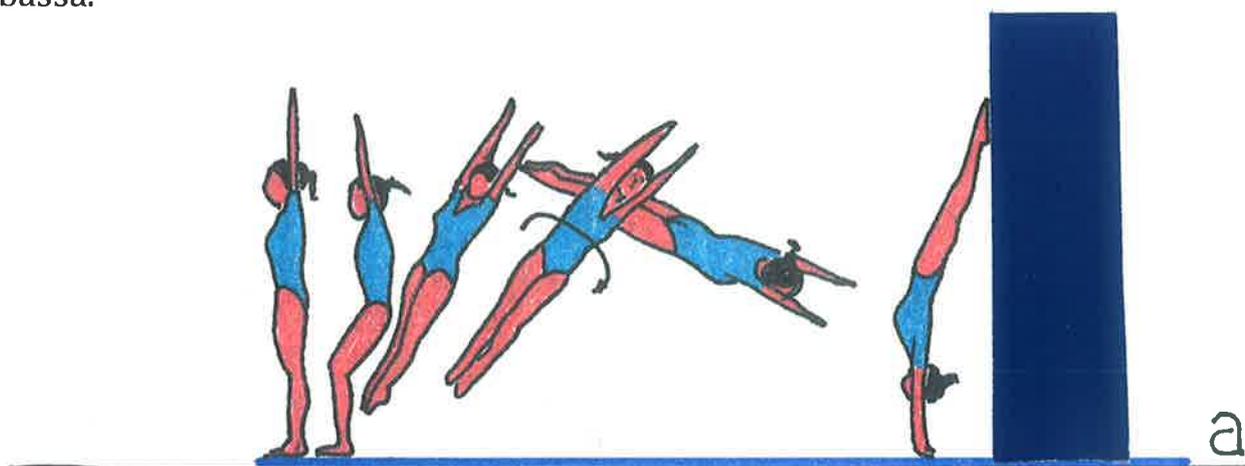


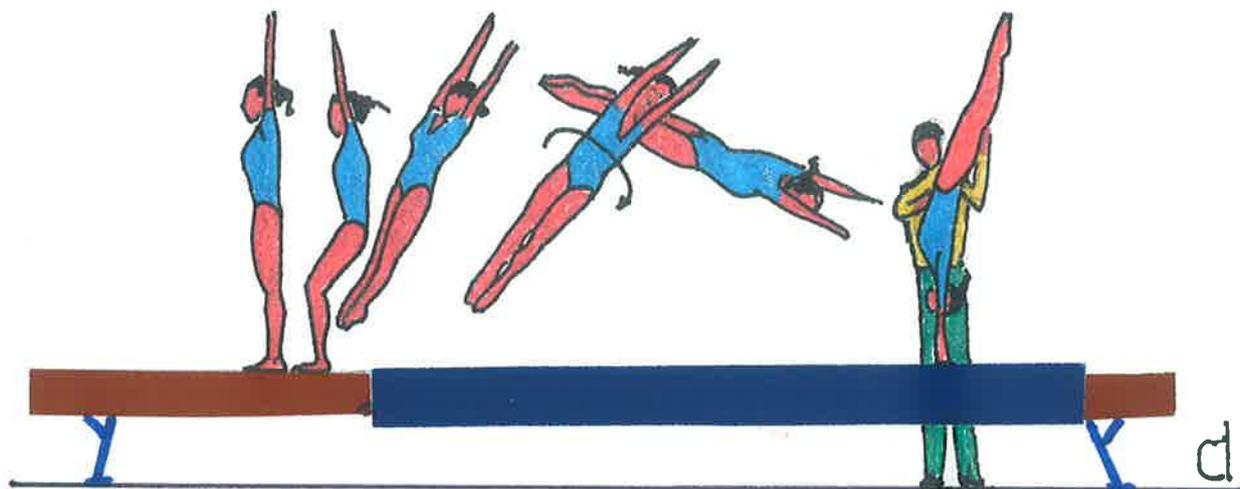
N. 7: Flic-flac indietro con $\frac{1}{2}$ giro e arrivo alla verticale ritta rovesciata.



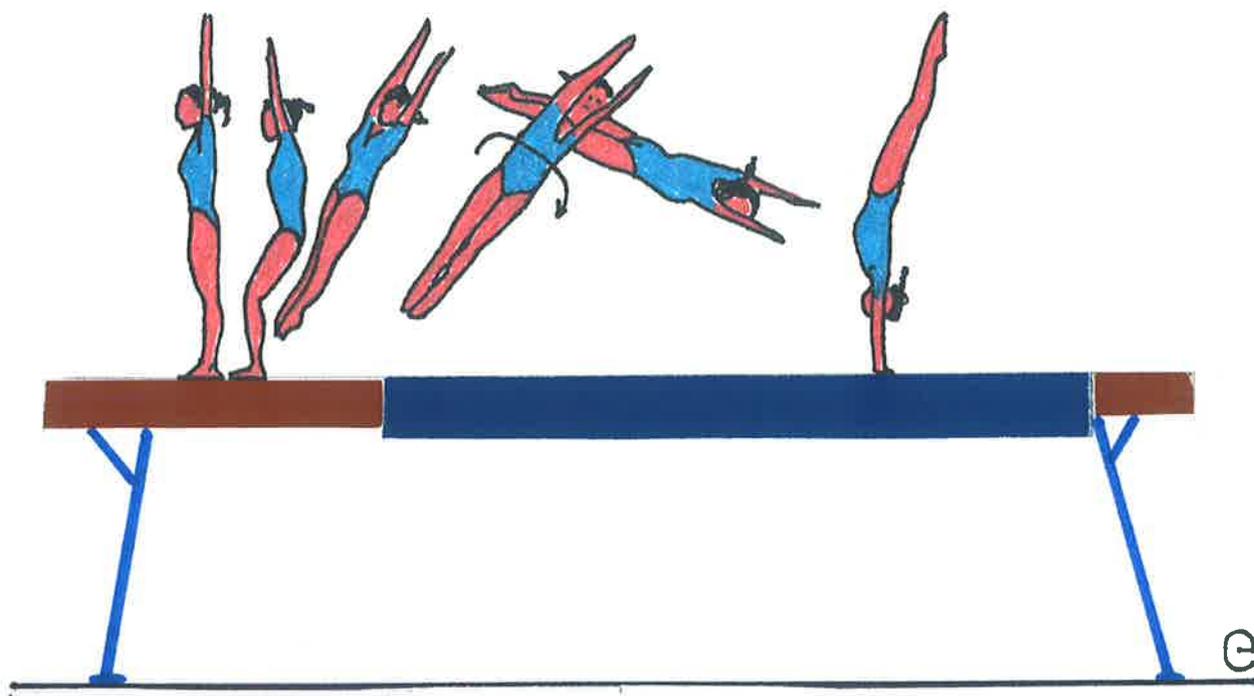
Proposte didattiche:

1) Eseguire il movimento utilizzando tappeti, tappeti paracadute, panca e trave bassa.

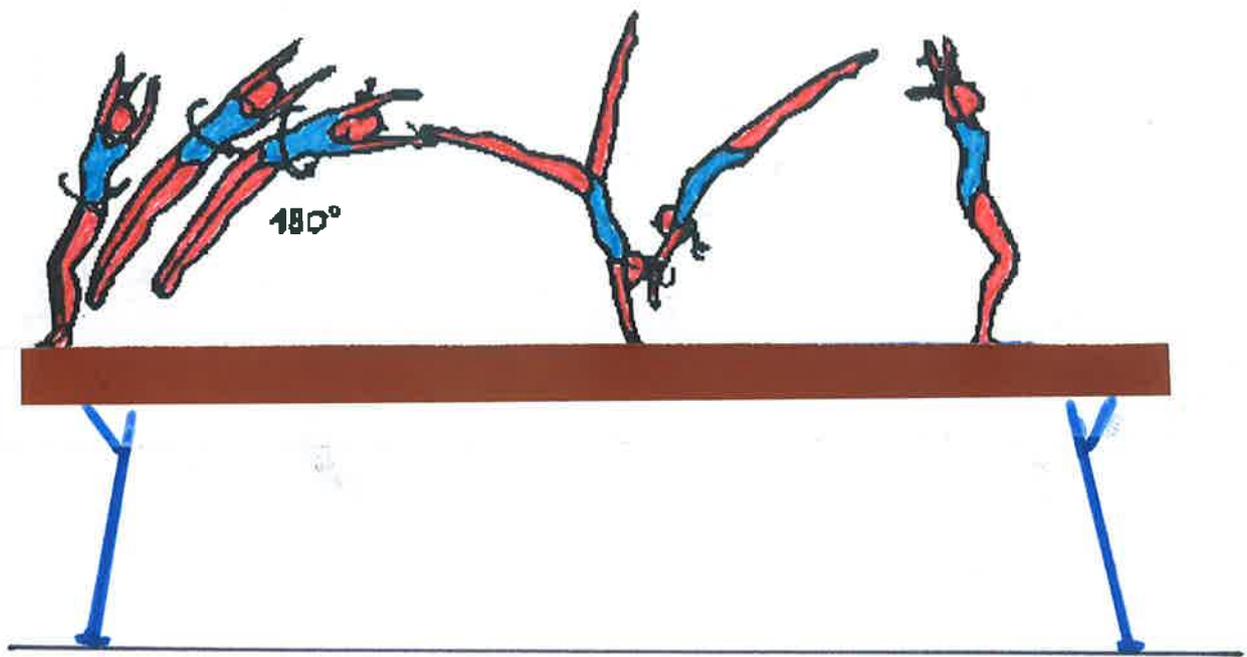




3) Eseguire il movimento alla trave alta con sopra un tappeto.

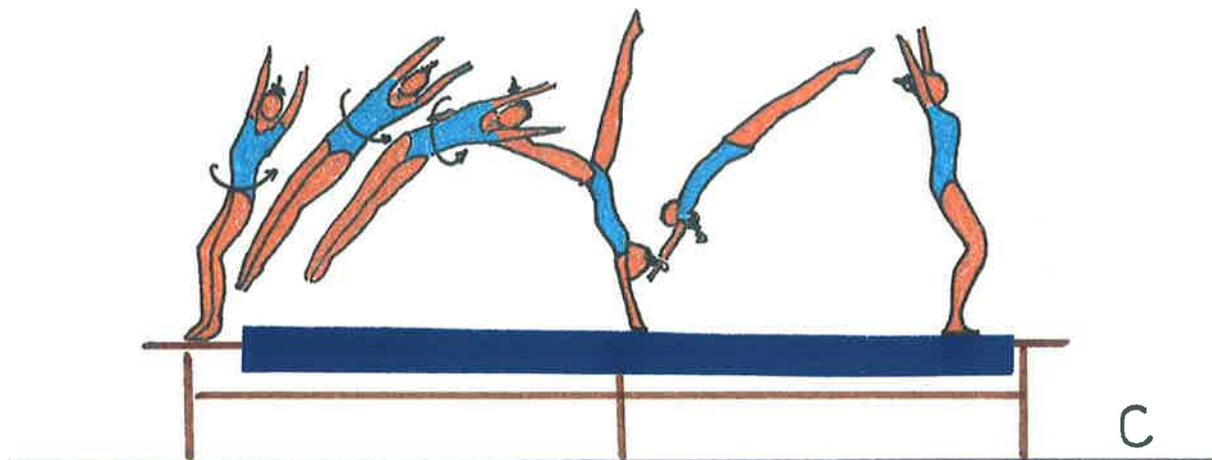
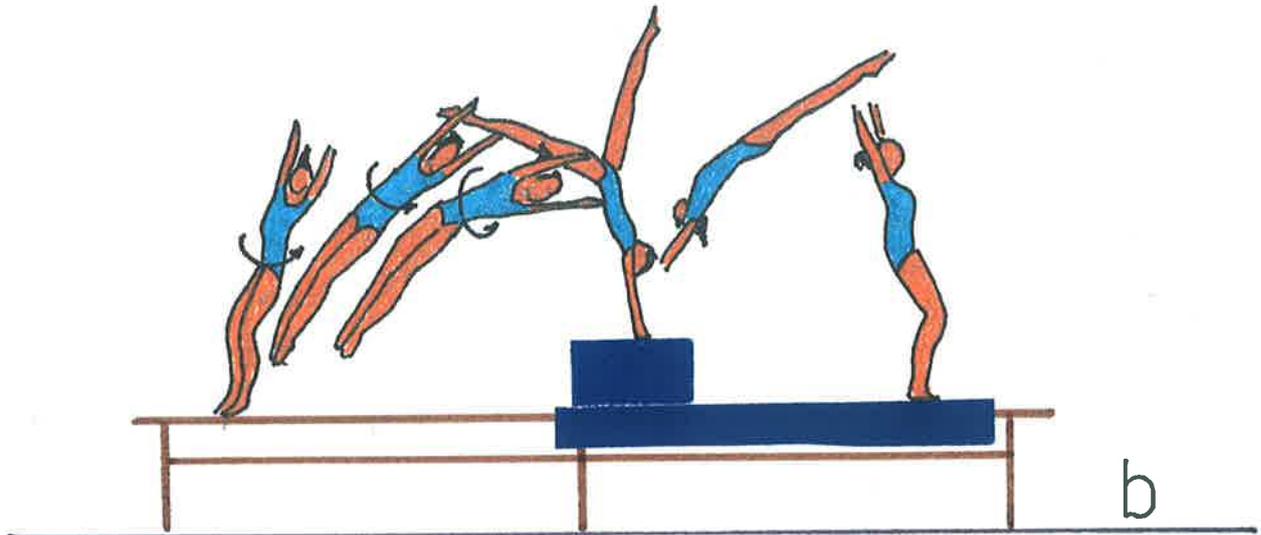
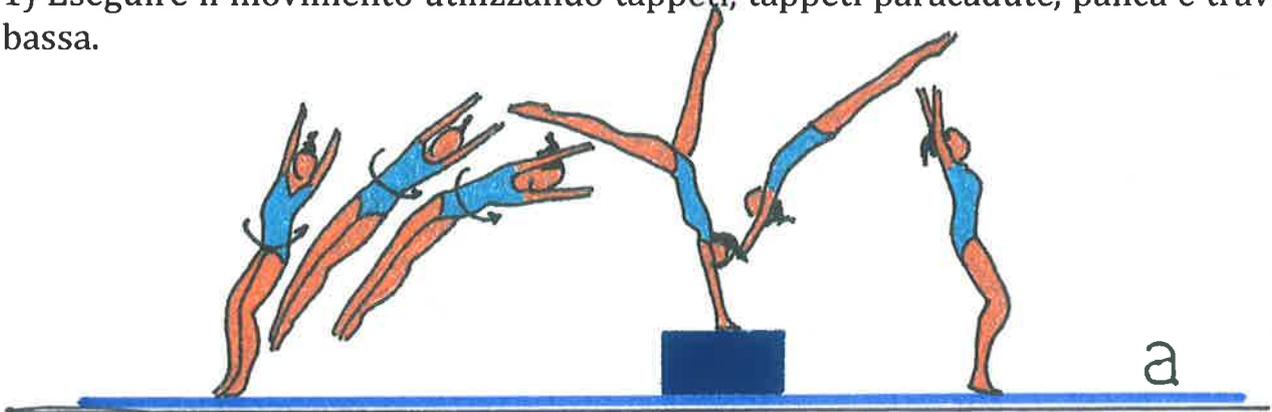


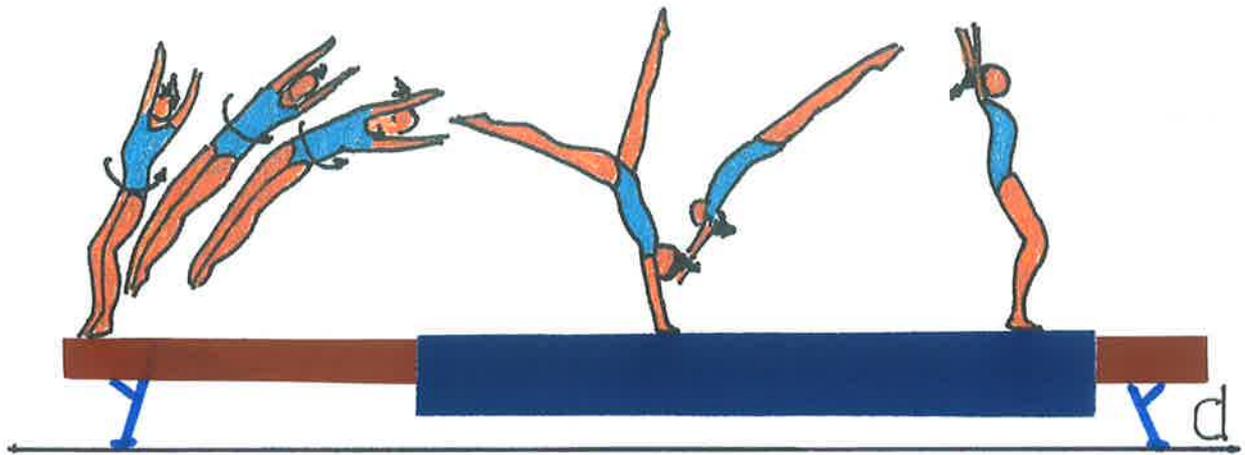
N.8: Flic-flac indietro con ½ giro e ribaltata avanti.



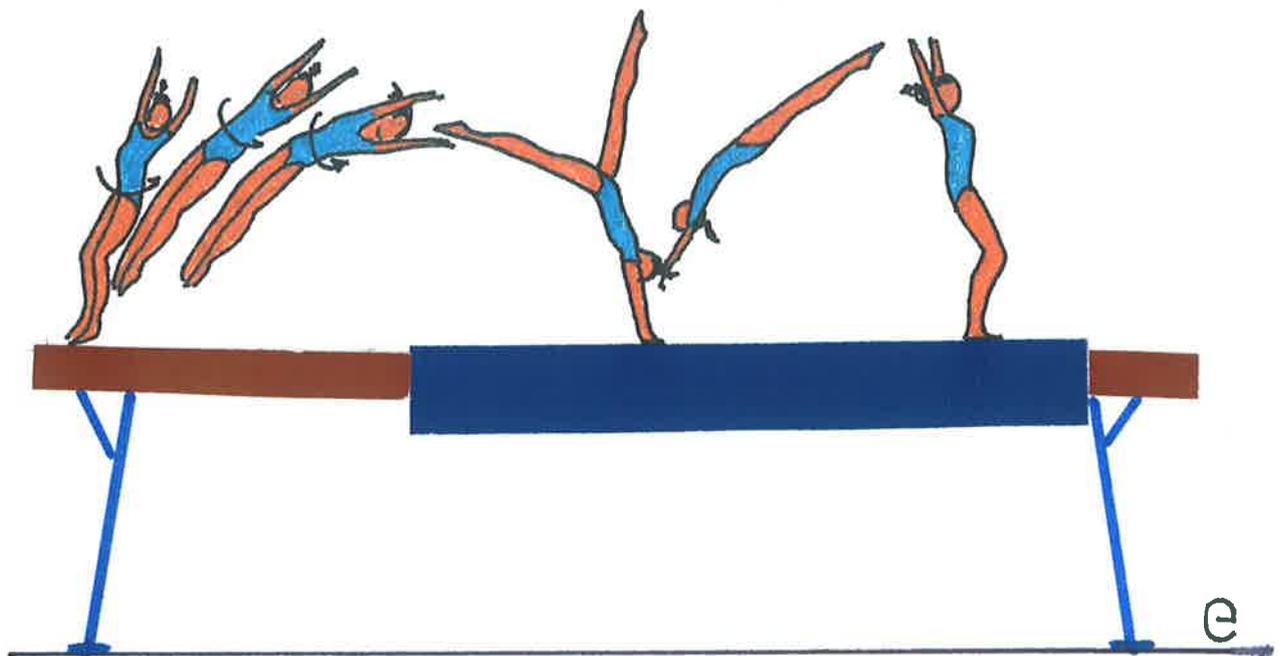
Proposte didattiche:

1) Eseguire il movimento utilizzando tappeti, tappeti paracadute, panca e trave bassa.

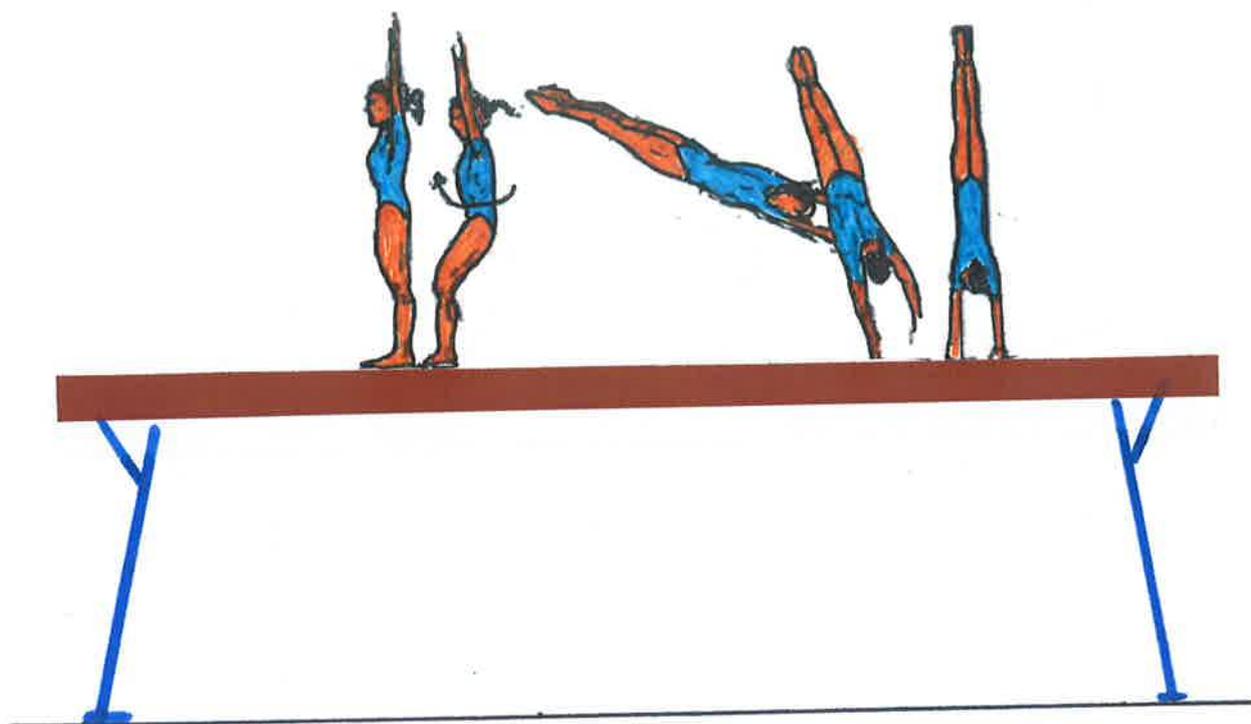




3) Eseguire il movimento alla trave alta con sopra un tappeto.

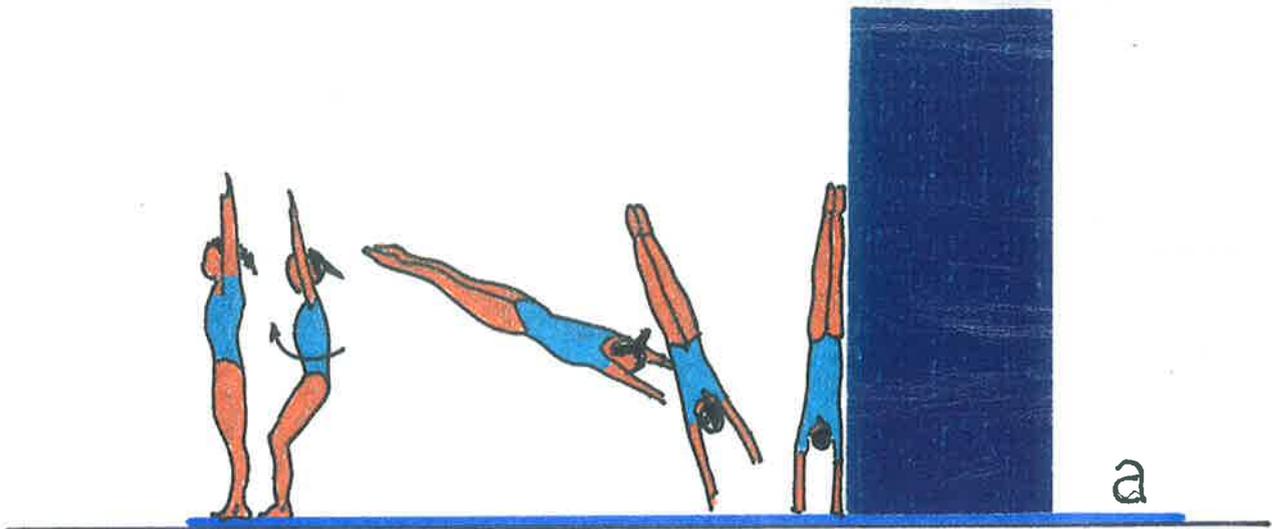


N.9: Flic-flac con un $\frac{1}{4}$ di giro e arrivo alla verticale ritta rovesciata.

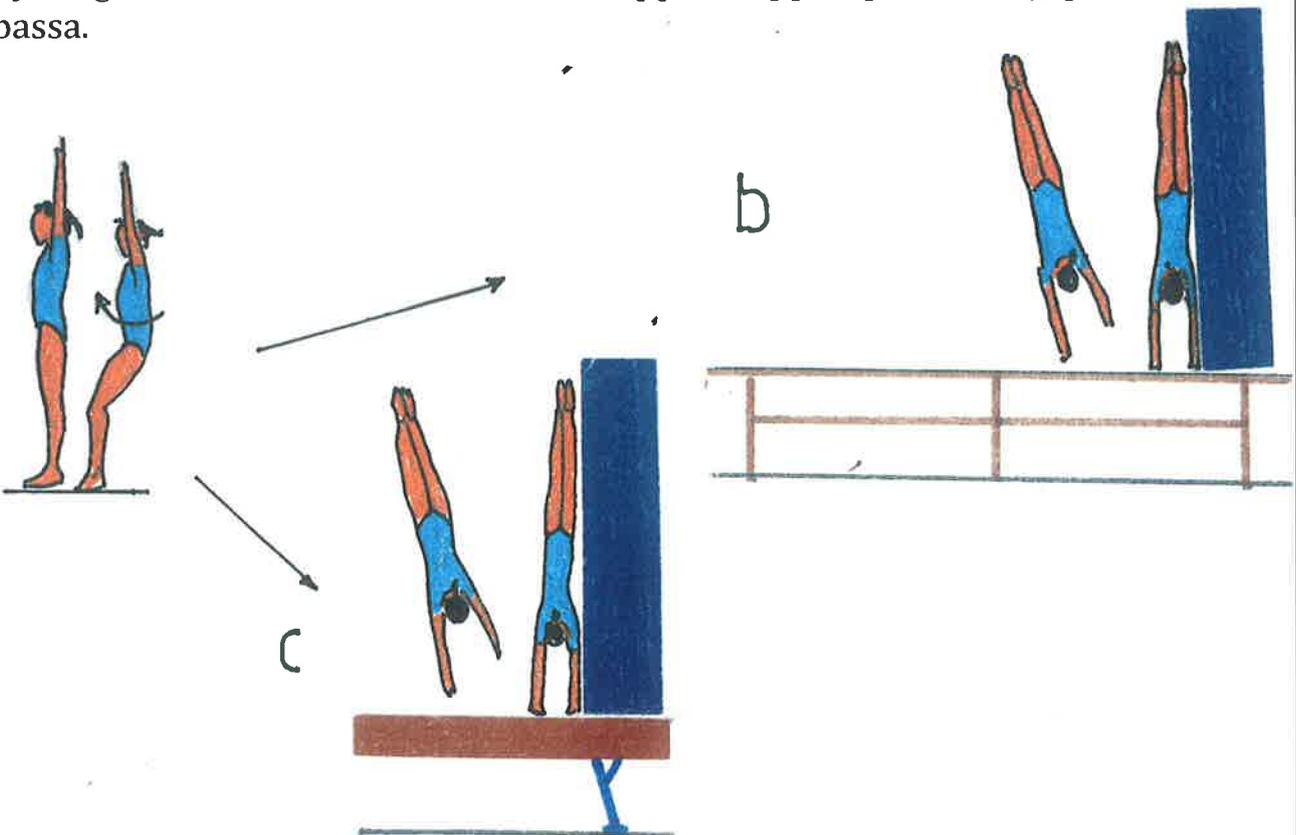


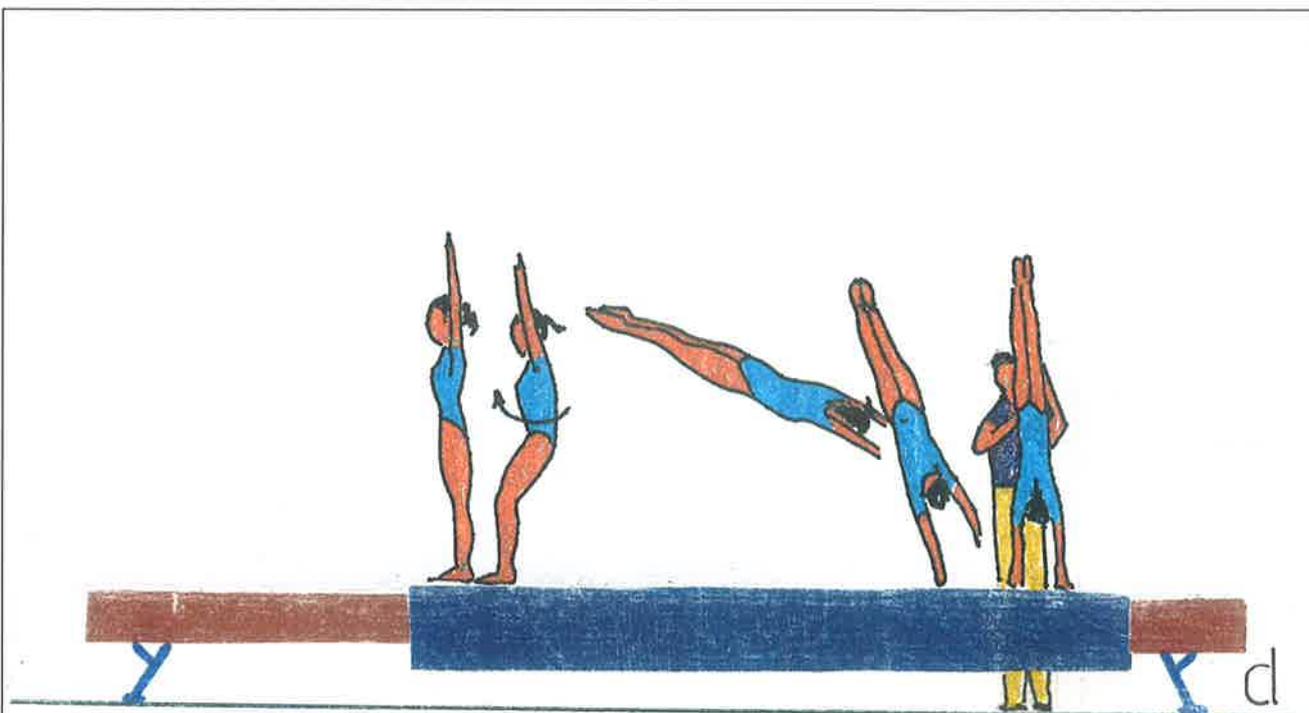
Proposte didattiche:

1) Eseguire il movimento a corpo libero utilizzando un tappeto paracadute.

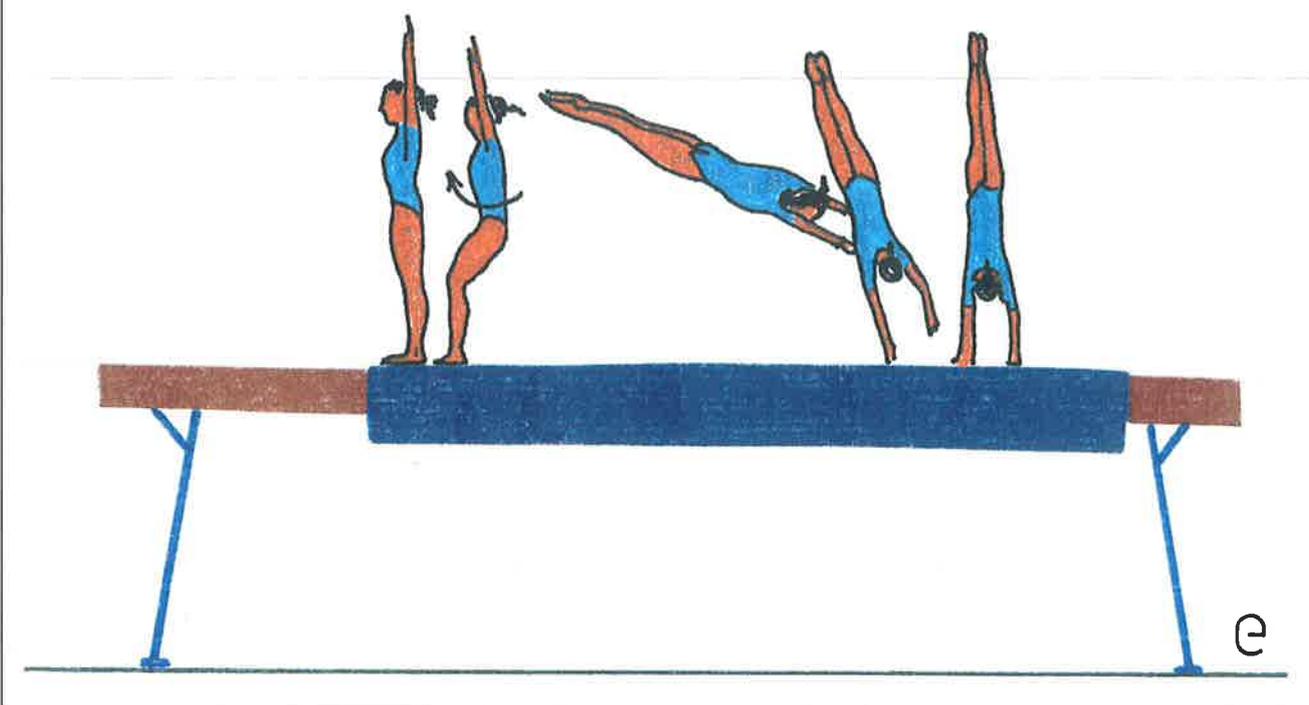


2) Eseguire il movimento utilizzando tappeti, tappeti paracadute, panca e trave bassa.

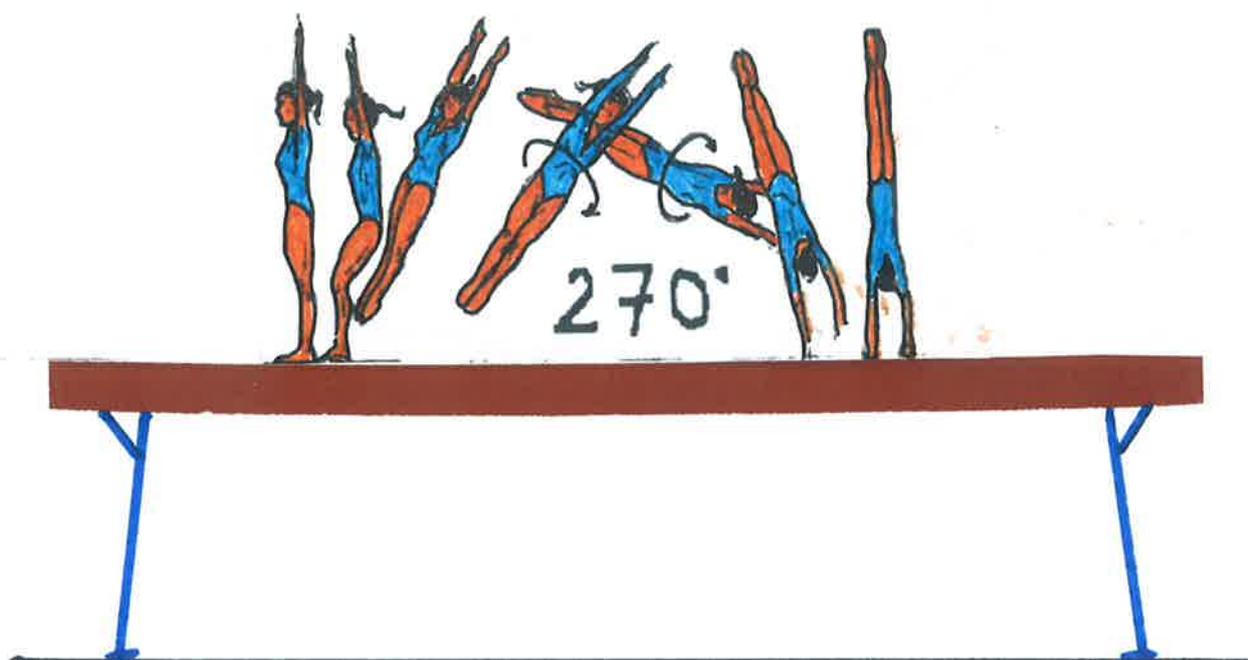




3) Eseguire il movimento alla trave alta con sopra un tappeto

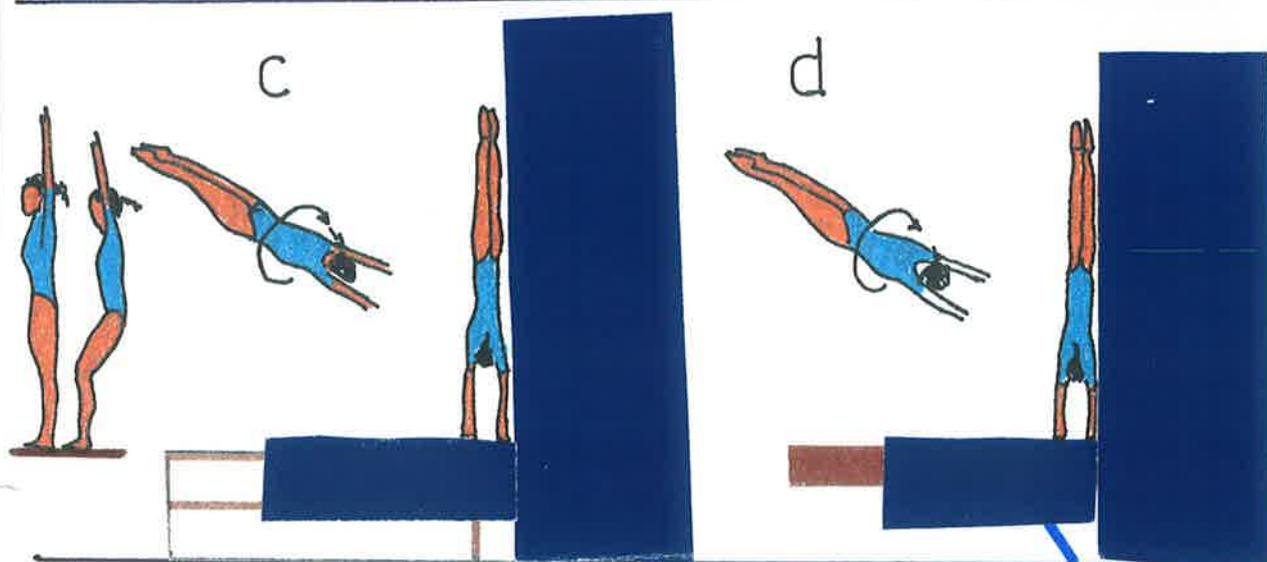
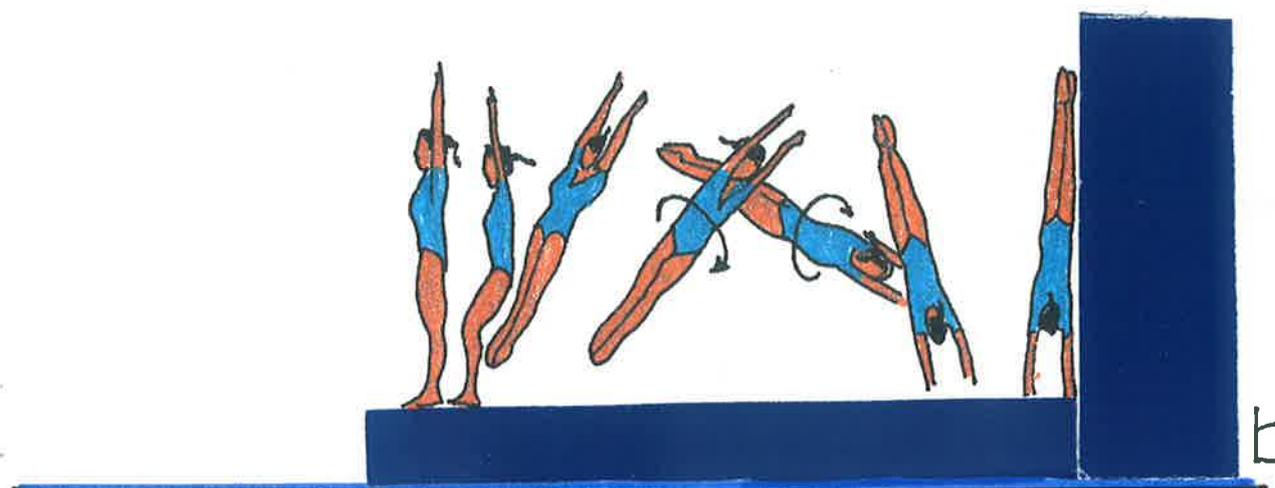
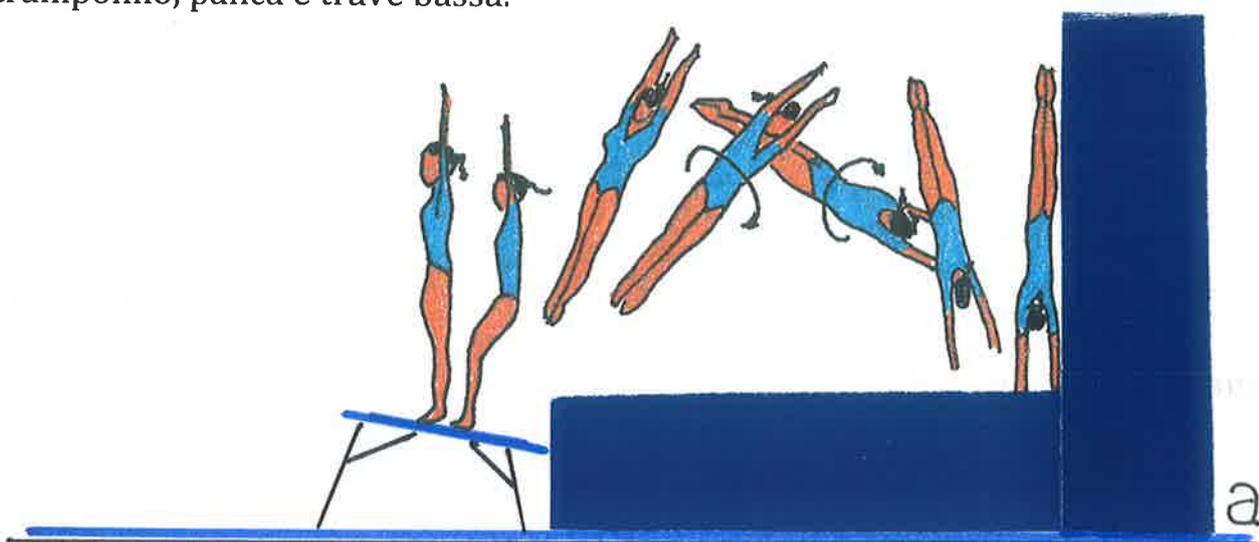


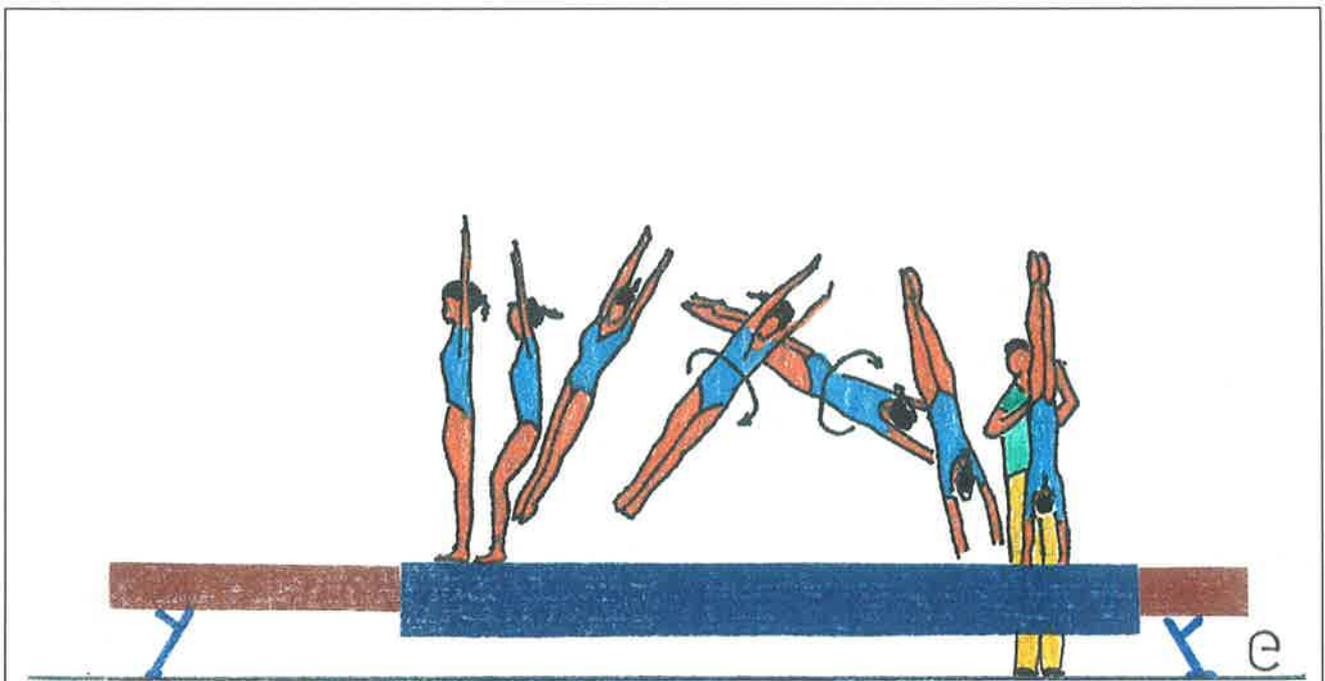
N.10: Flic-flac con un giro di 270° e arrivo alla verticale ritta rovesciata.



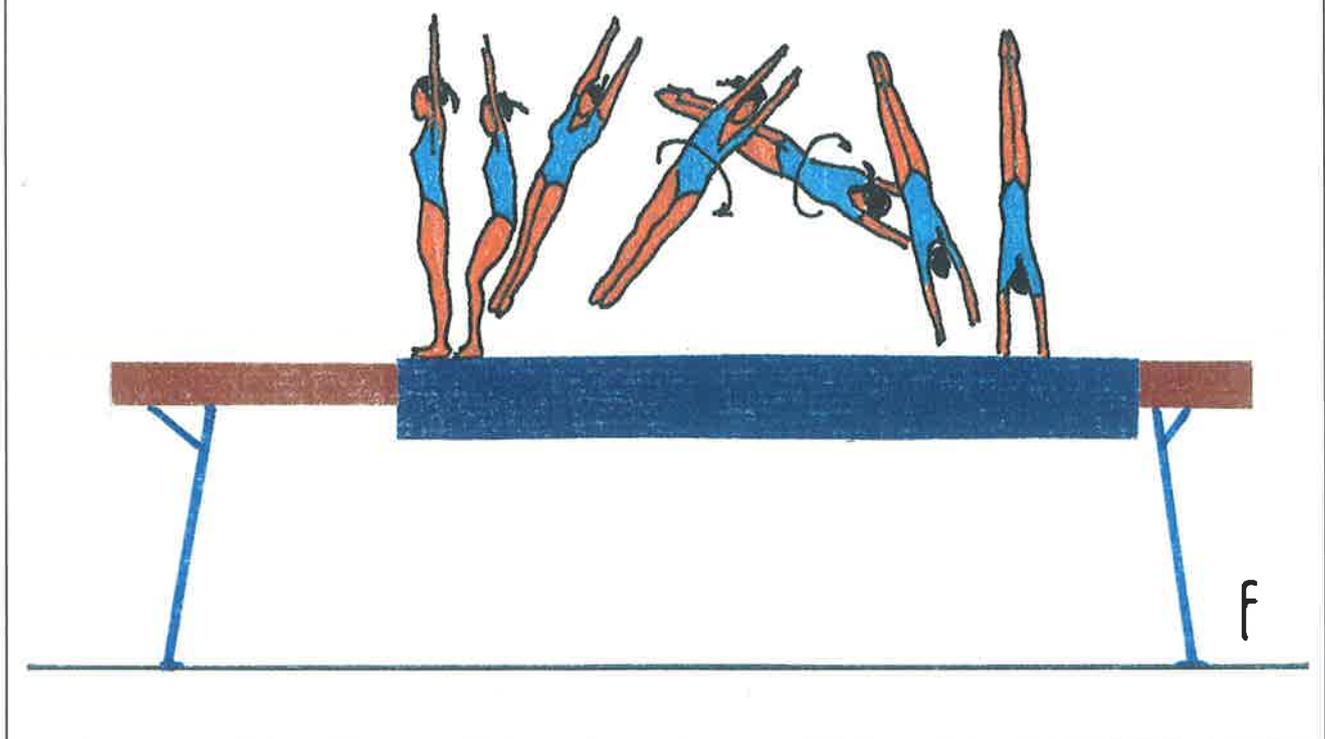
Proposte didattiche:

1) Eseguire il movimento utilizzando tappeti, tappeti paracadute, mini trampolino, panca e trave bassa.

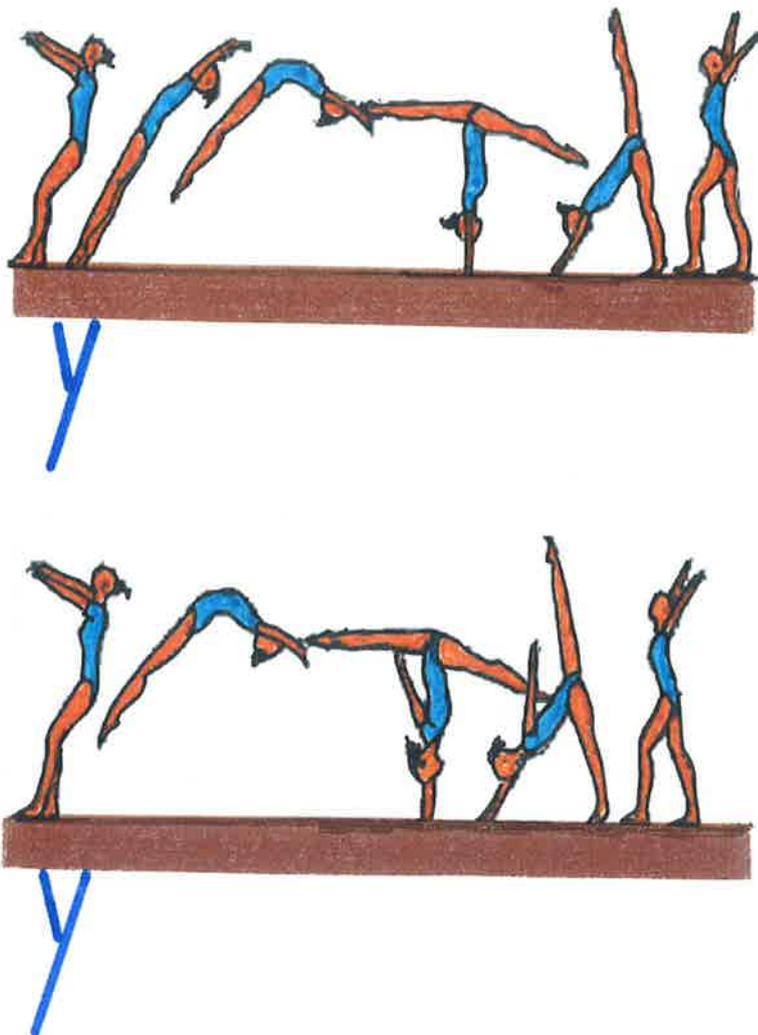




2) Eseguire il movimento alla trave alta con sopra un tappeto

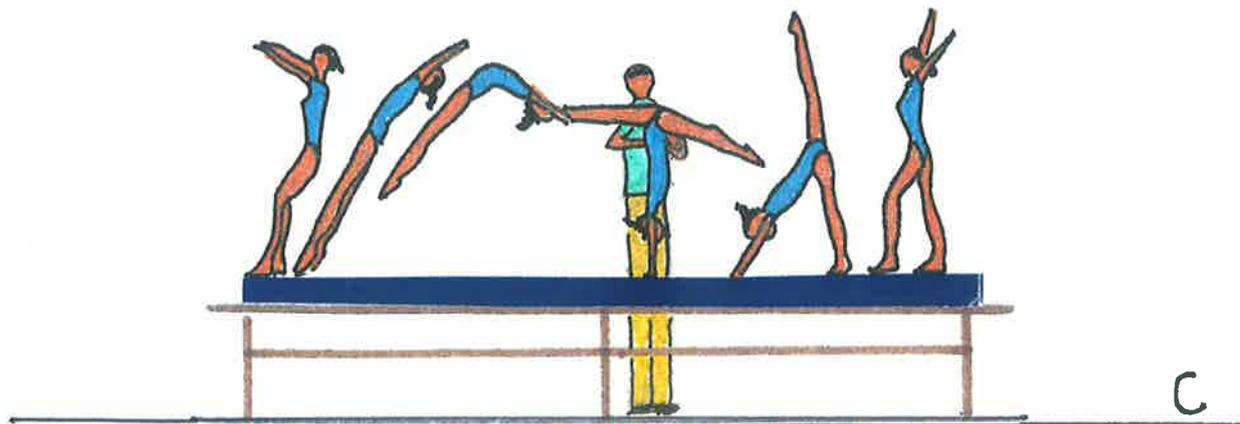
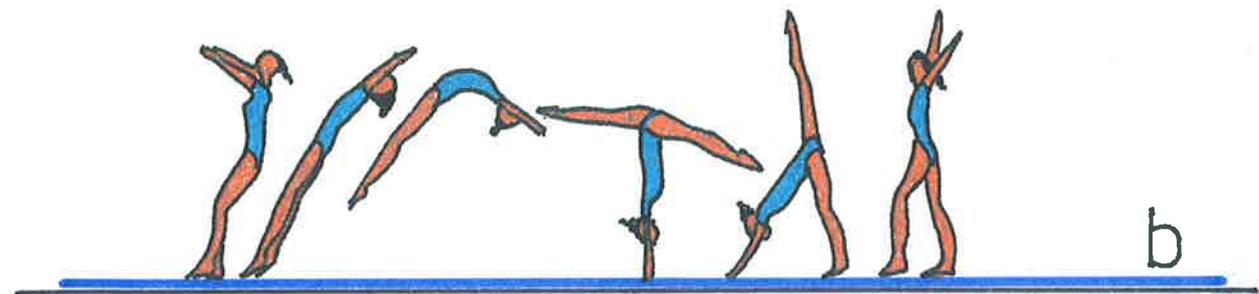
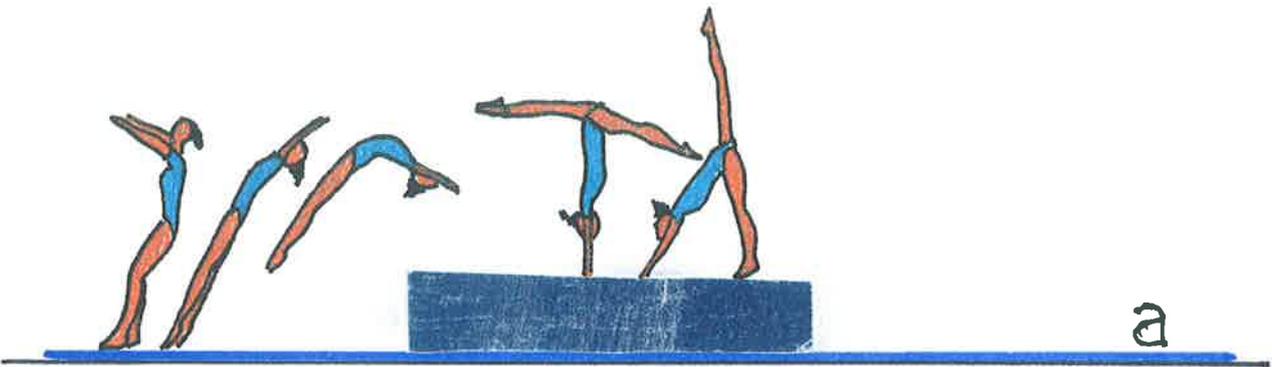


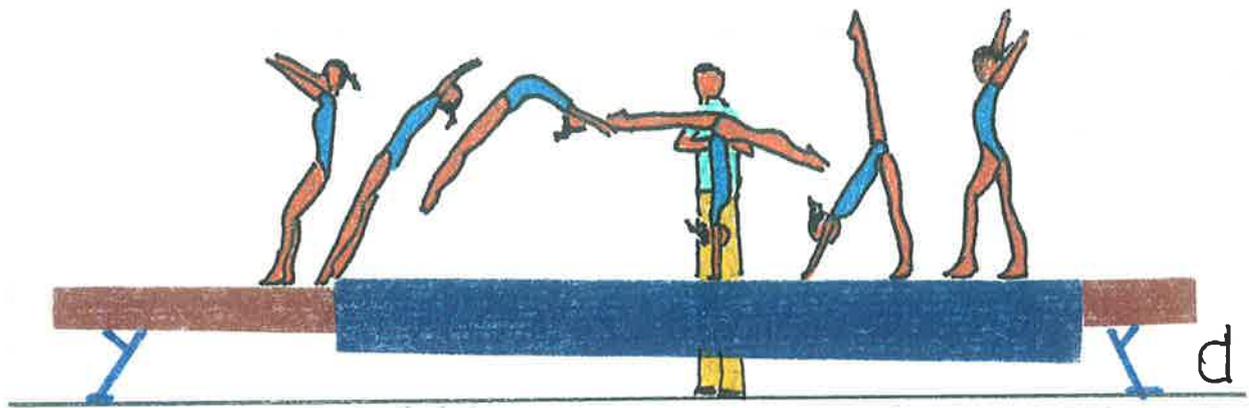
N.11: Flic-flac con passaggio alla verticale ritta rovesciata (anche su un braccio) a gambe divaricate.



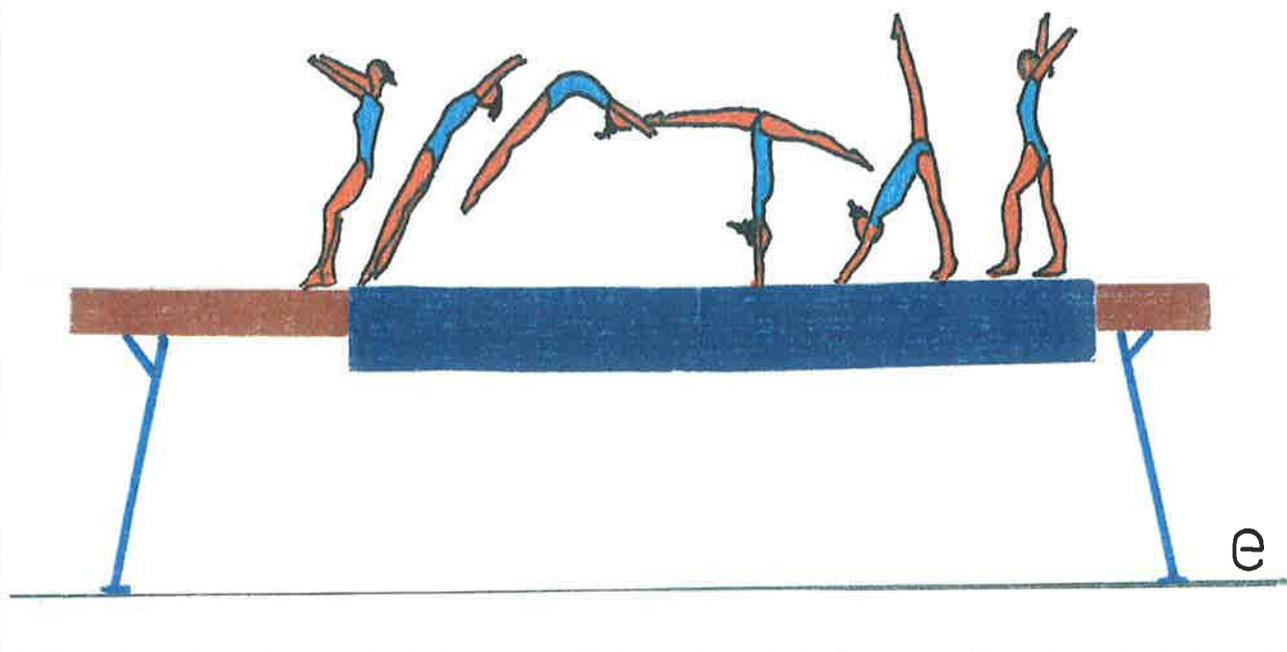
Proposte didattiche:

1) Eseguire il movimento utilizzando tappeti, tappeti paracadute, panca e trave bassa.

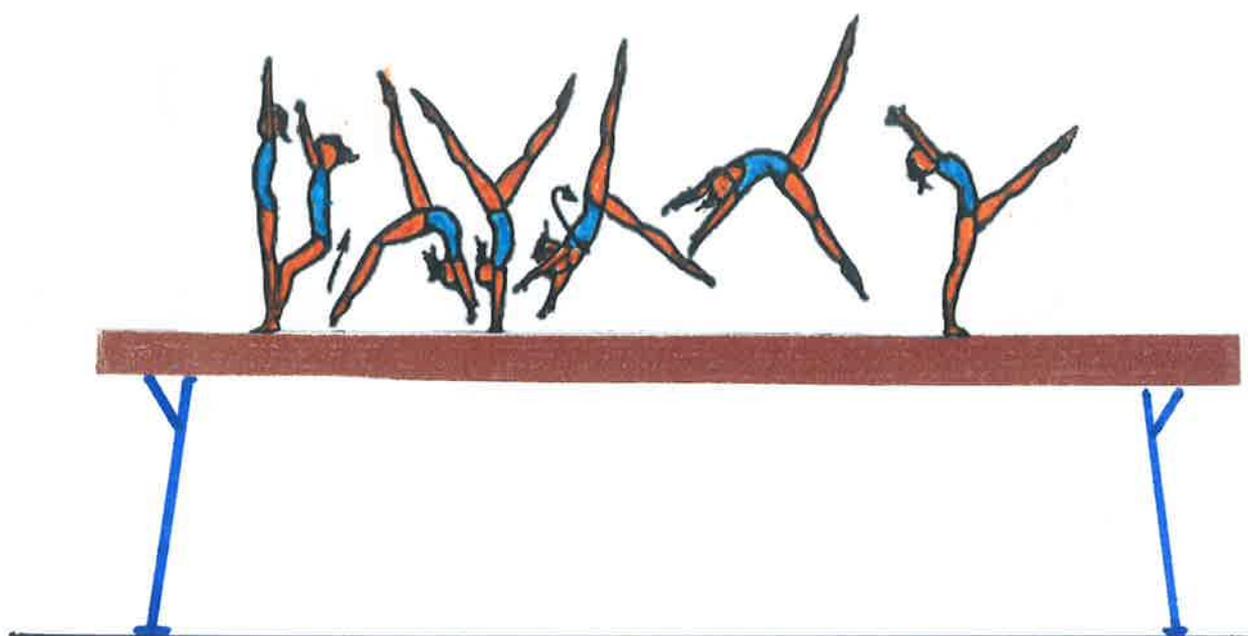




2) Eseguire il movimento alla trave alta con sopra un tappeto

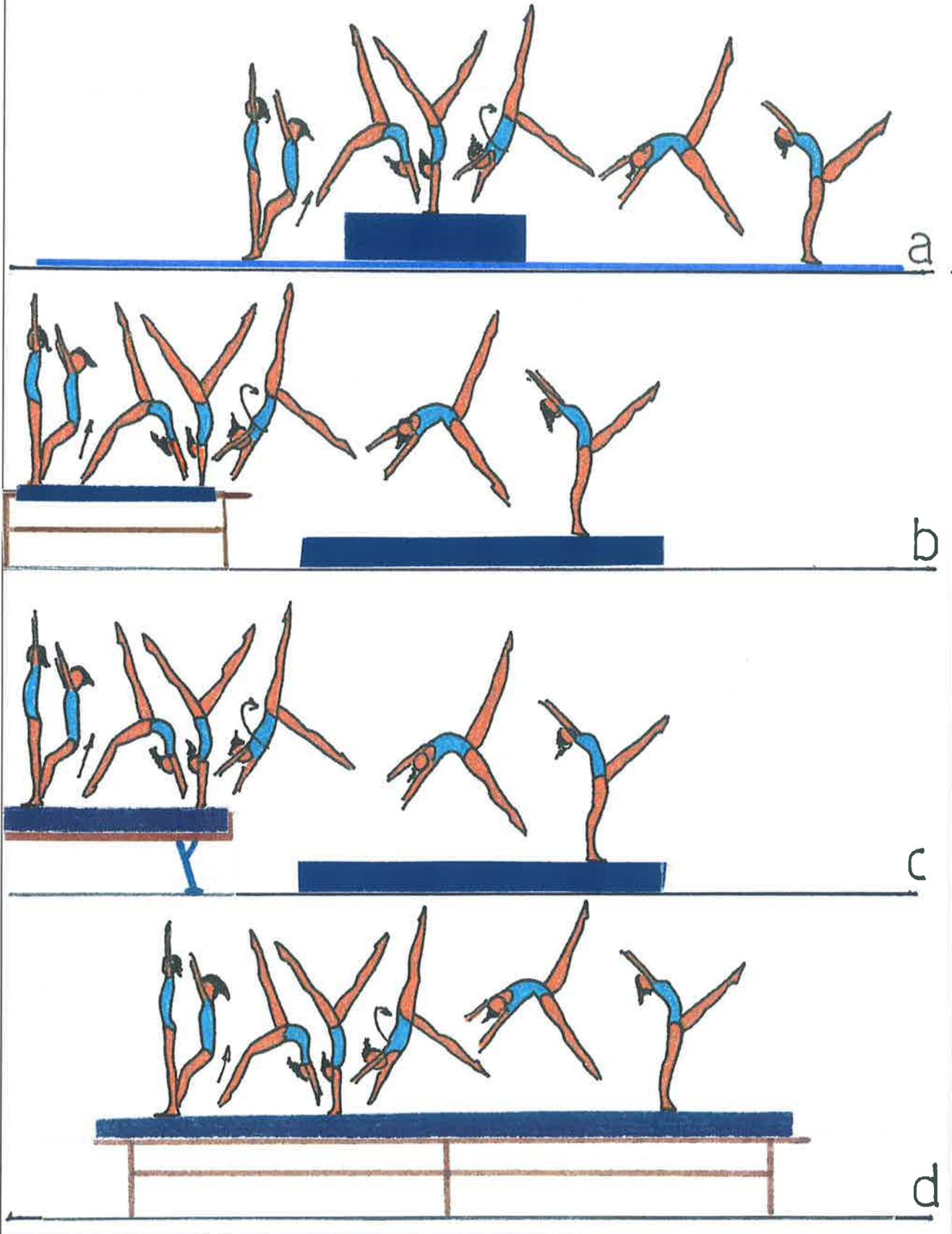


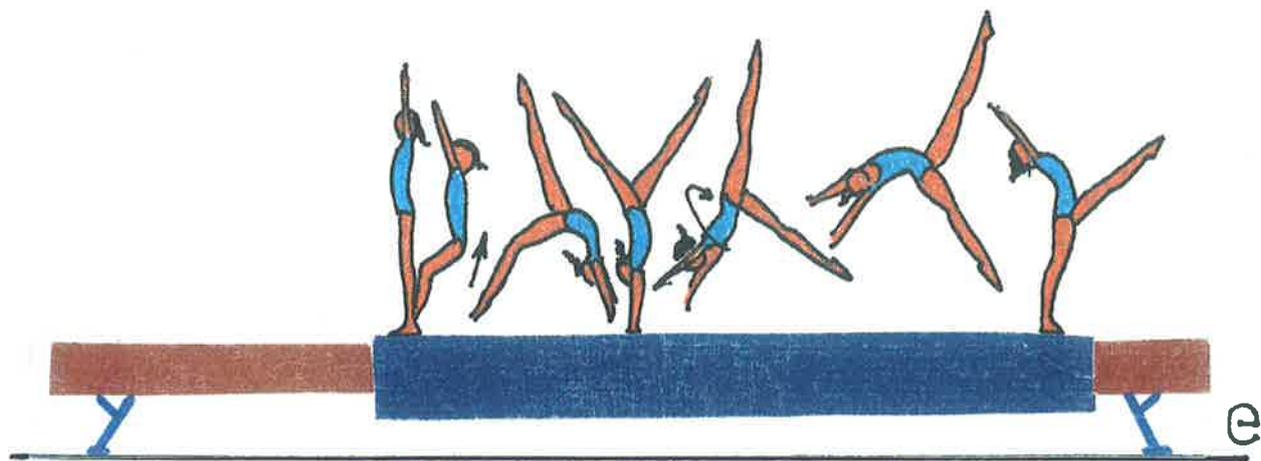
N.12: Flic-flac con passaggio alla verticale rovesciata a gambe divaricate, courbette con ½ giro e arrivo in appoggio su un arto inferiore.



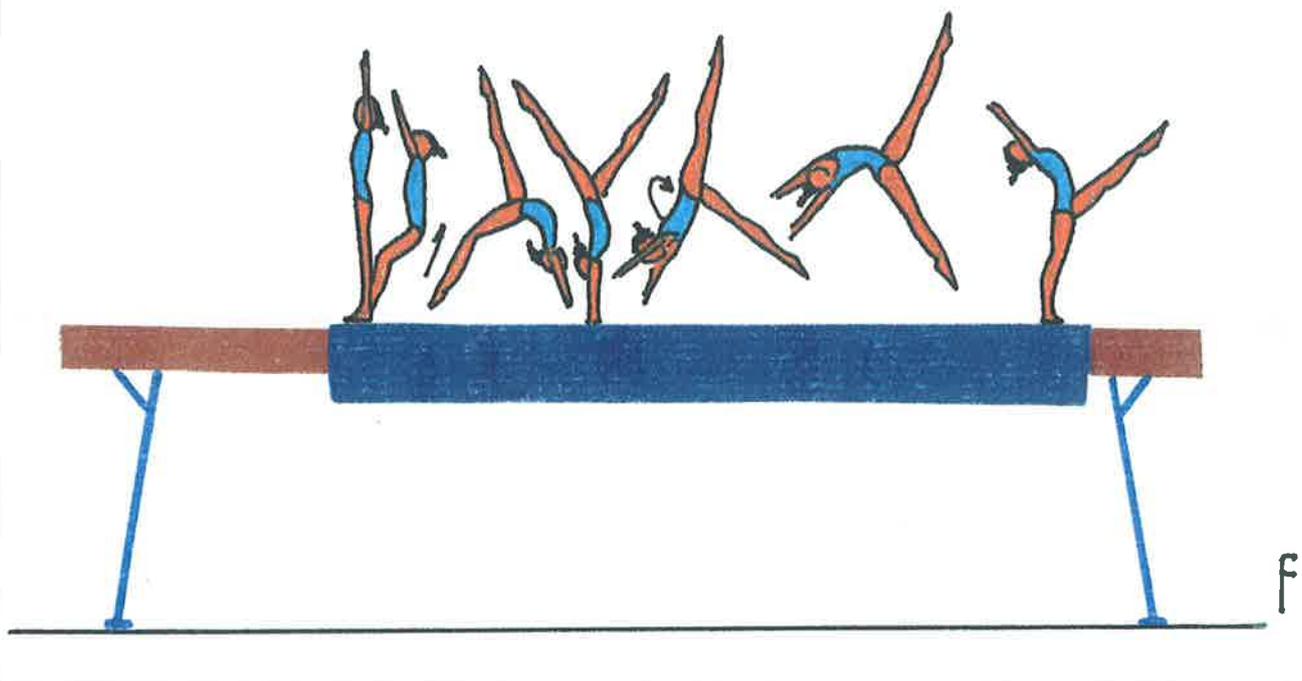
Proposte didattiche:

1) Eseguire il movimento utilizzando tappeti, tappeti paracadute, panca e trave bassa.

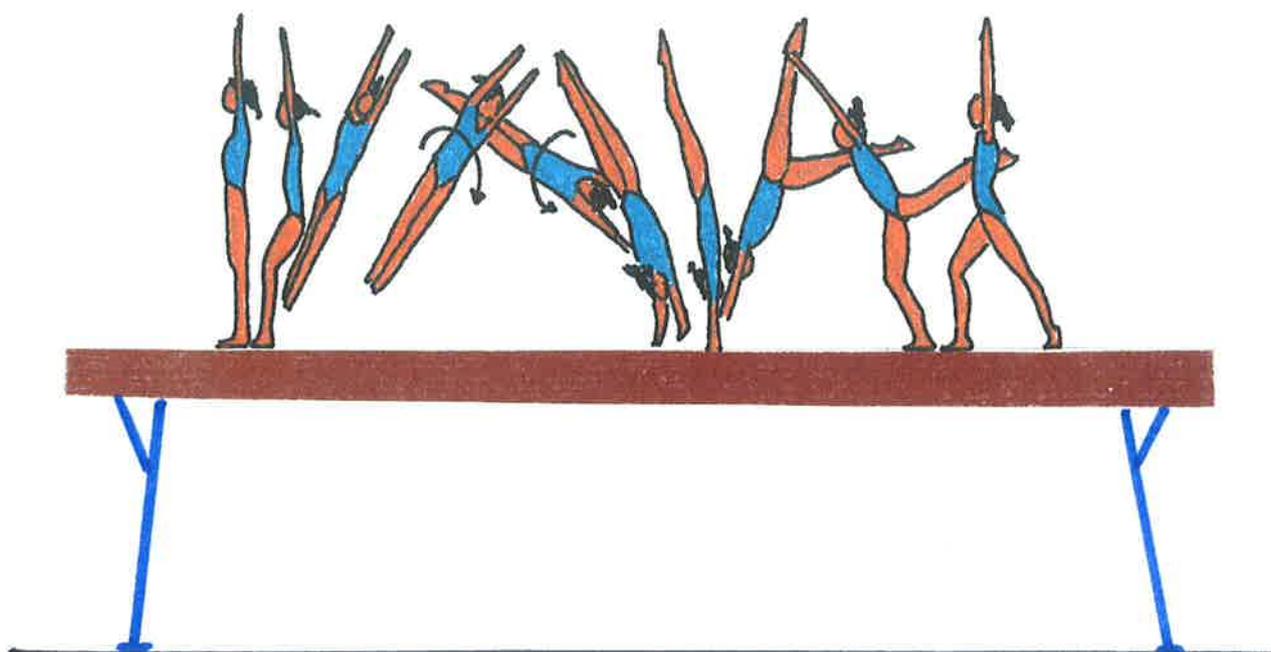




2) Eseguire il movimento alla trave alta con sopra un tappeto

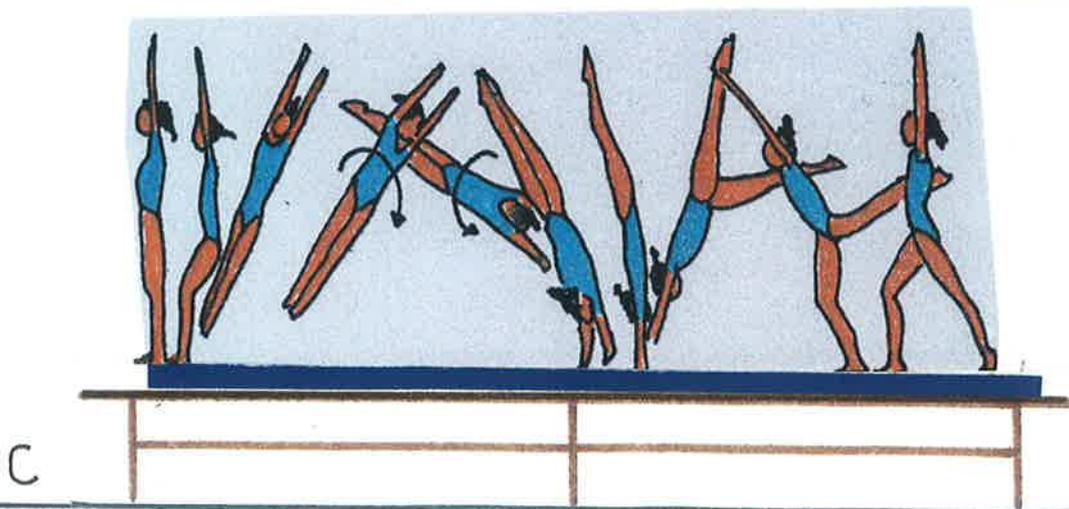
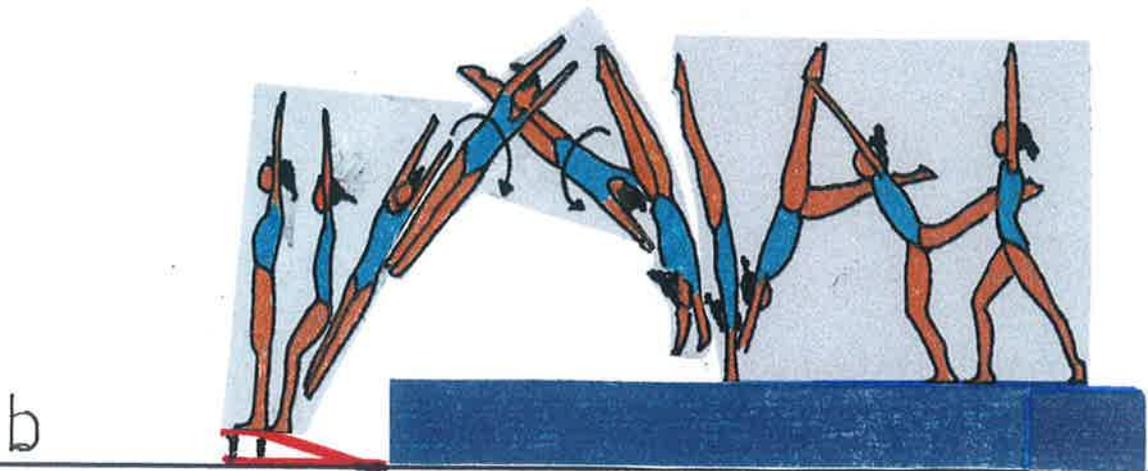
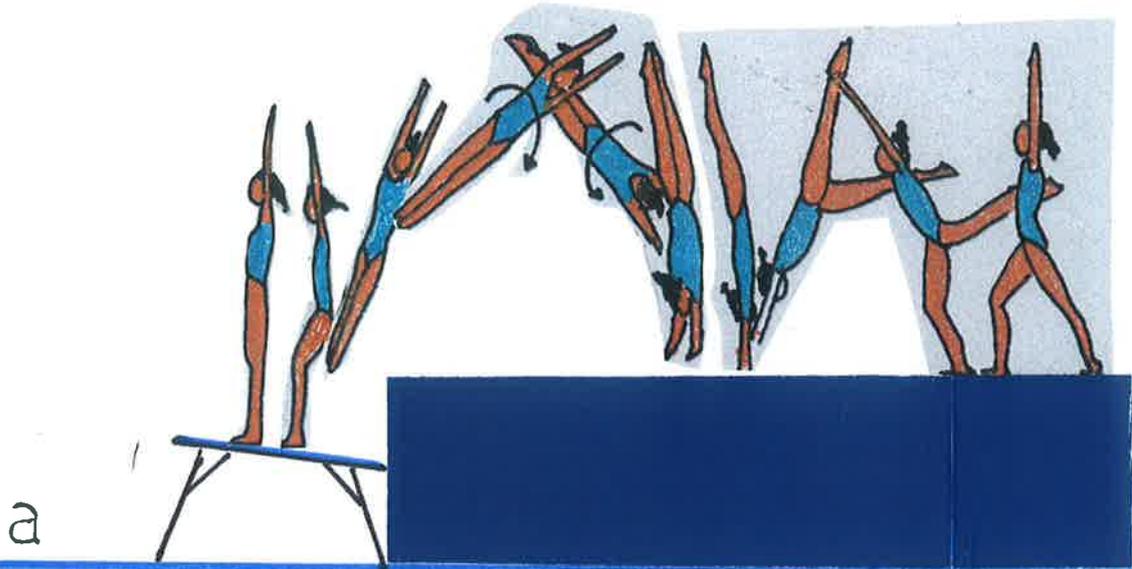


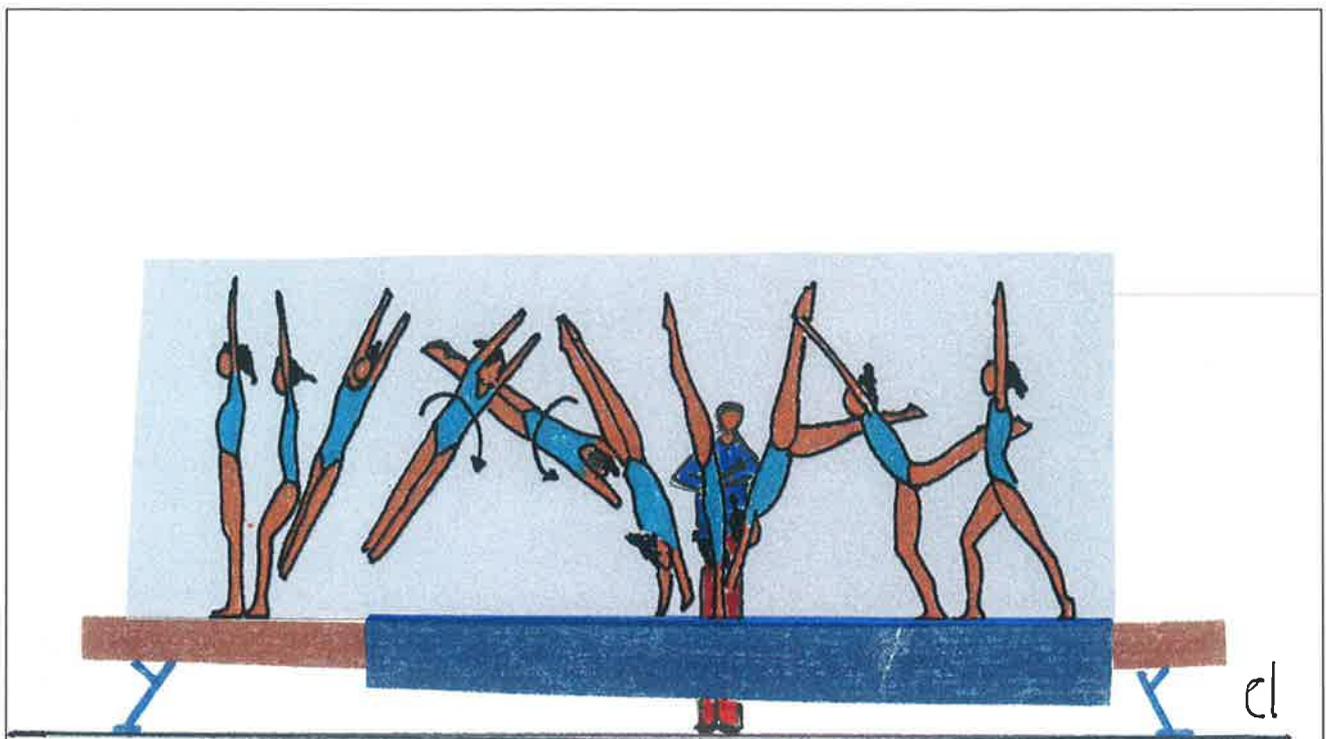
N.13: Flic-flac con 360° di rotazione del corpo sull'asse longitudinale, prima di appoggiare le mani sulla trave.



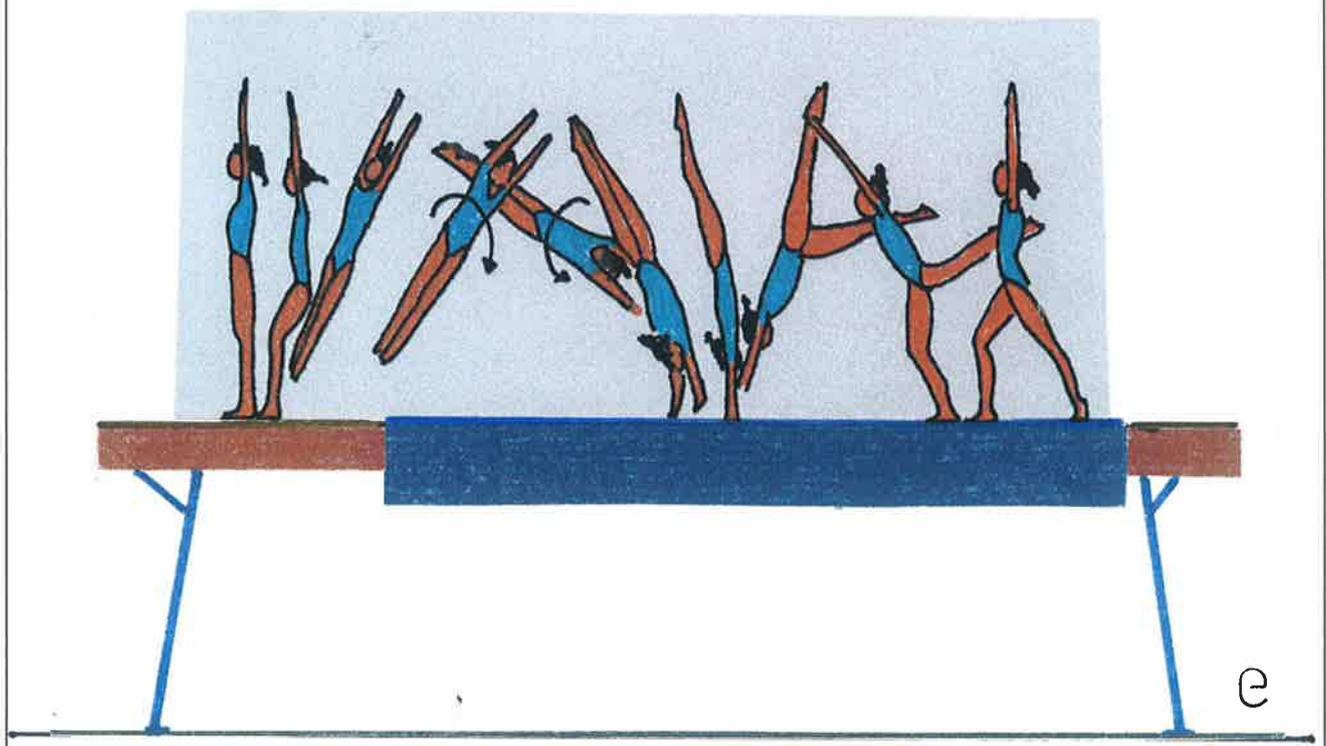
Proposte didattiche:

1) Eseguire il movimento utilizzando tappeti, tappeti paracadute, mini trampolino, pedana elastica, panca e trave bassa.





2) Eseguire il movimento alla trave alta con sopra un tappeto

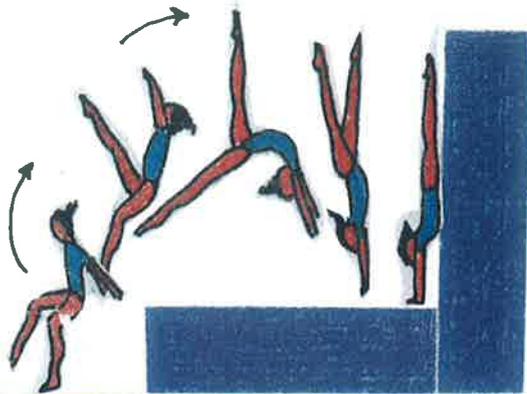


N.14: Eseguire il movimento di flic flac con la spinta su un arto inferiore e slancio degli arti superiori e l'altra gamba a verso l'alto arrivando alla verticale ritta rovesciata.



Proposte didattiche:

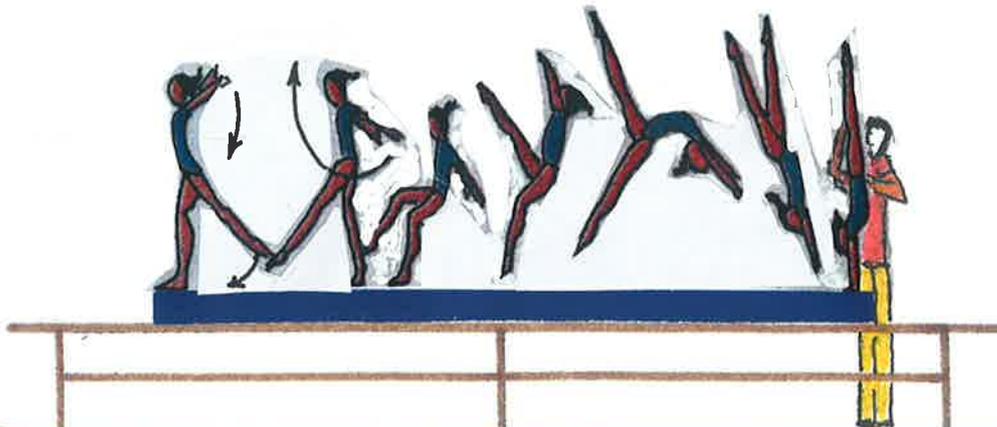
1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando tappeti e tappeti paracadute.



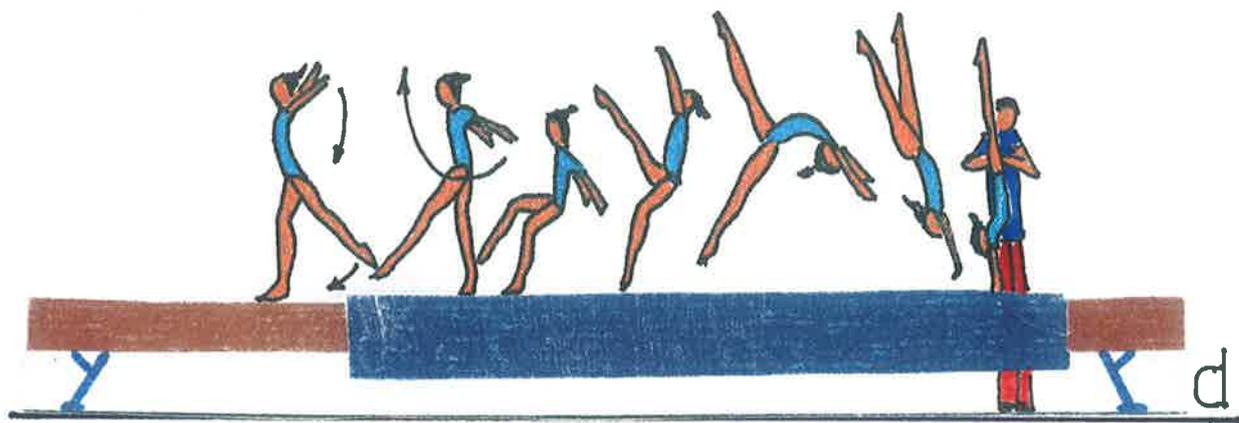
a



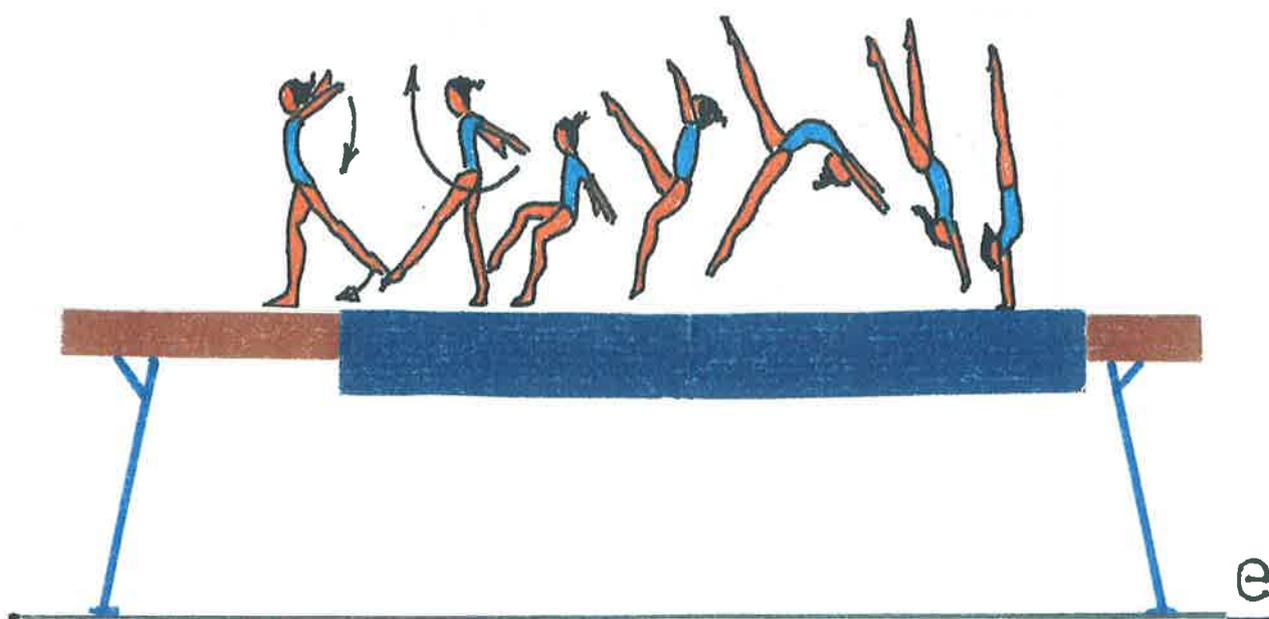
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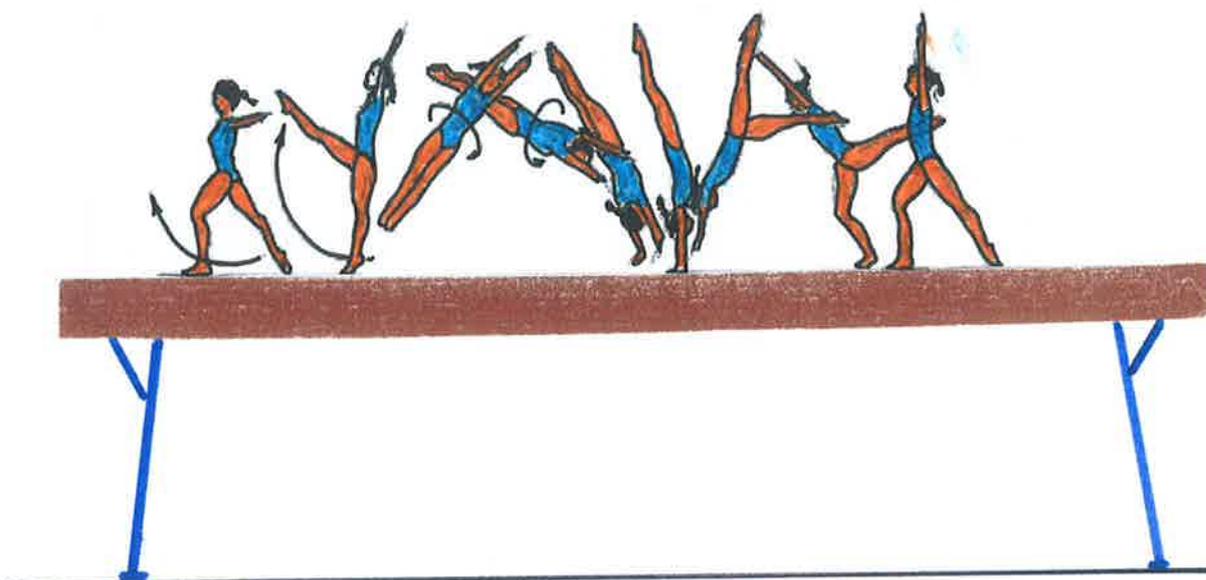
c



2) Eseguire il movimento alla trave alta con sopra un tappeto.

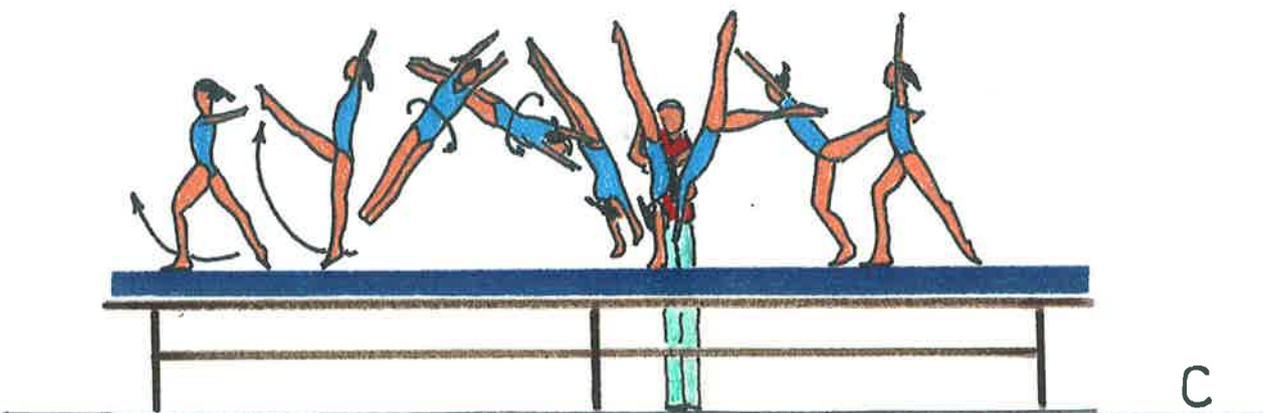
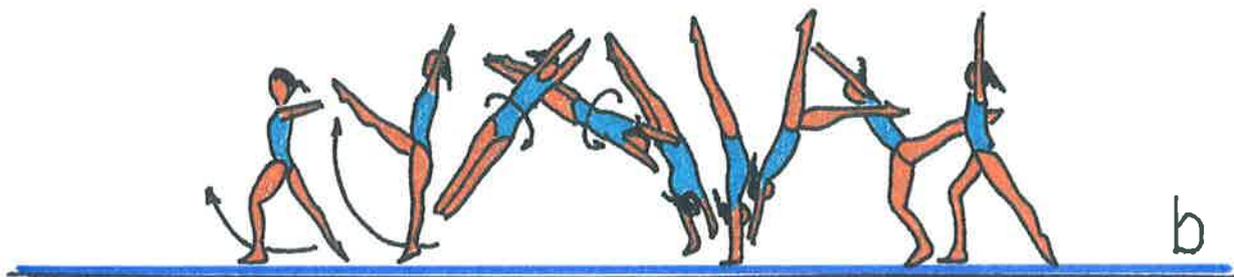
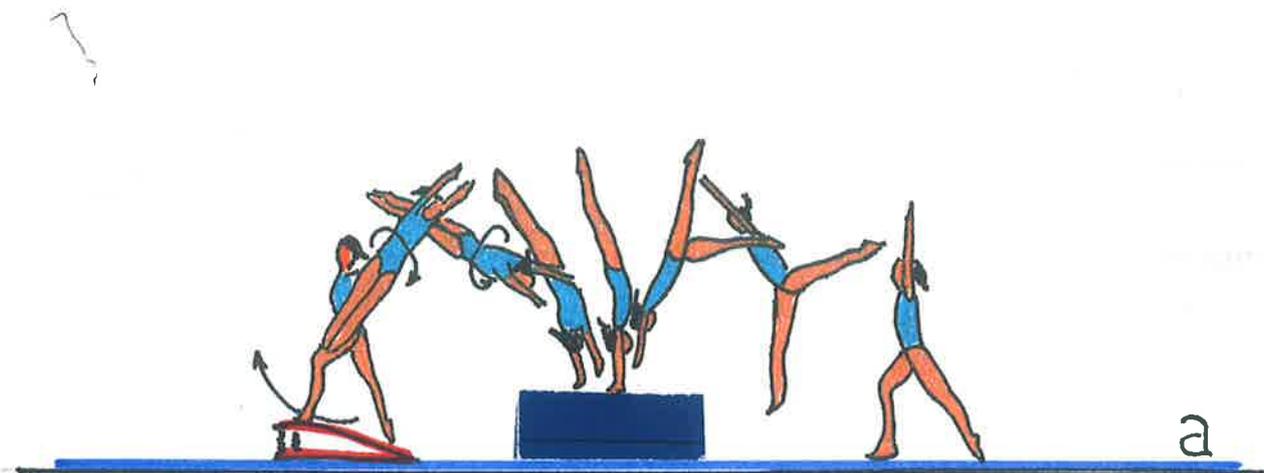


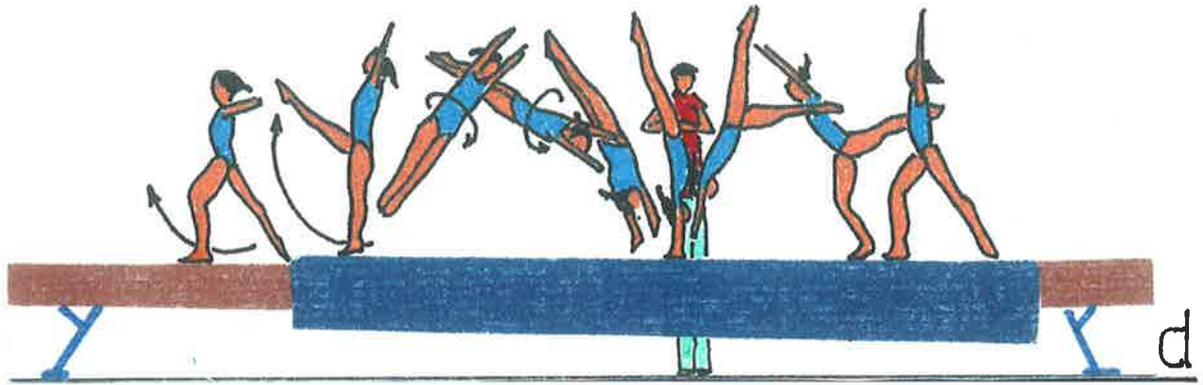
N.15: Eseguire un flic-flac con la spinta su un arto inferiore, slancio degli arti superiori e dell'altra gamba verso l'alto, compiendo un avvitamento sull'asse longitudinale prima dell'appoggio sulle mani.



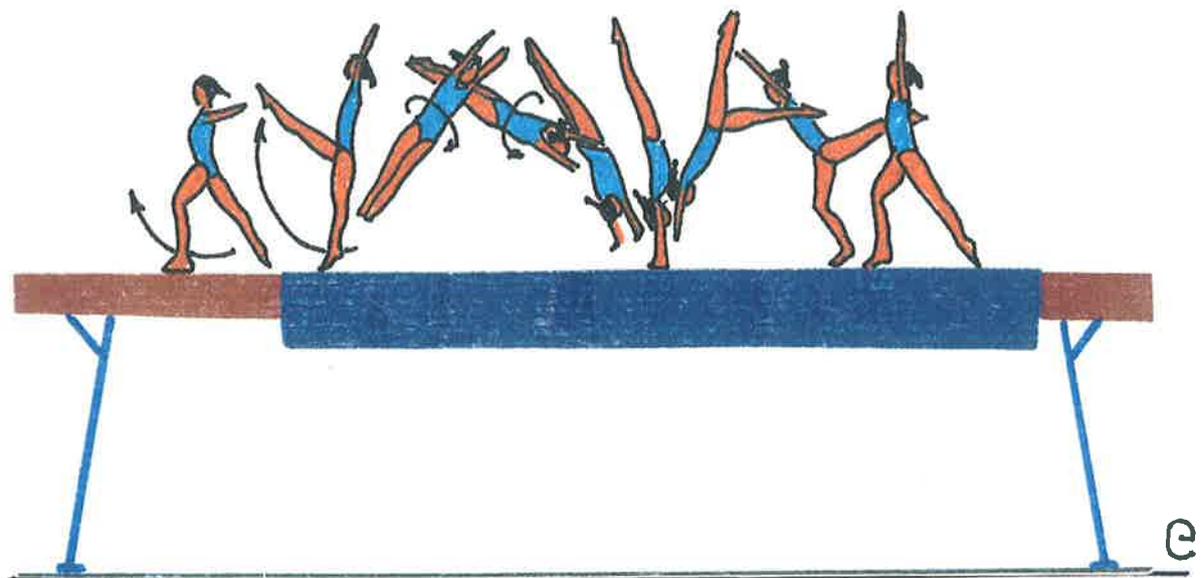
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione.

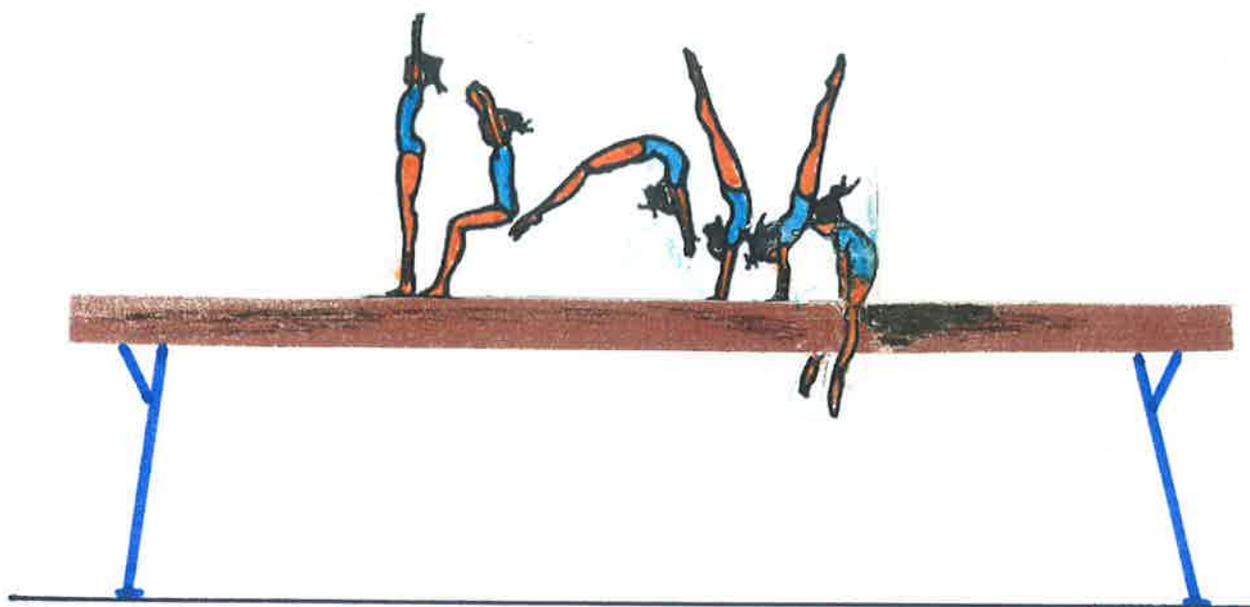




2) Eseguire il movimento alla trave alta con sopra un tappeto.

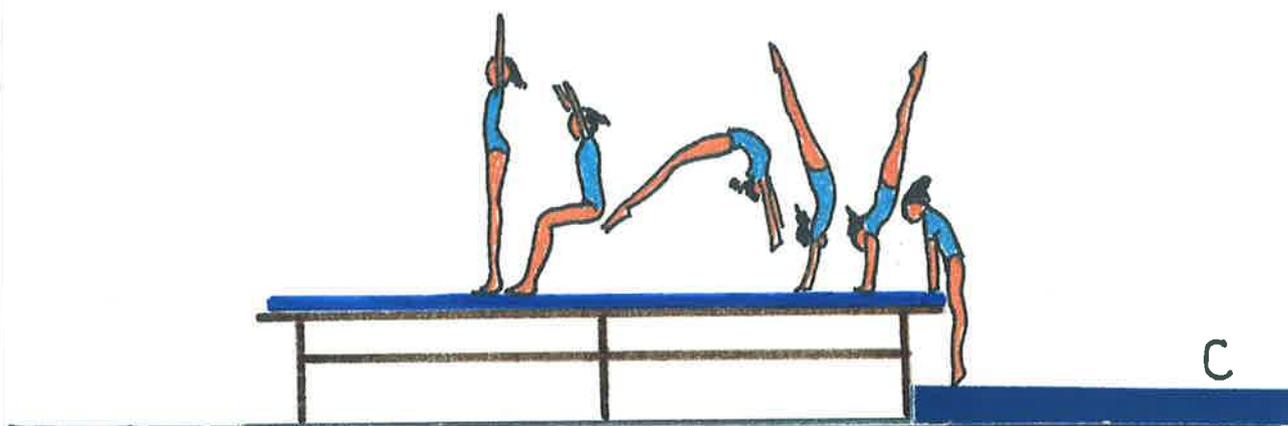
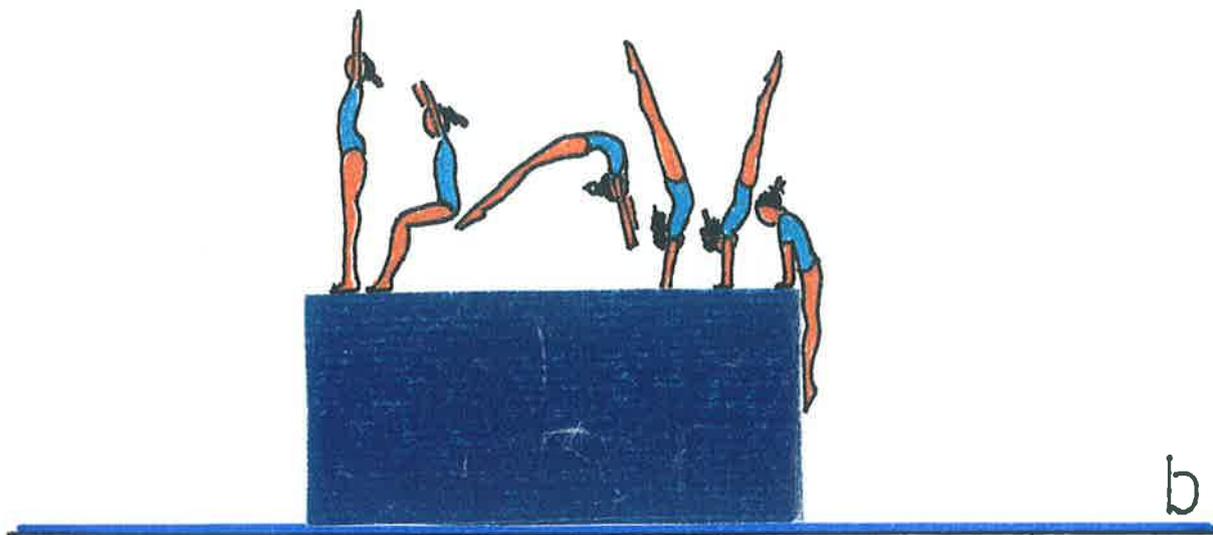
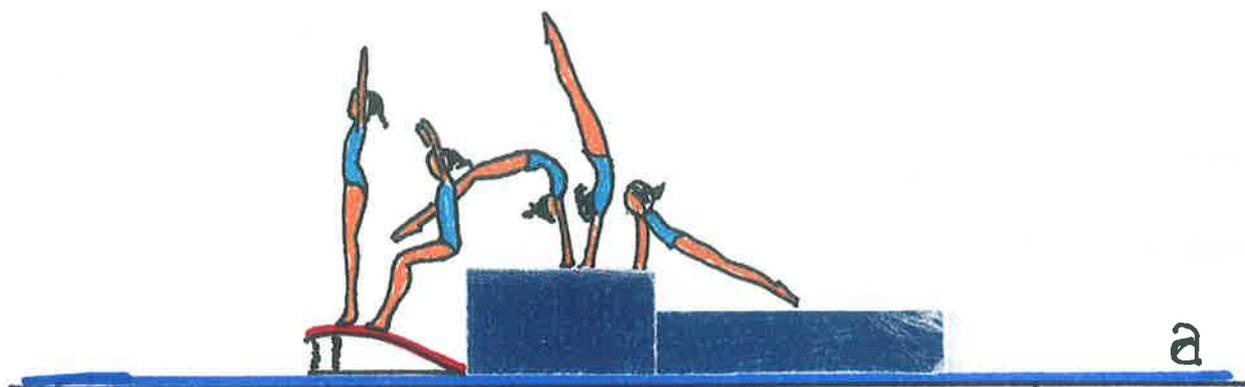


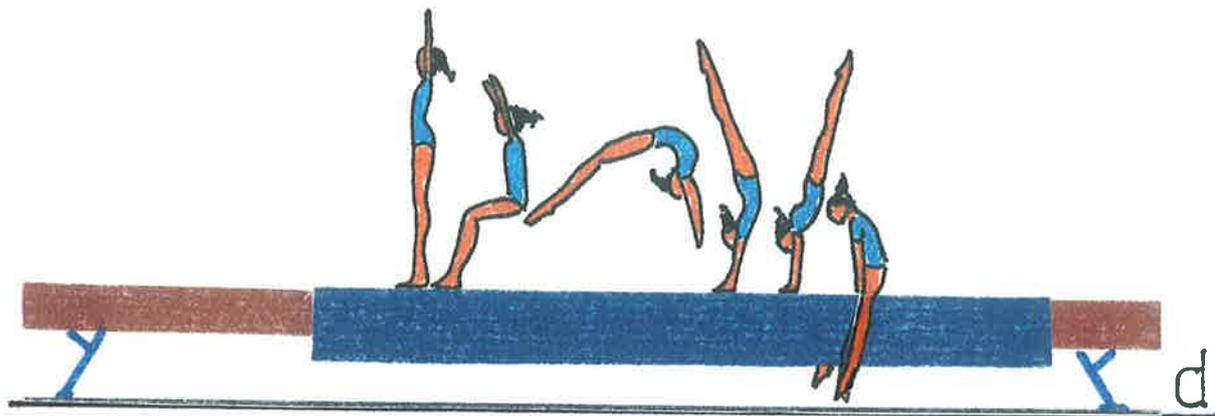
N.16: Flic-flac con arrivo "in seduta" a gambe divaricate.



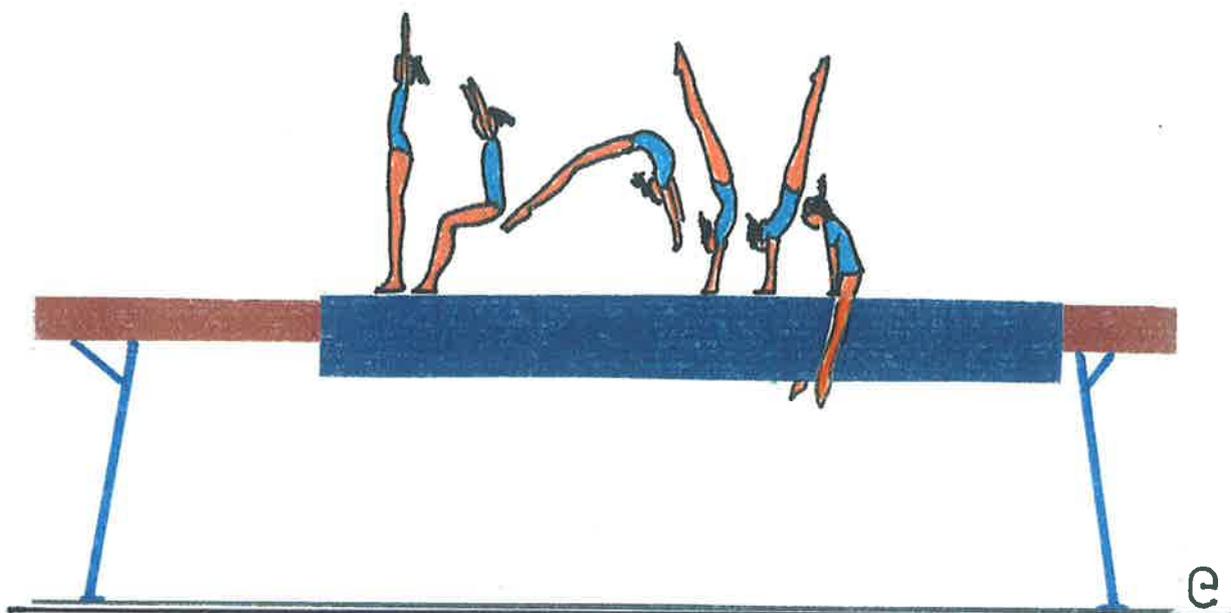
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione.

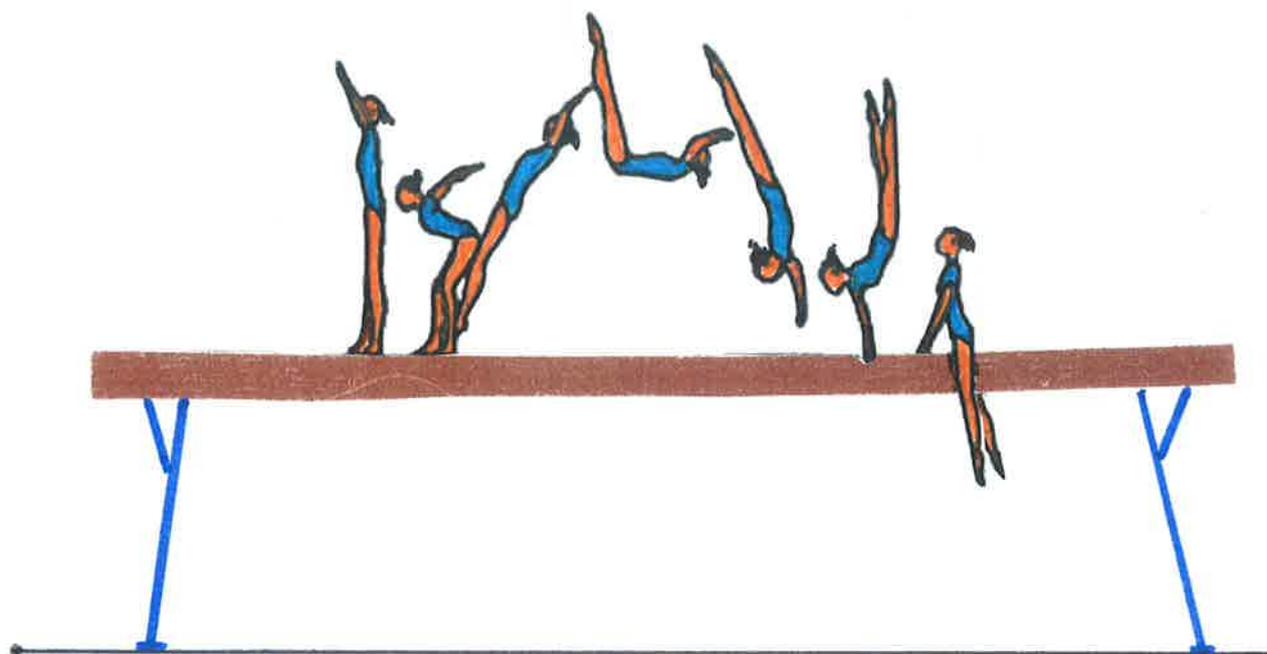




2) Eseguire il movimento alla trave alta con sopra un tappeto.

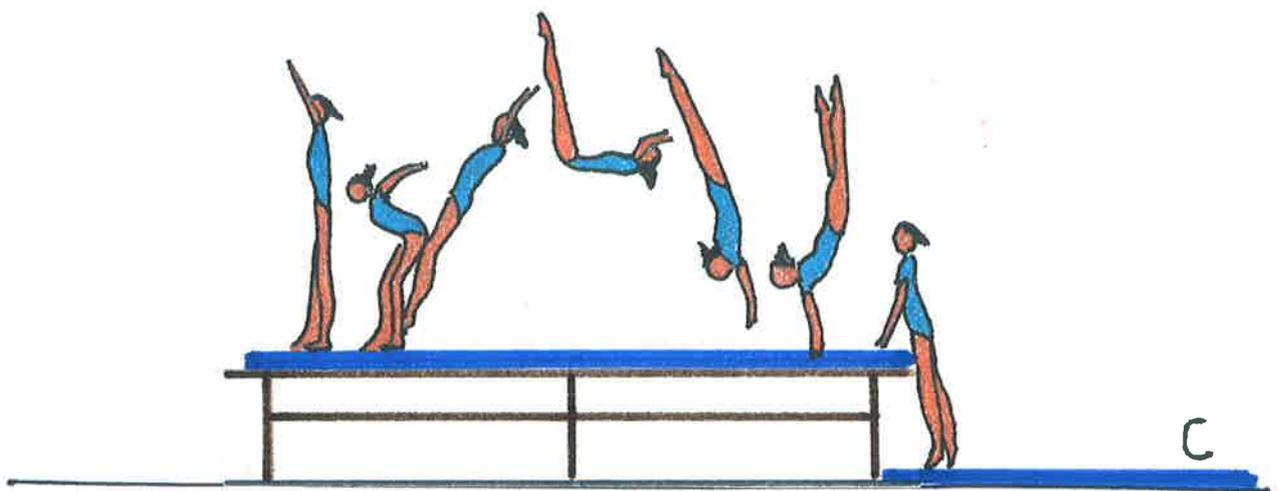
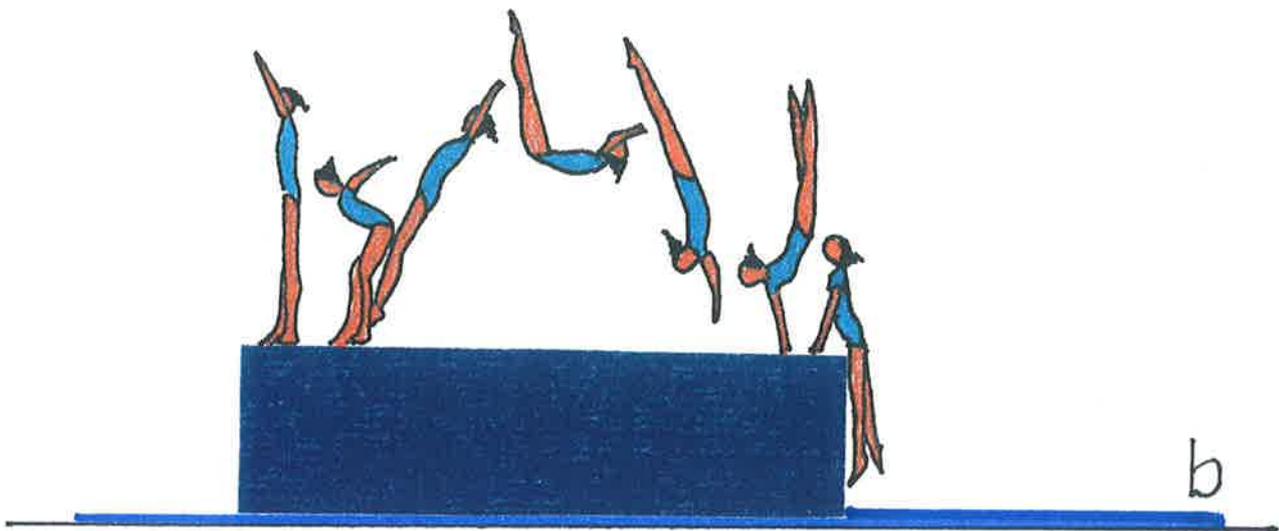
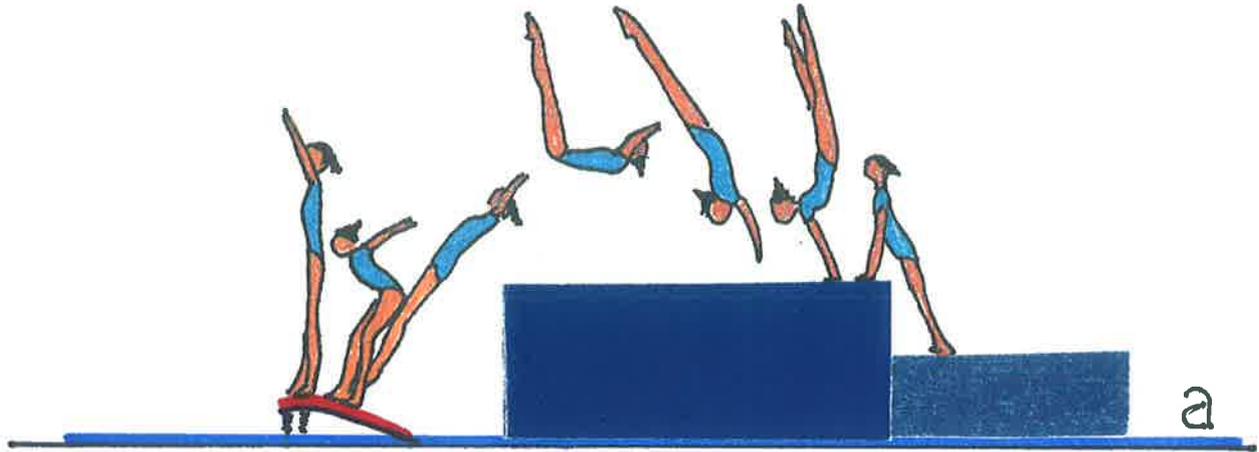


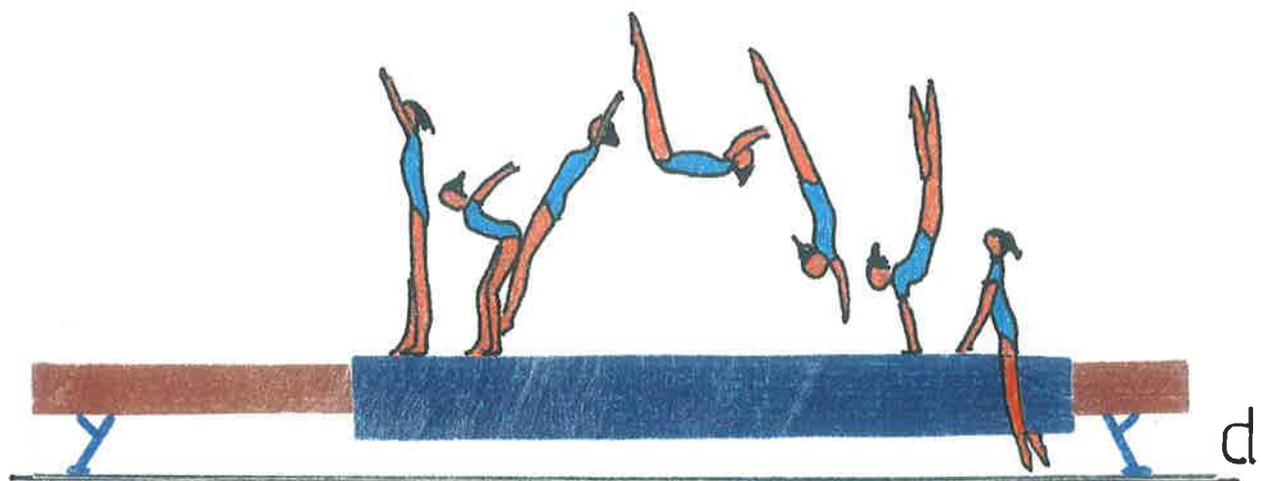
N.17: Flic-flac con accentuata fase di volo e arrivo seduti a gambe divaricate.



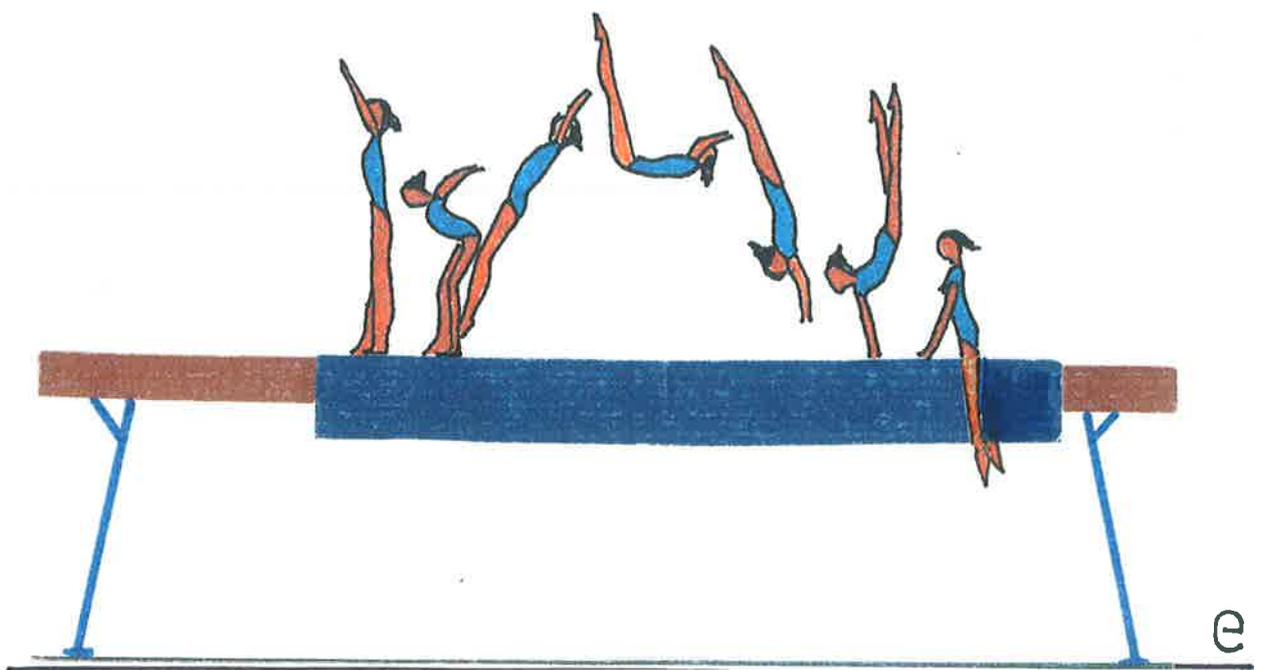
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione.

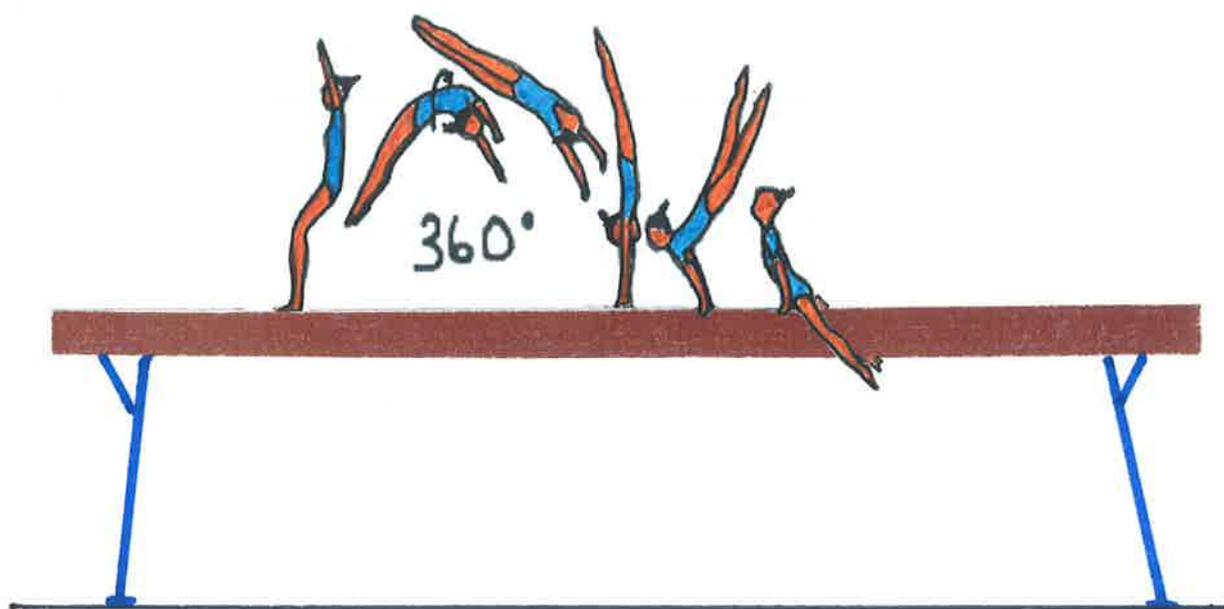




2) Eseguire il movimento alla trave alta con sopra un tappeto.

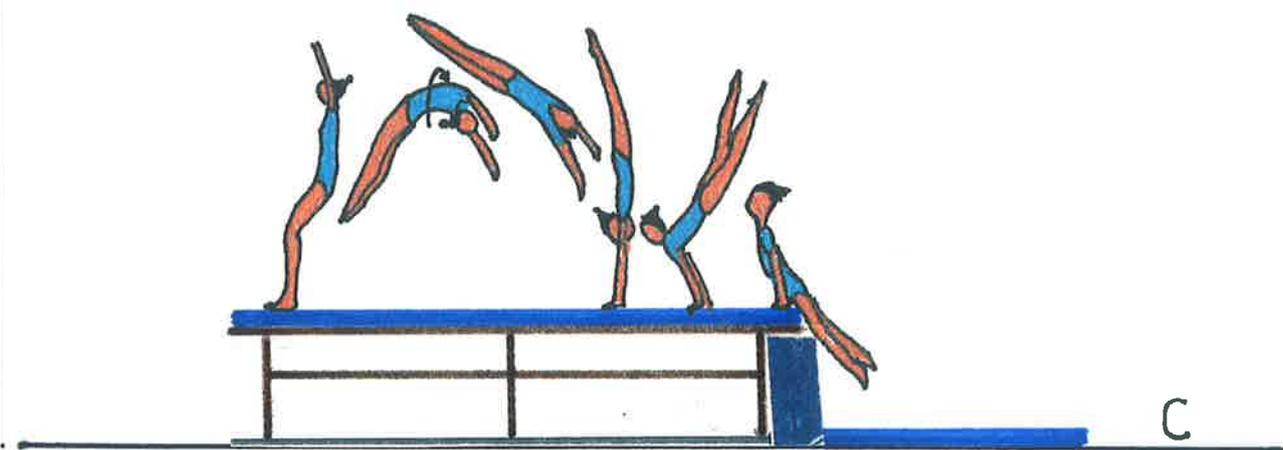
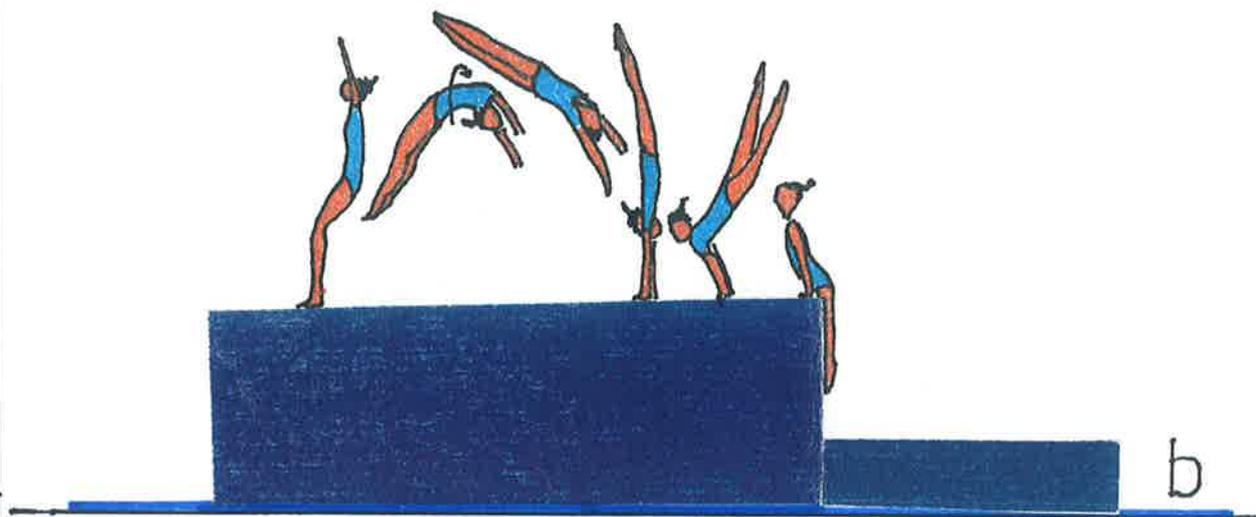
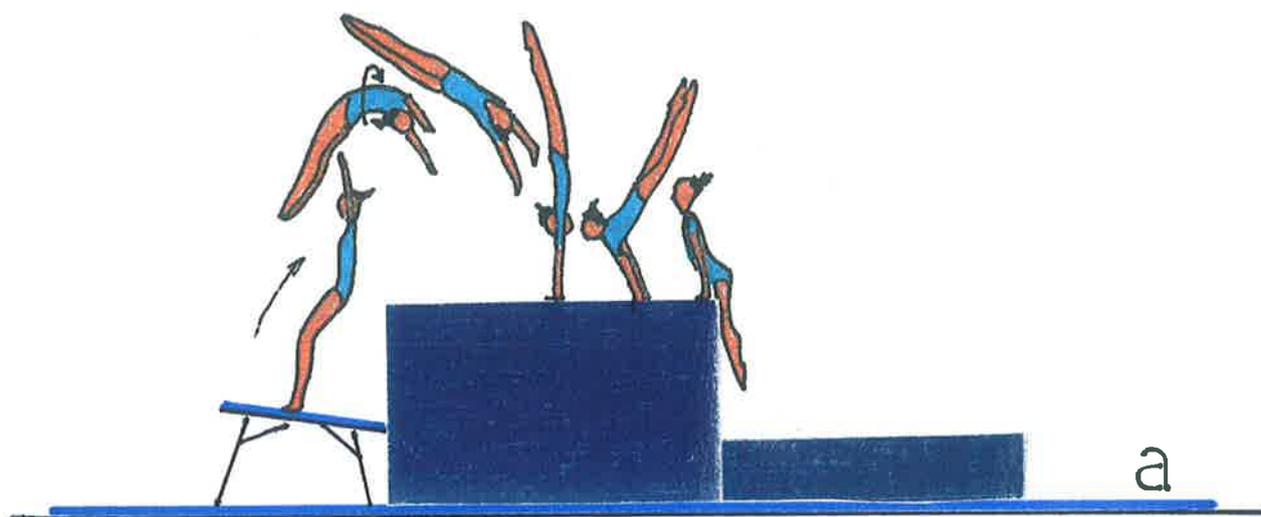


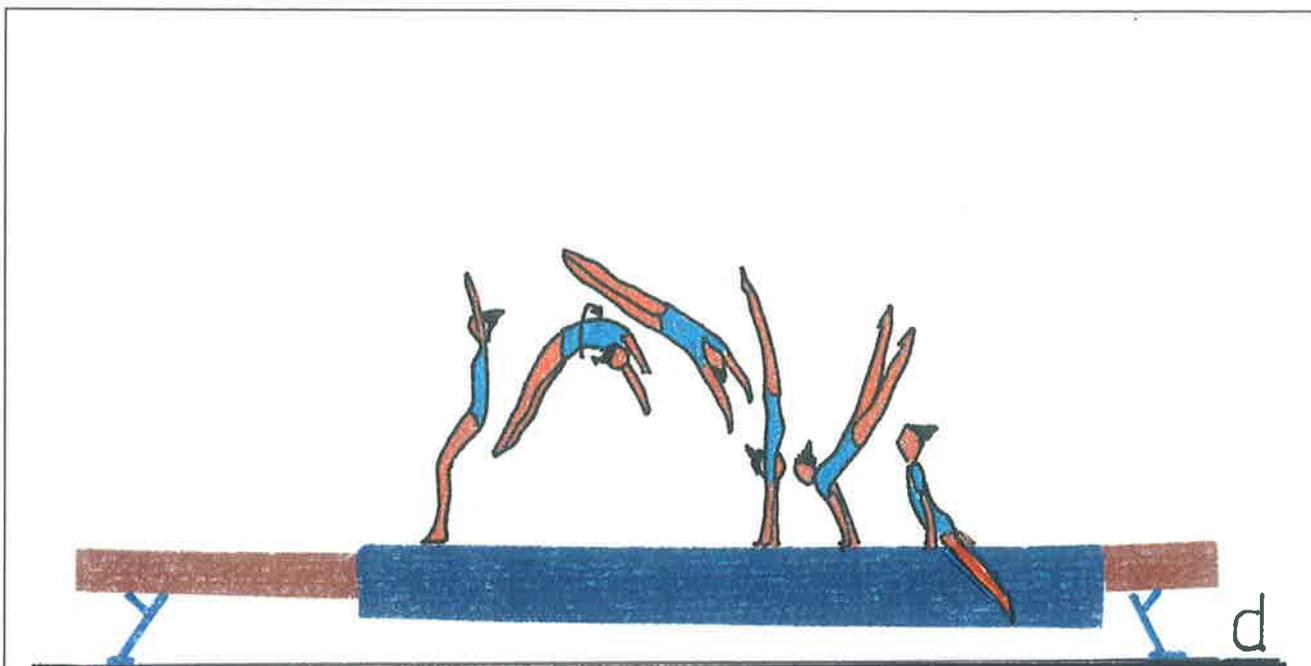
N.18: Flic-flac con avvitemento di 360° sull'asse longitudinale e arrivo seduti a gambe divaricate.



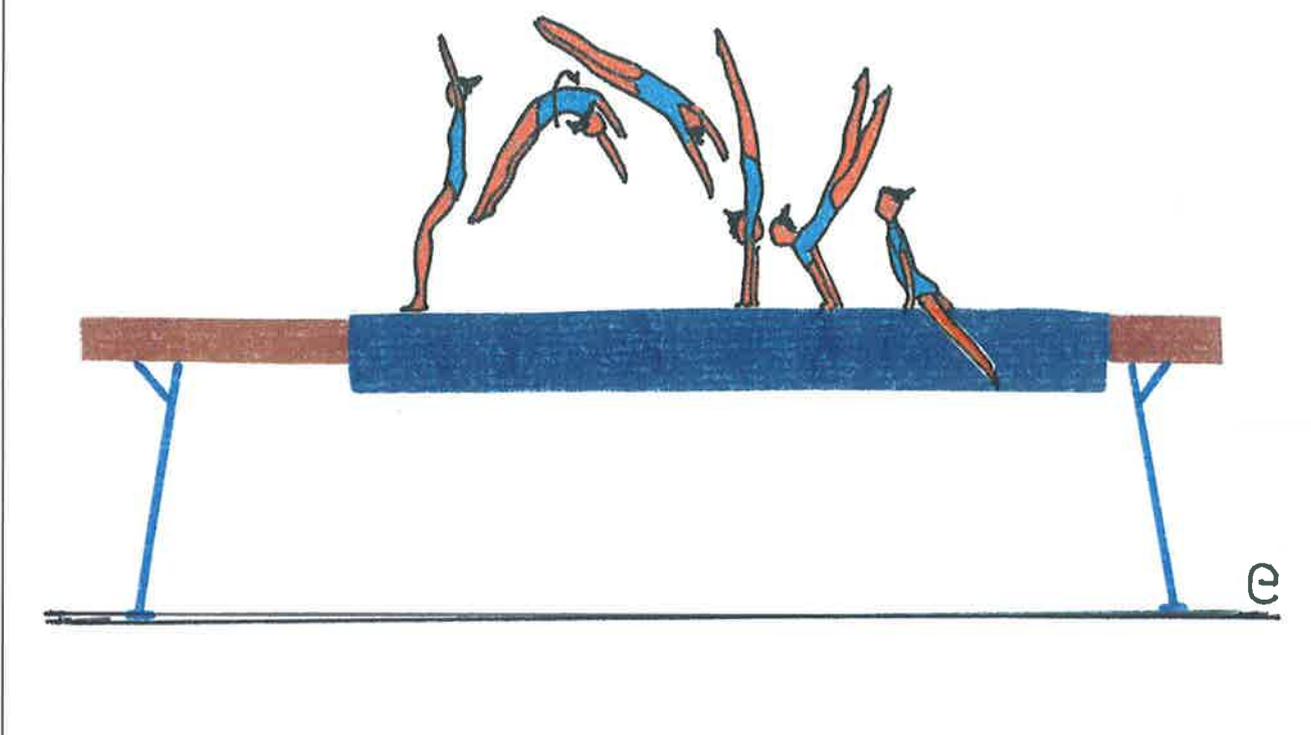
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione.

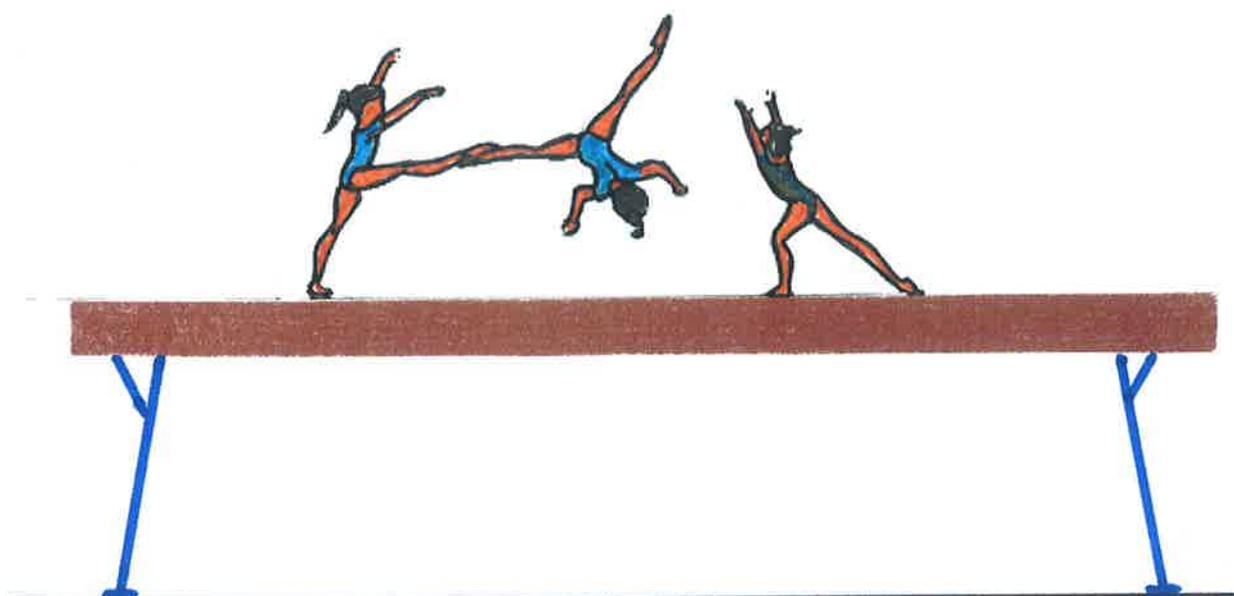




2) Eseguire il movimento alla trave alta con sopra un tappeto.

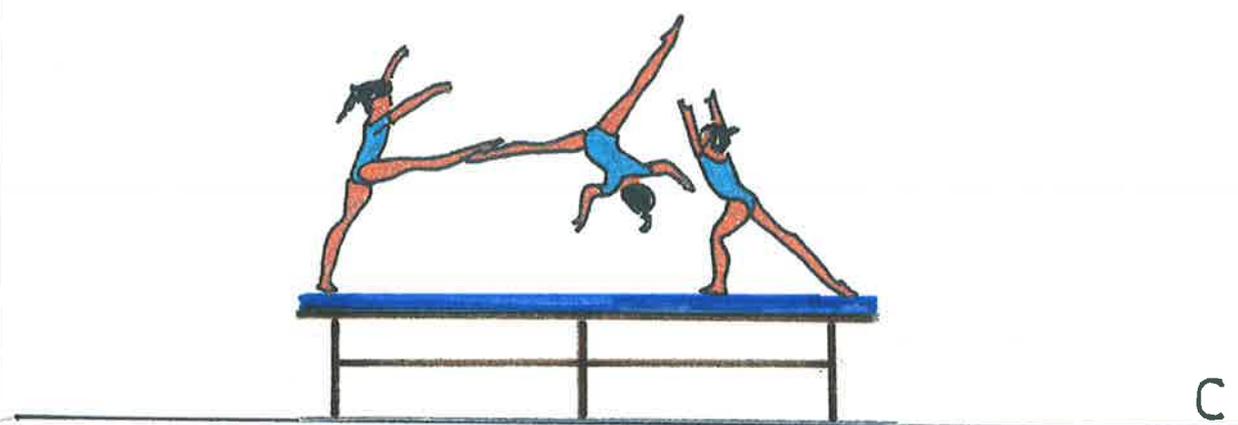
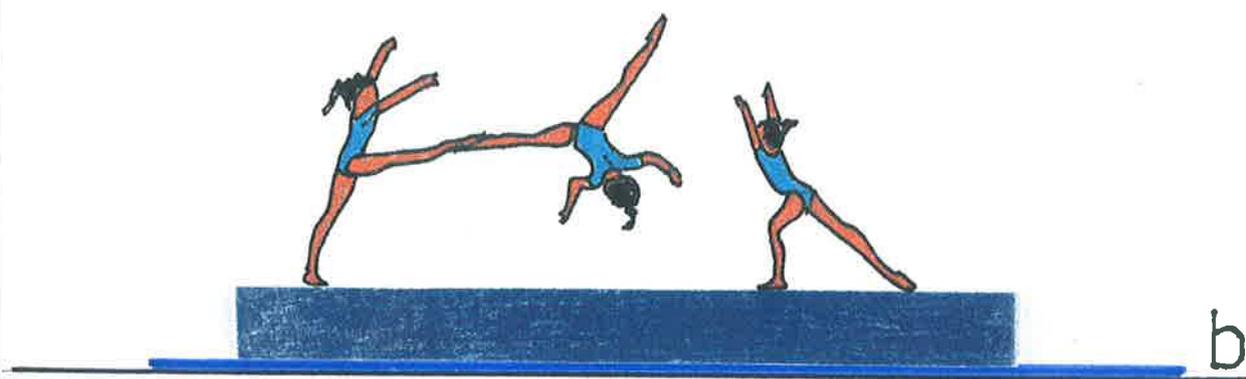
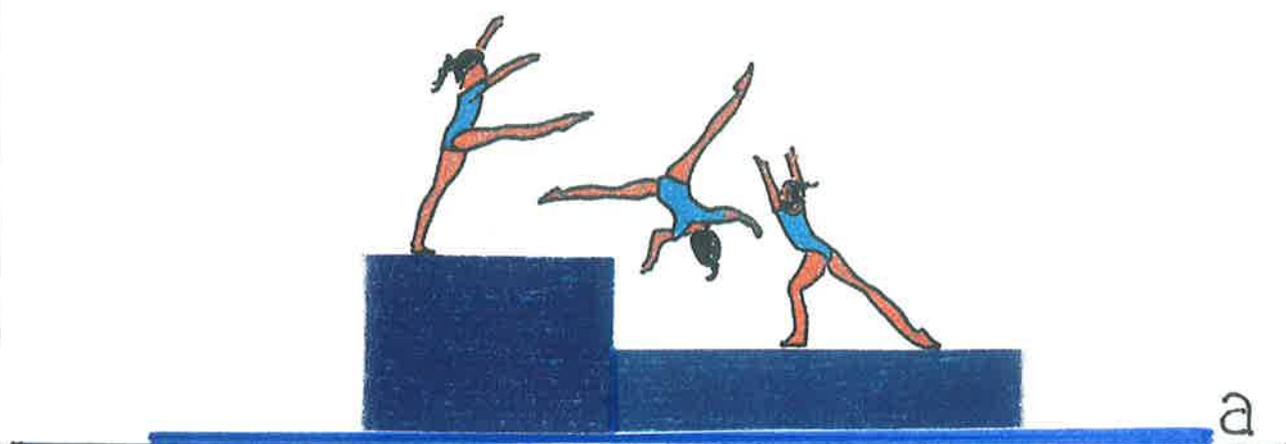


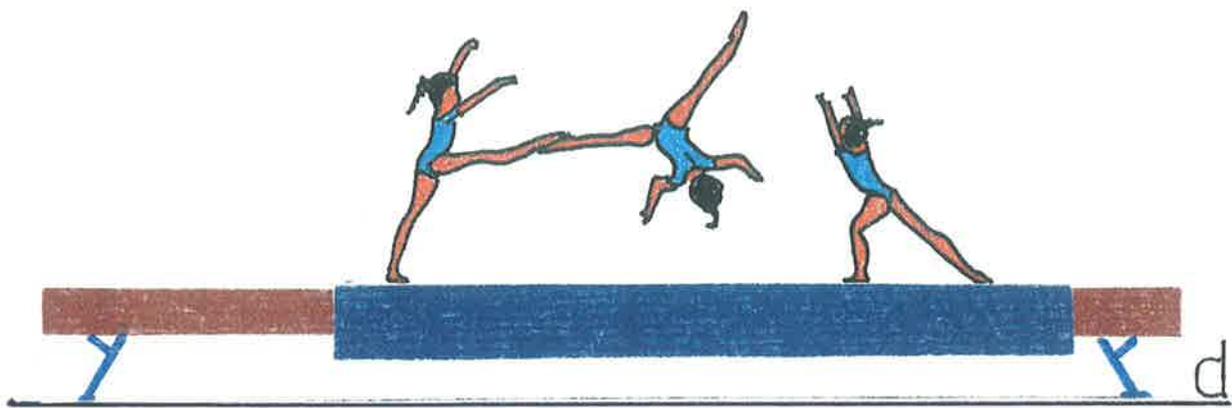
N.19: Salto laterale a corpo teso e gambe divaricate.



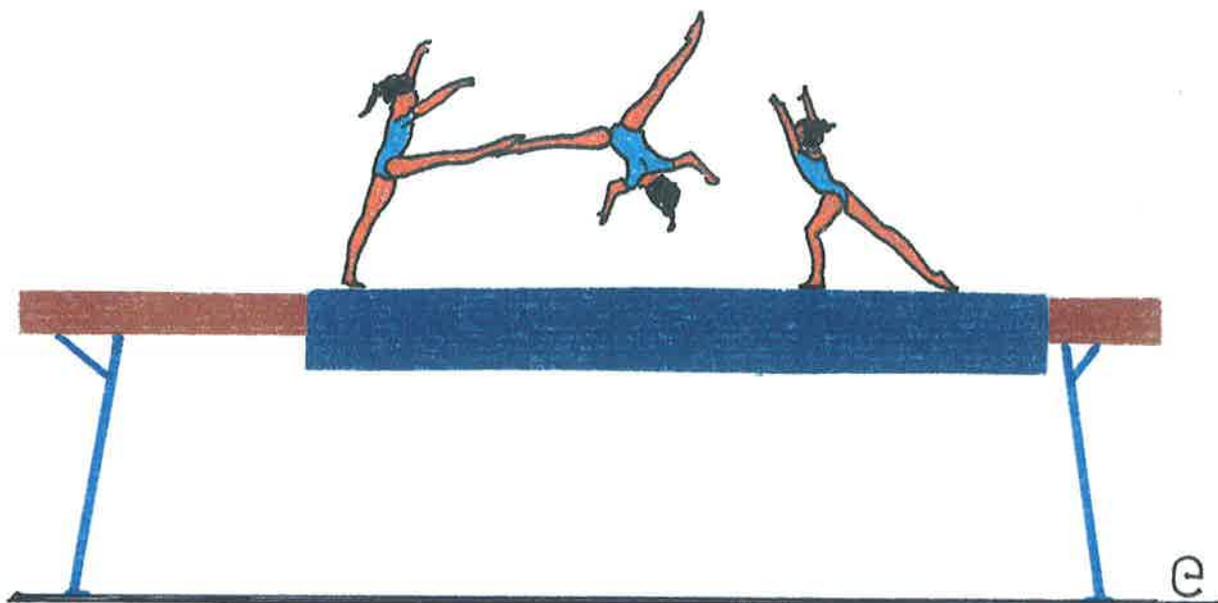
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione.

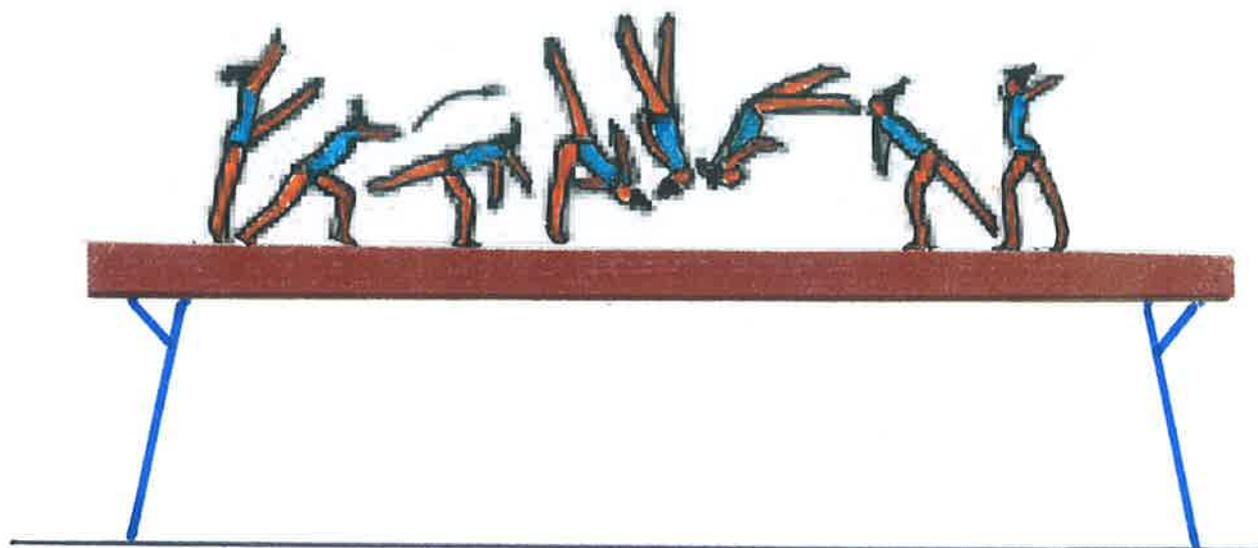




2) Eseguire il movimento alla trave alta con sopra un tappeto.

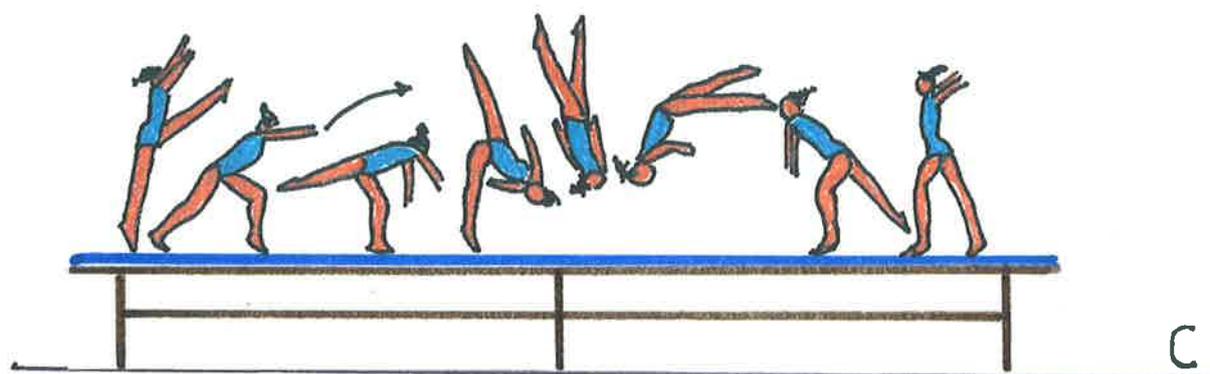
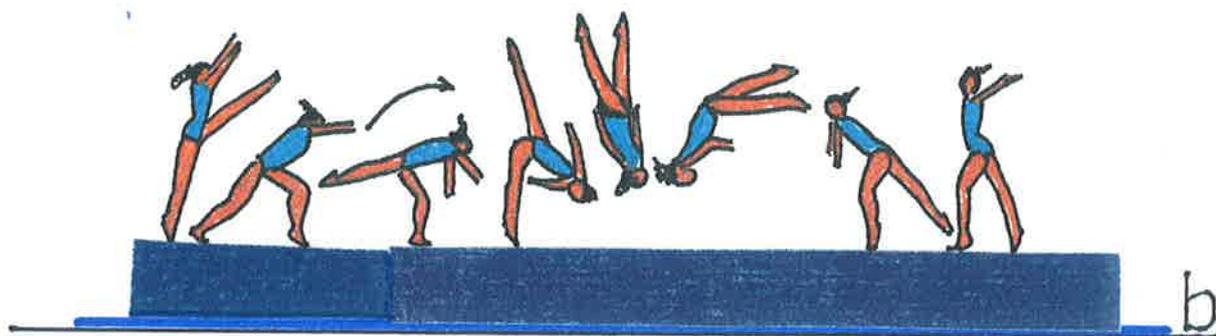
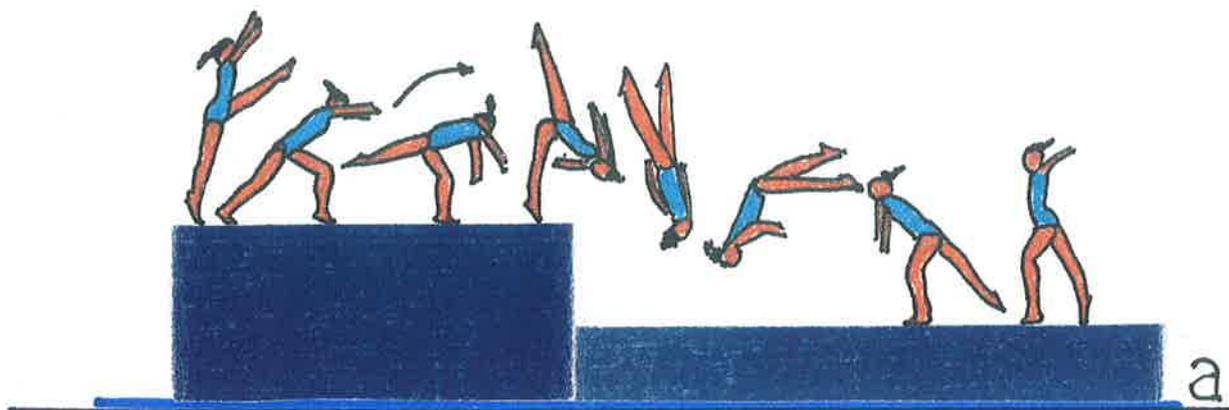


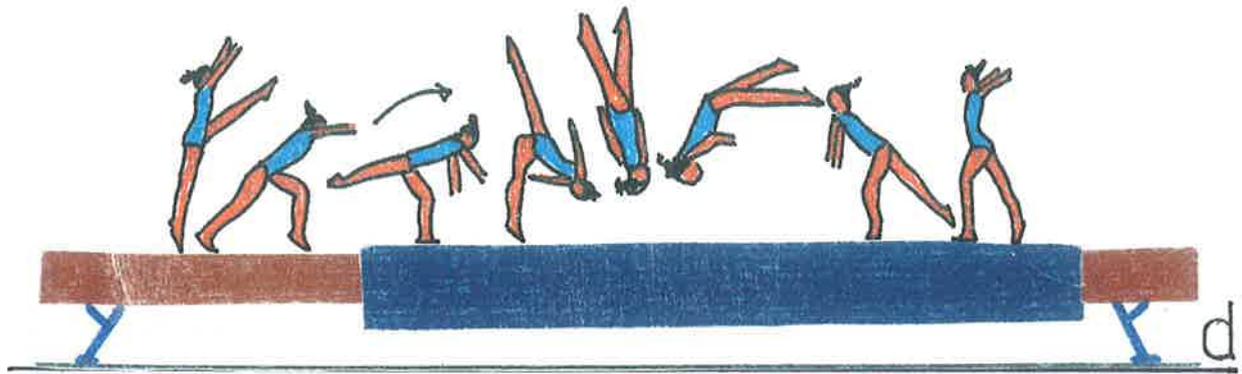
N.20: Salto laterale a corpo teso con cambio gamba.



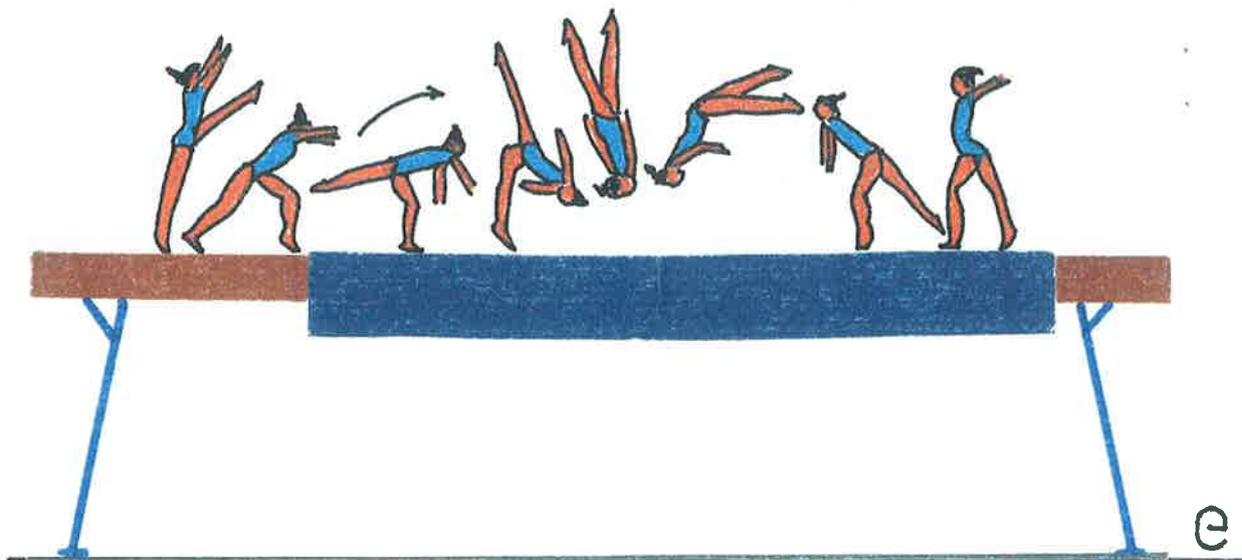
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione.

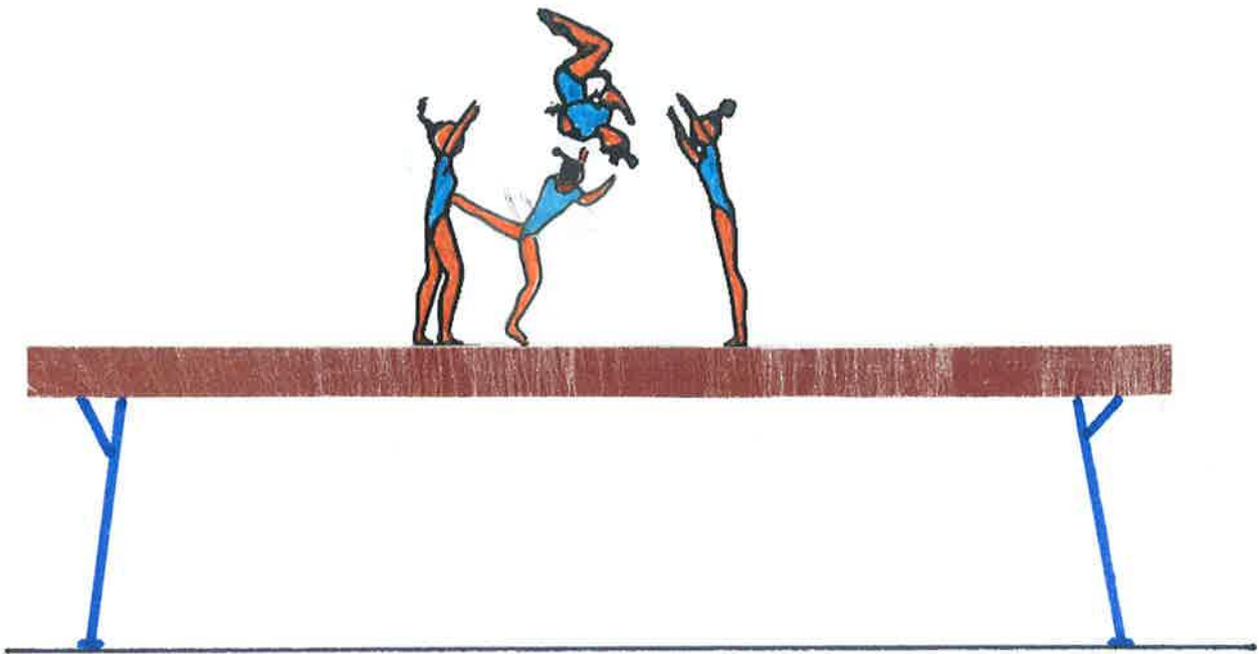




2) Eseguire il movimento alla trave alta con sopra un tappeto.

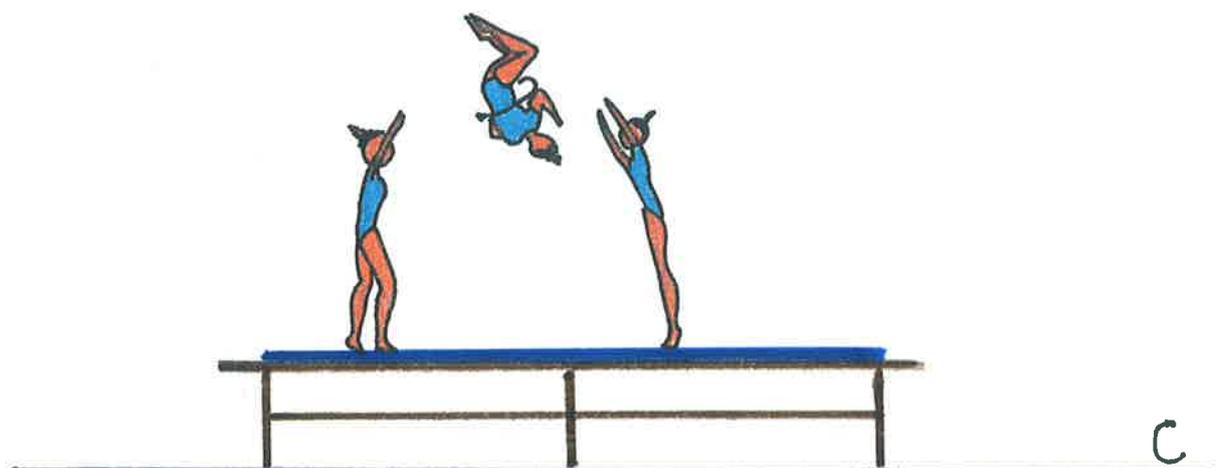
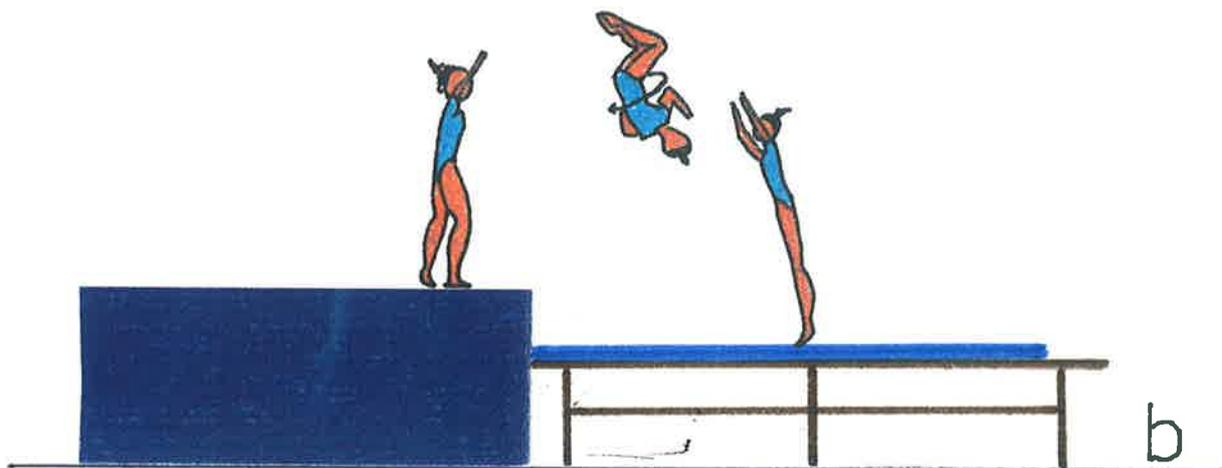
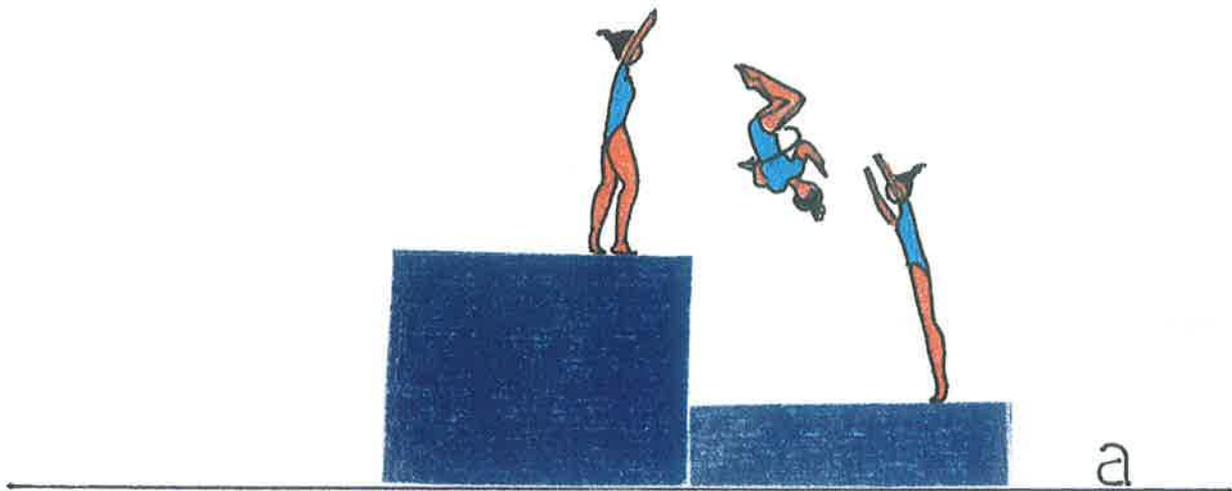


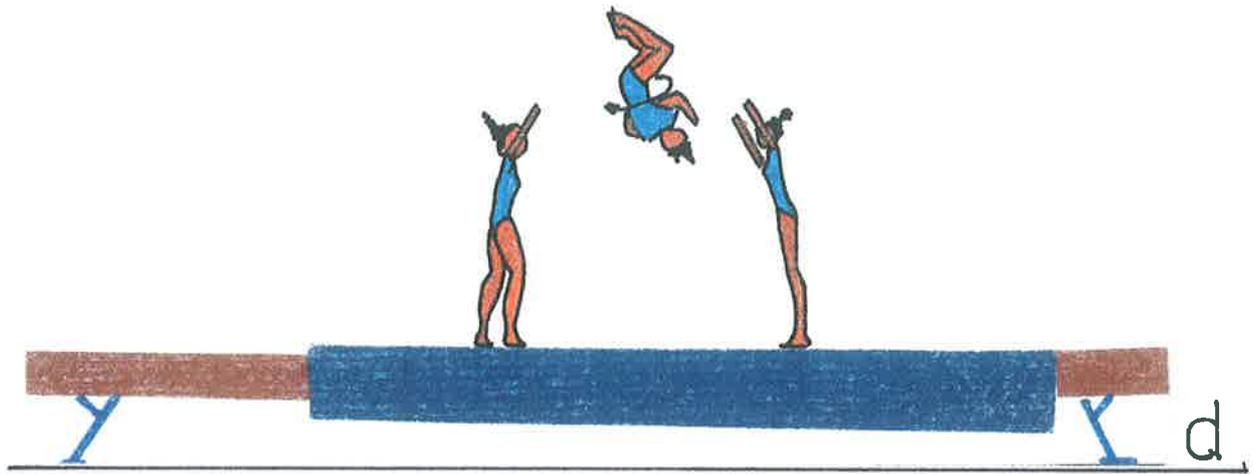
N.21: Salto laterale raggruppato con $\frac{1}{4}$ di giro.



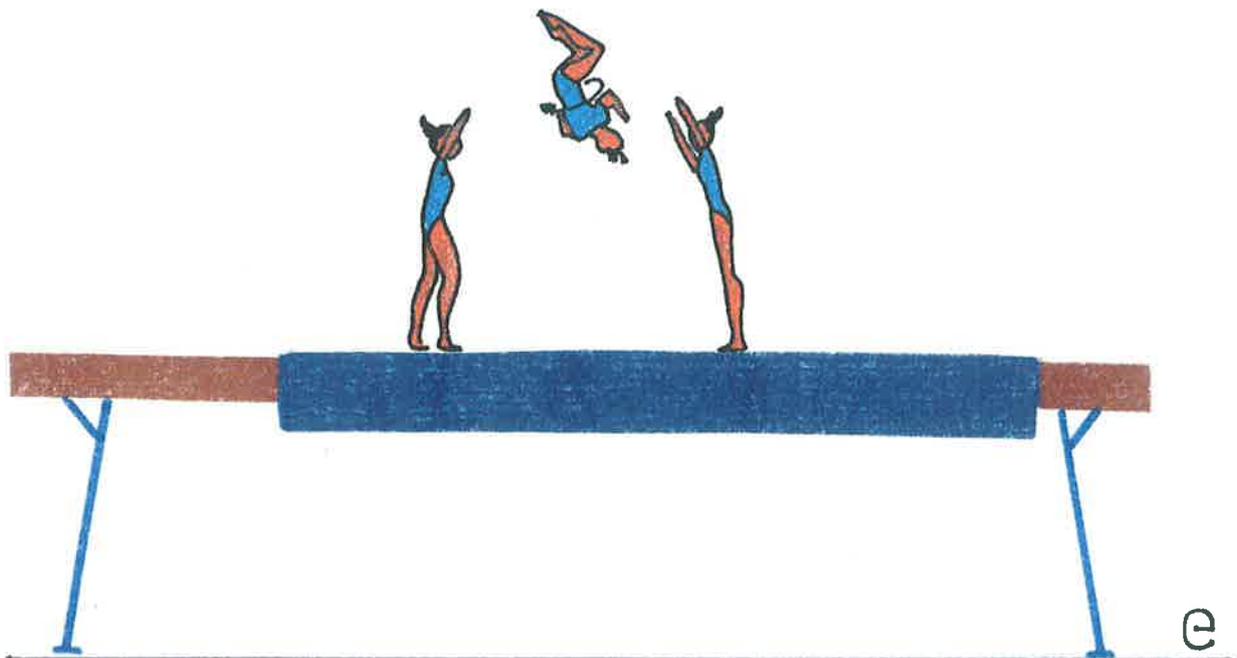
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

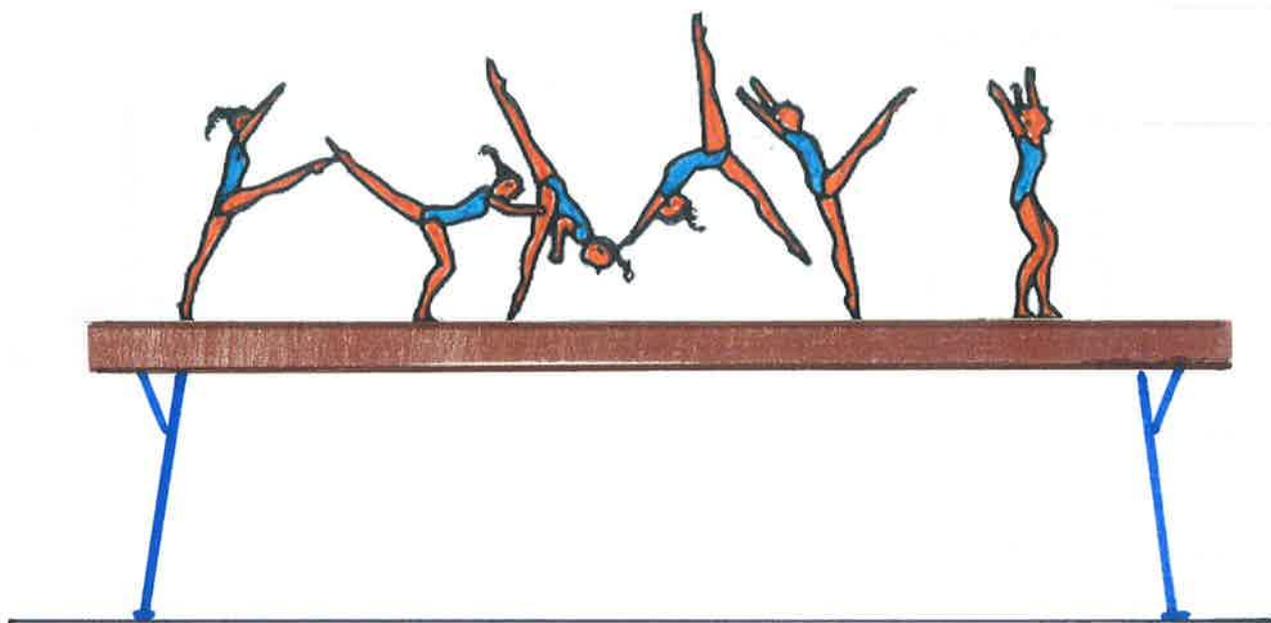




2) Eseguire il movimento alla trave alta con sopra un tappeto.

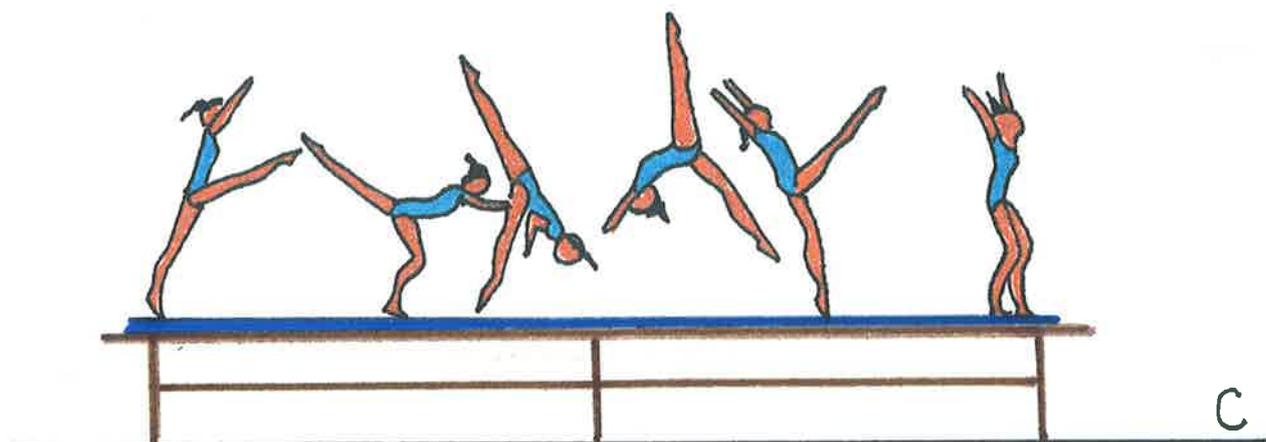
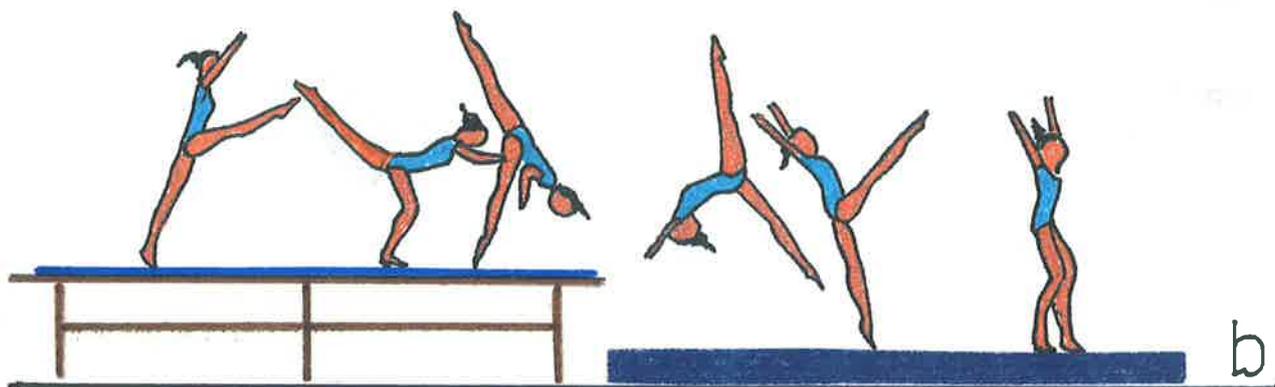
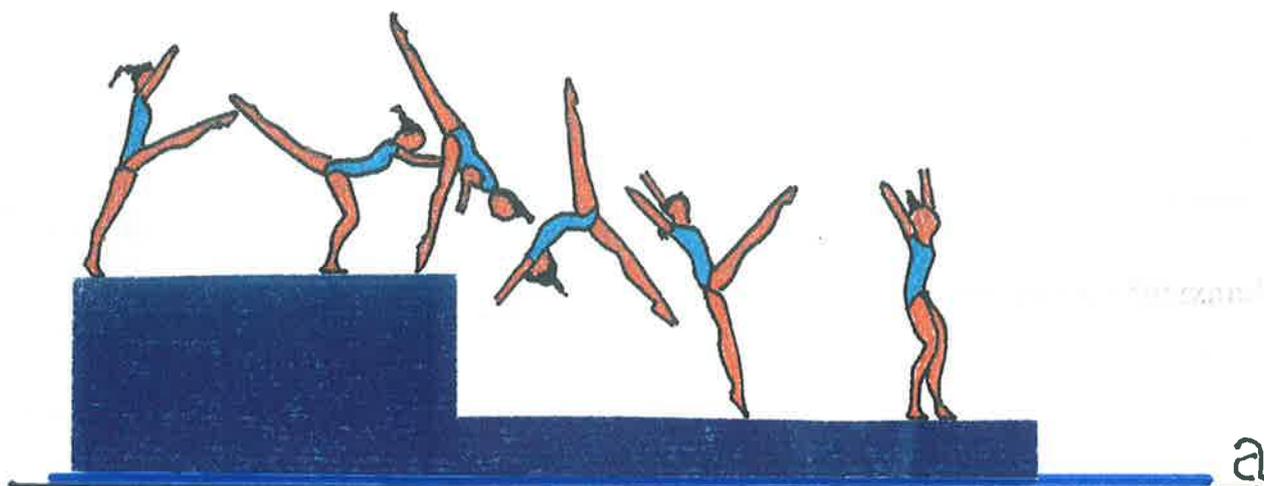


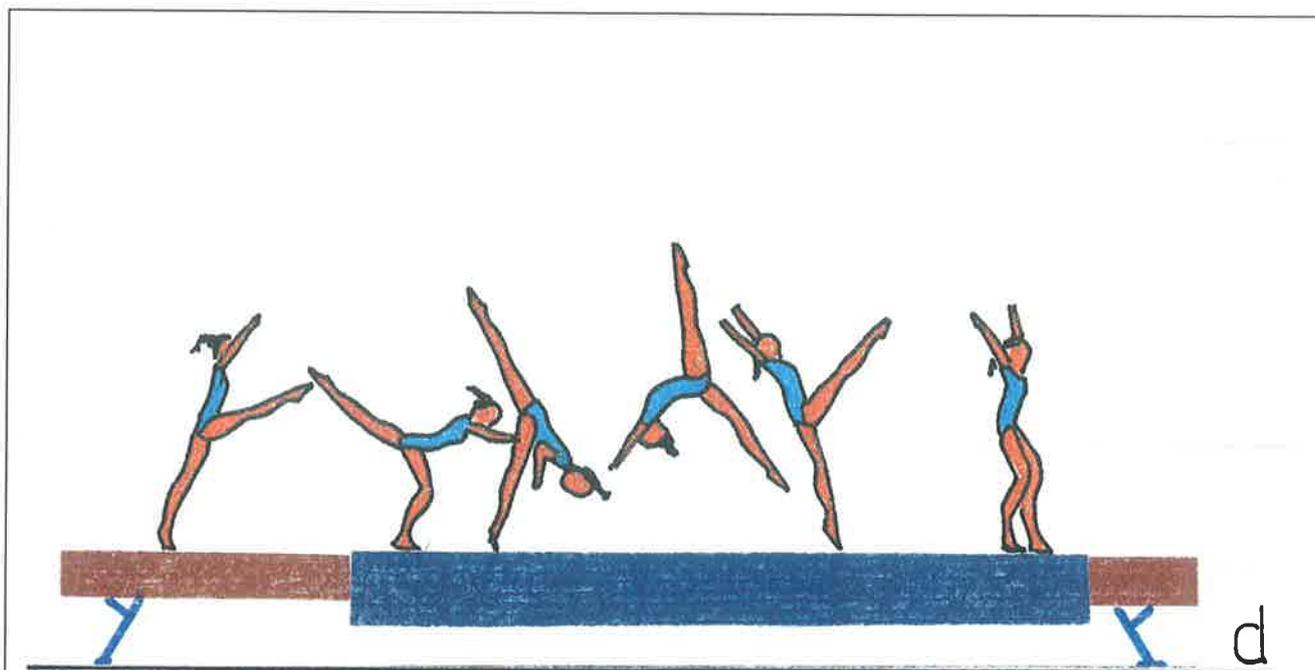
N.22: Salto avanti a gambe divaricate e arrivo su uno o due piedi.



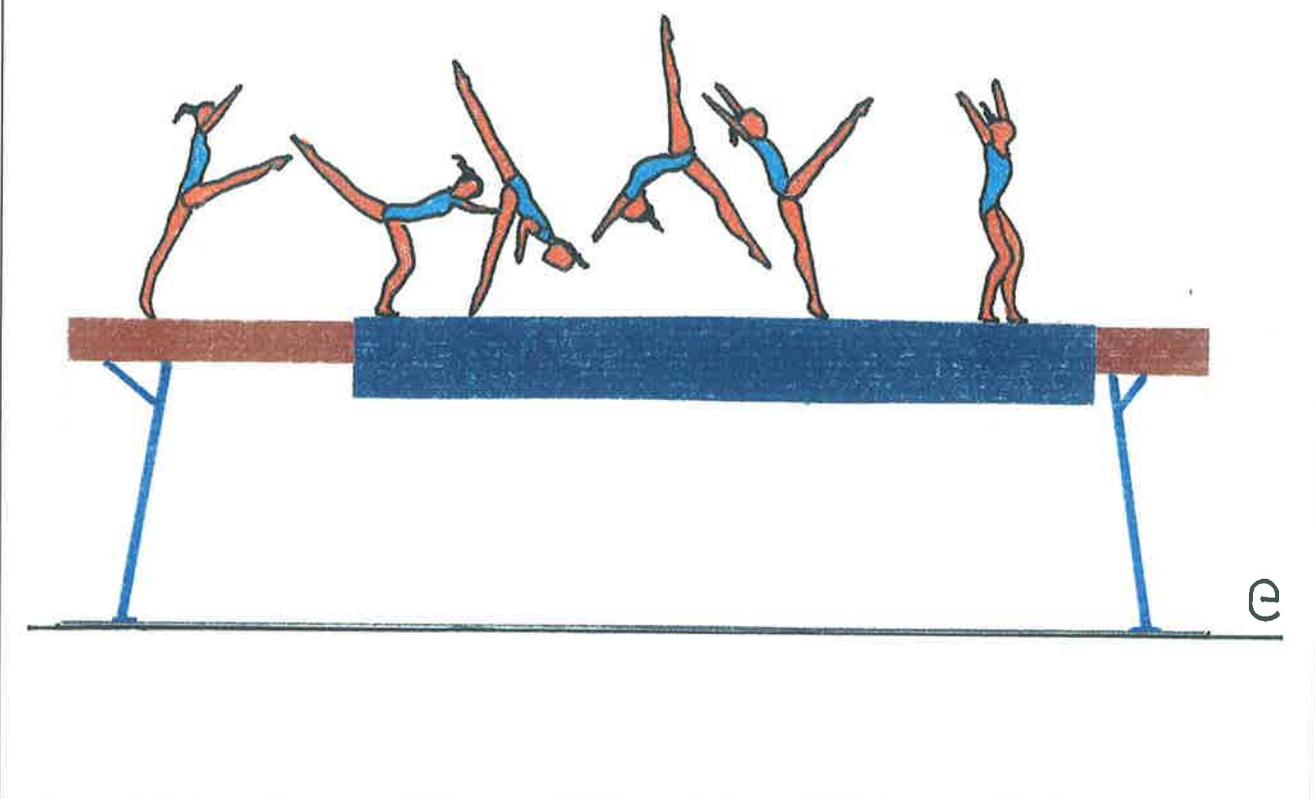
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

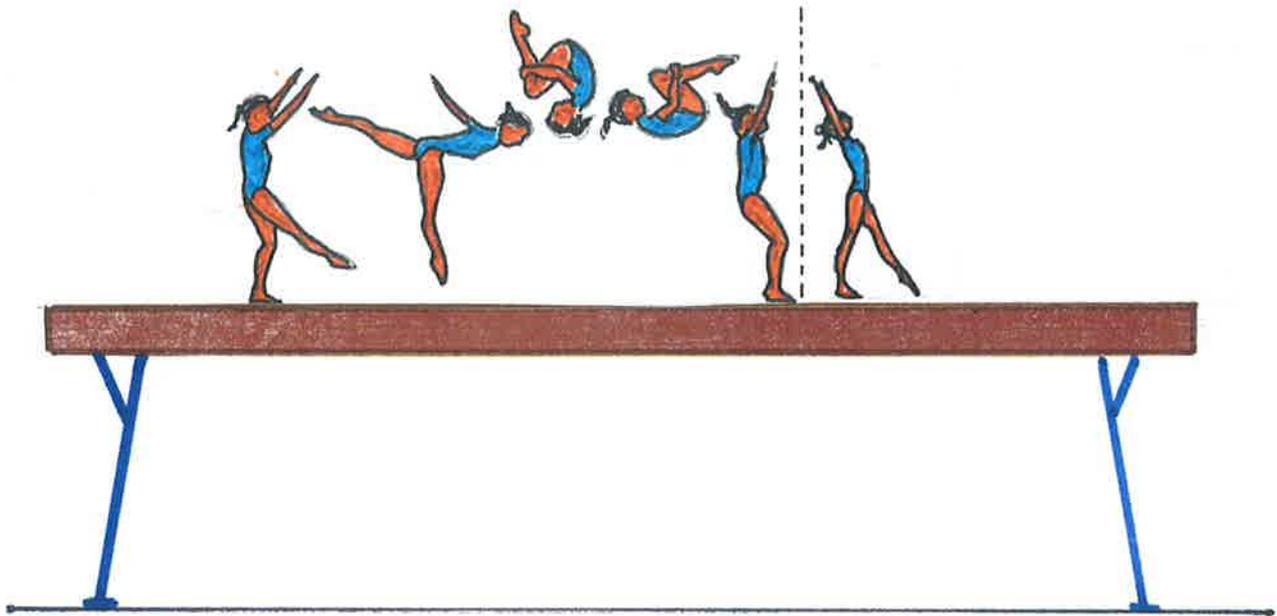




2) Eseguire il movimento alla trave alta con sopra un tappeto.

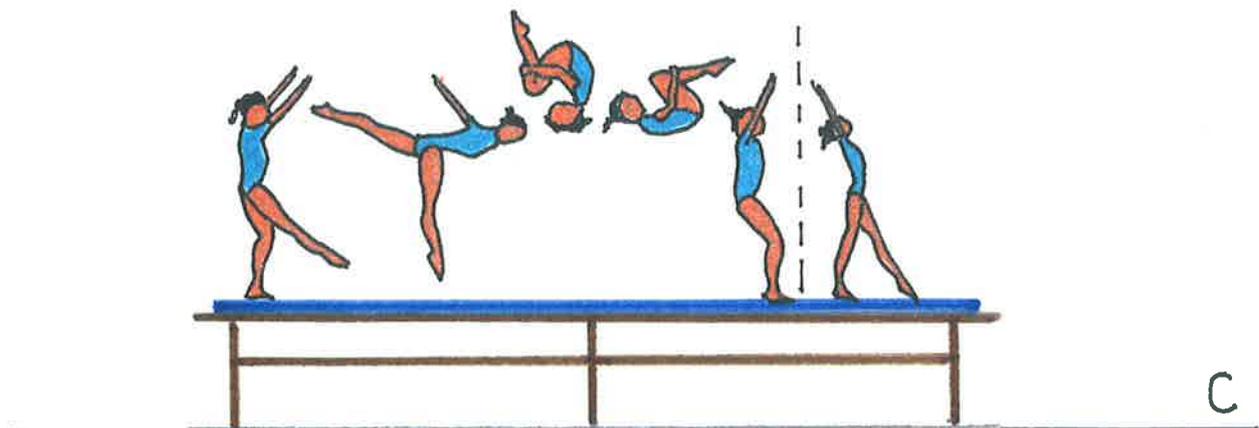
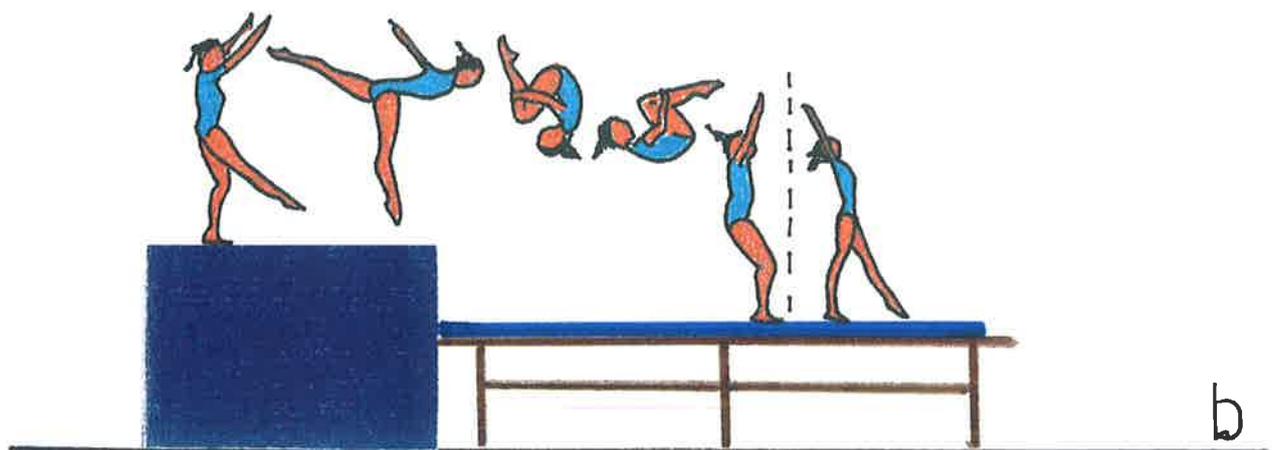
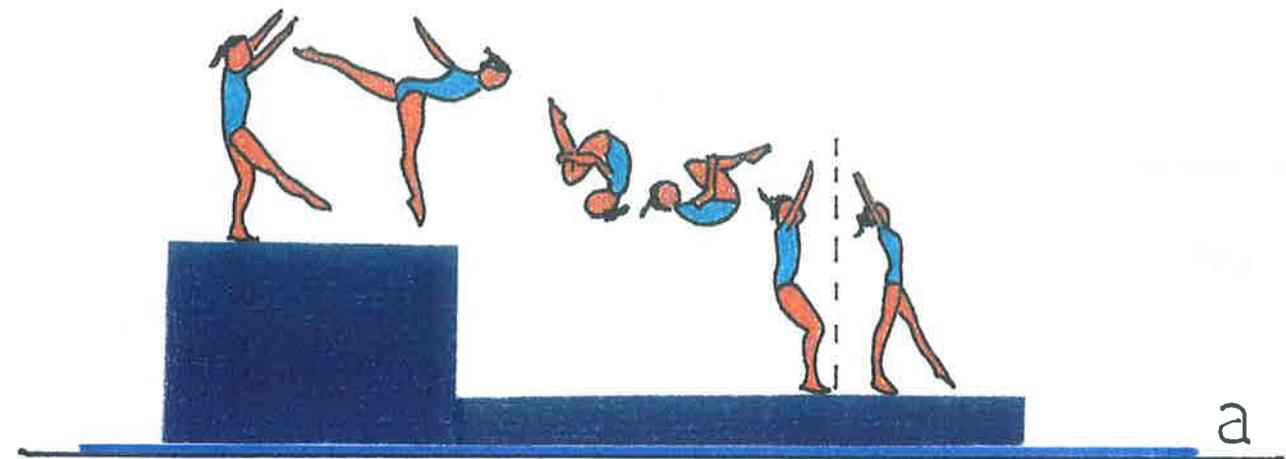


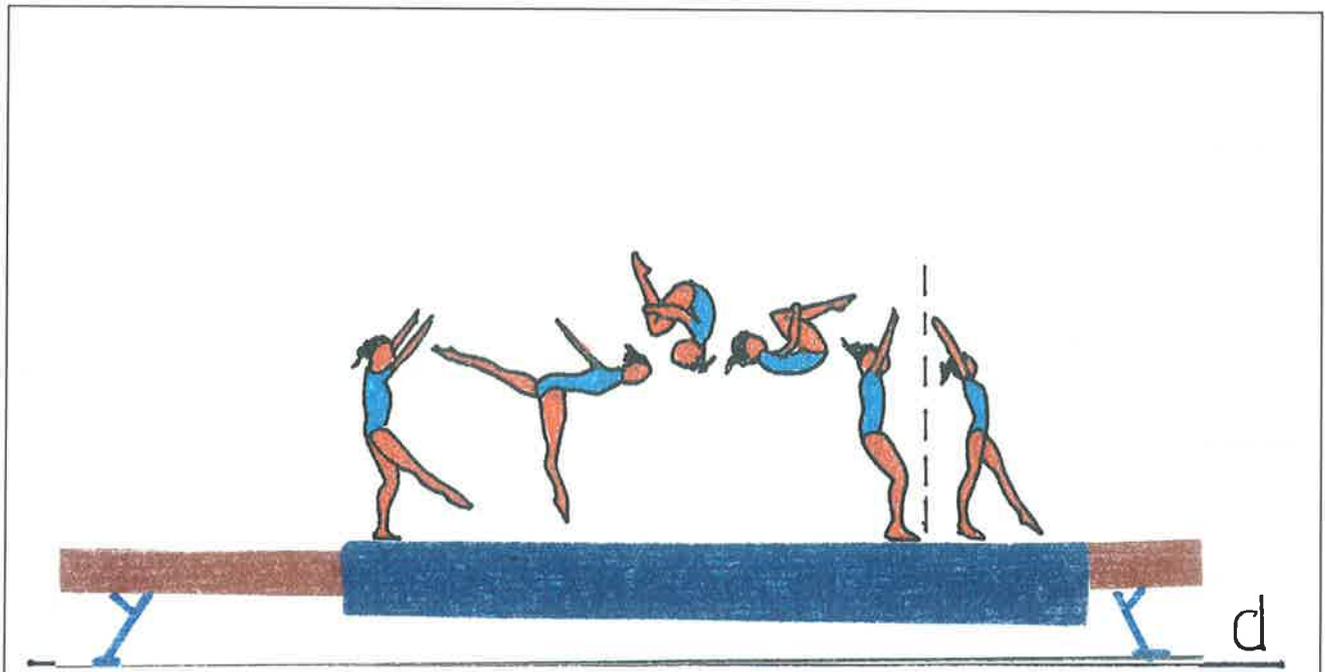
N.23: Salto giro avanti raggruppato partendo dallo slancio di una gamba indietro e arrivo su uno o due piedi.



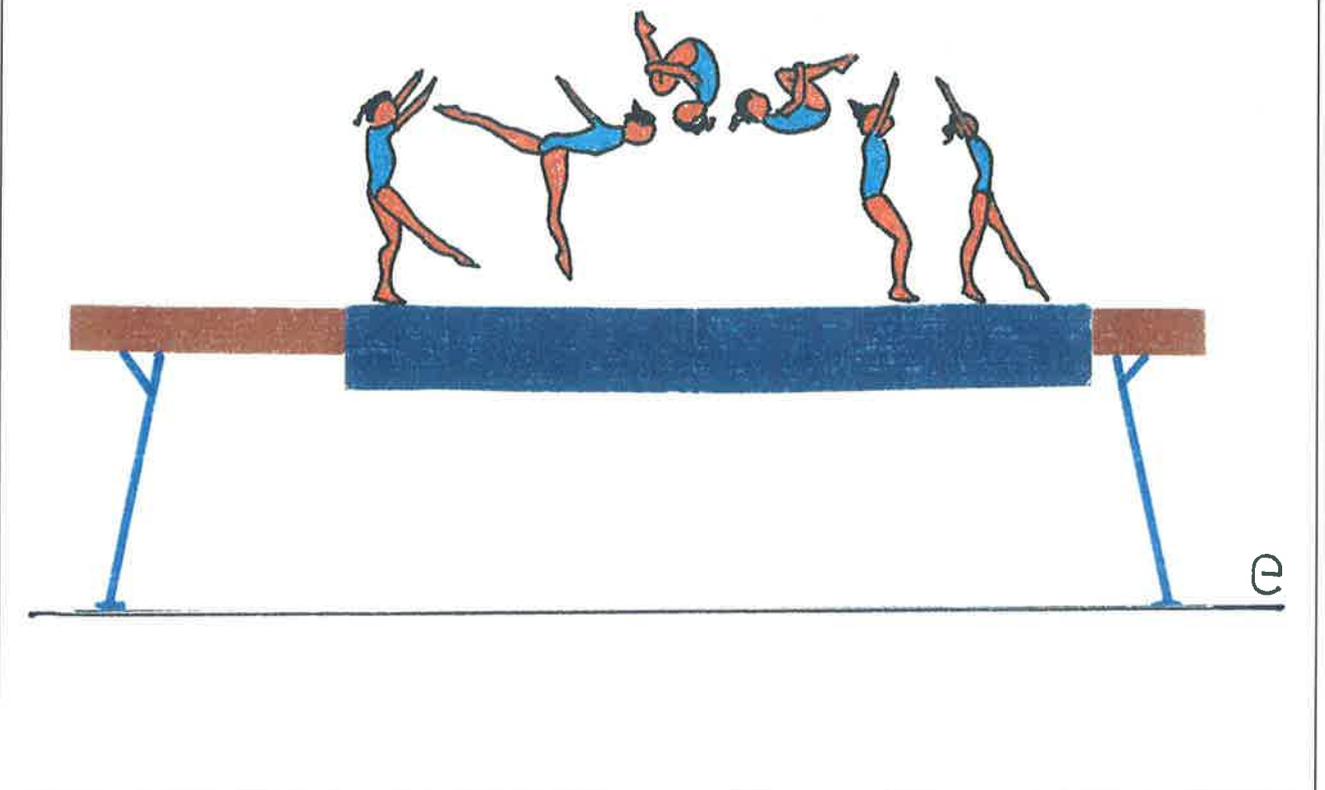
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

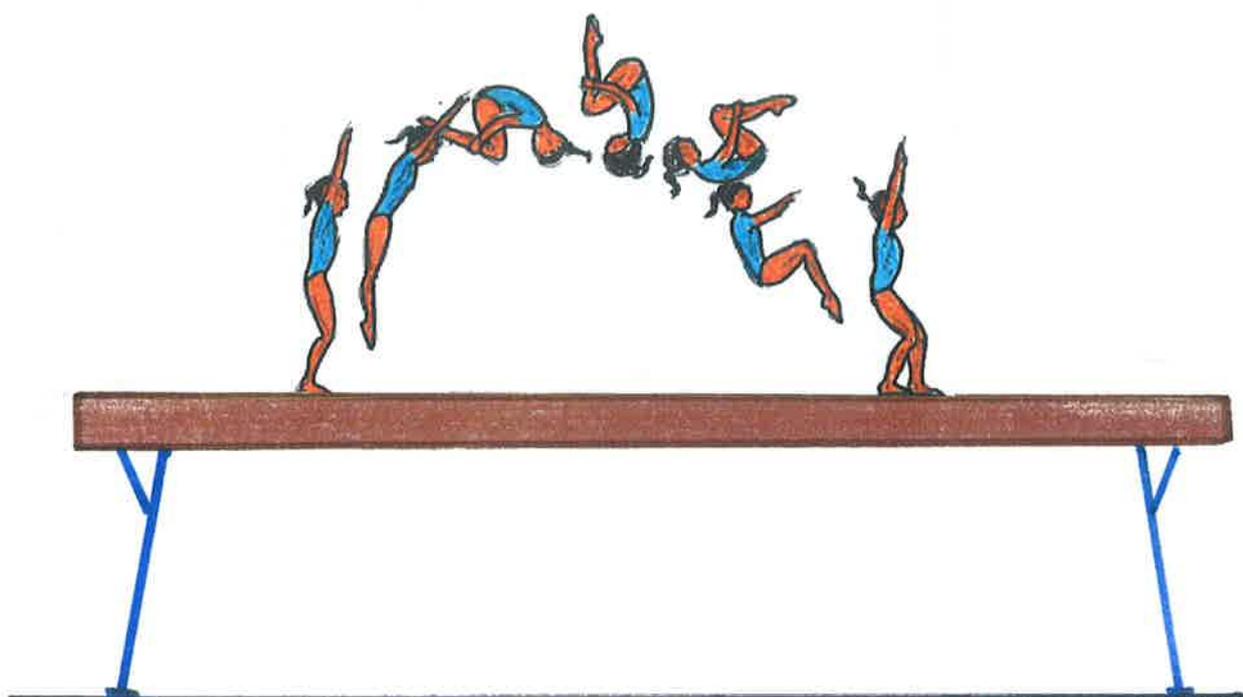




2) Eseguire il movimento alla trave alta con sopra un tappeto.

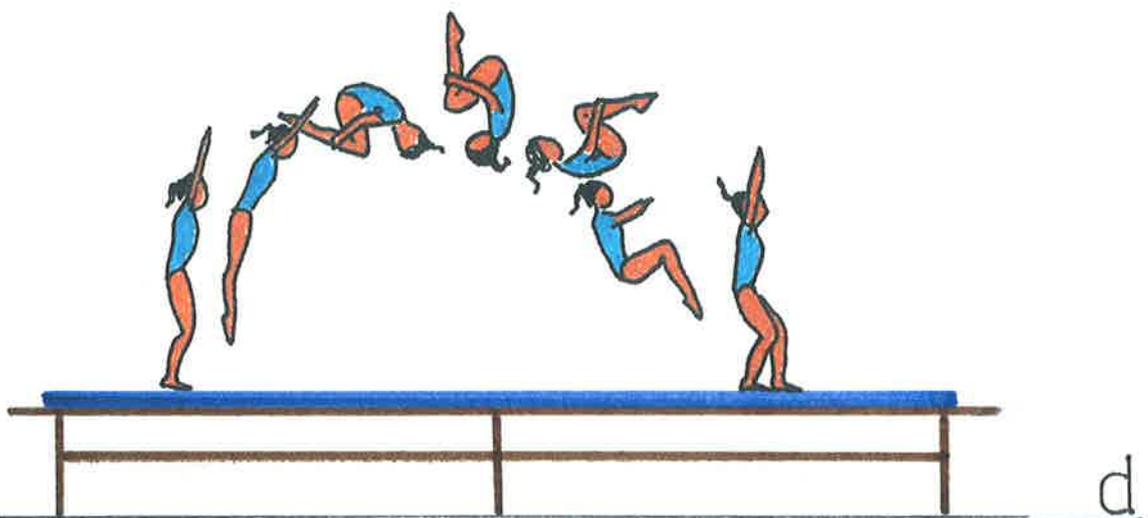
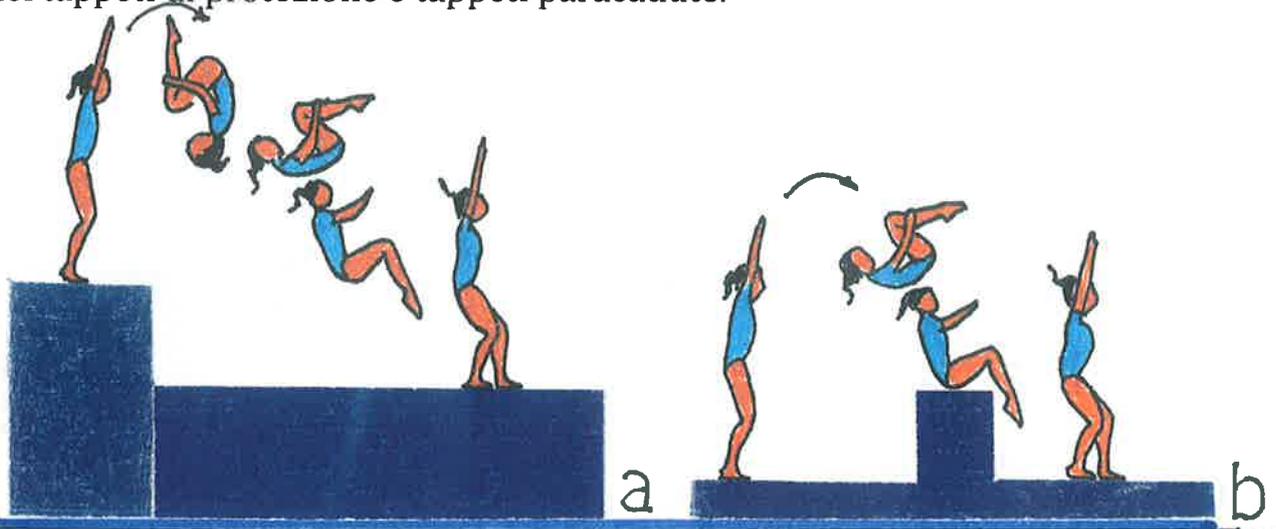


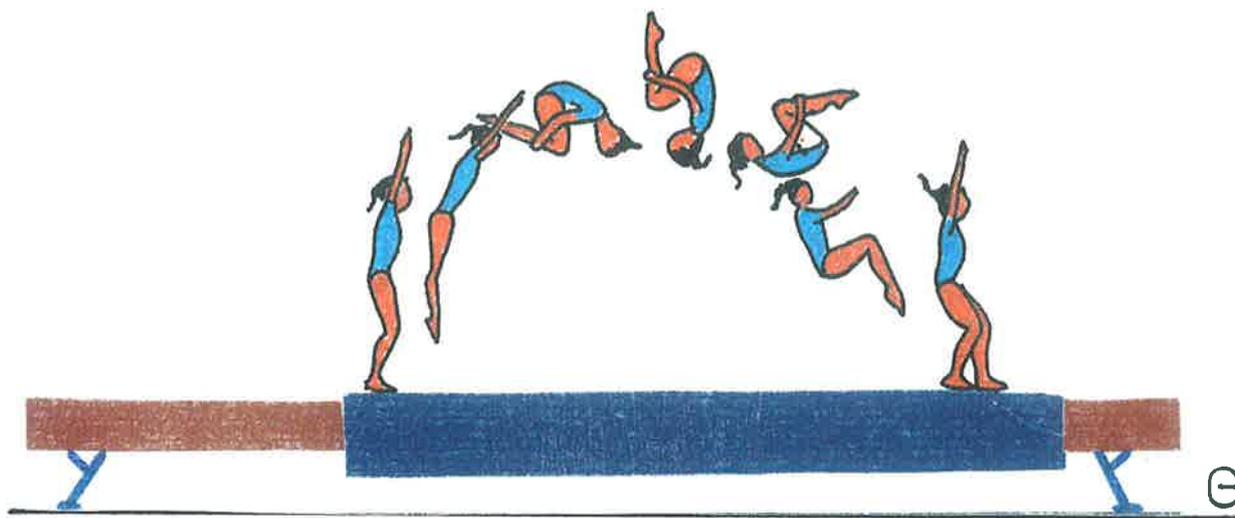
N.24: Salto giro avanti raggruppato.



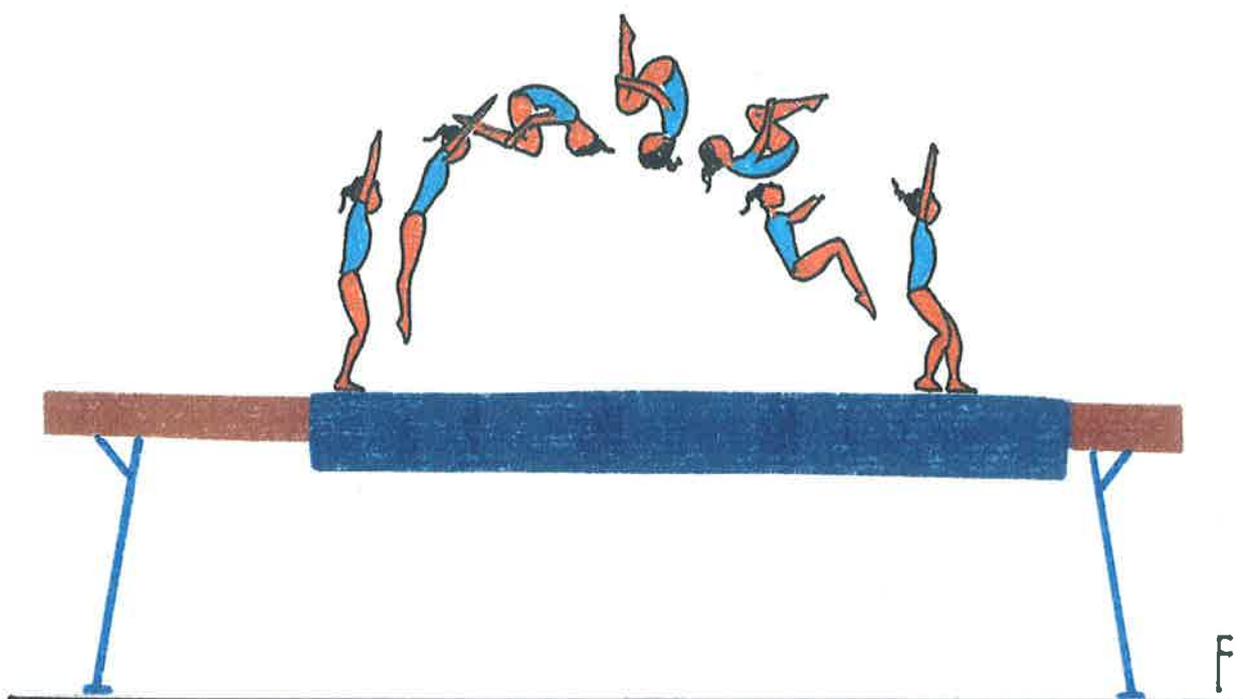
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

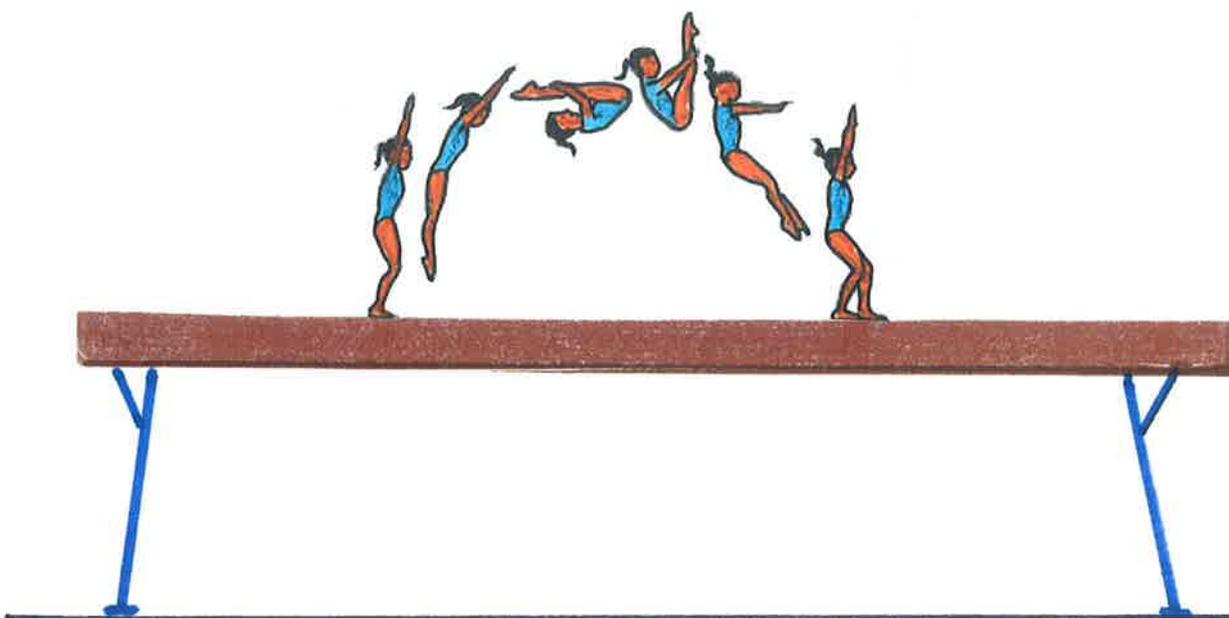




2) Eseguire il movimento alla trave alta con sopra un tappeto.

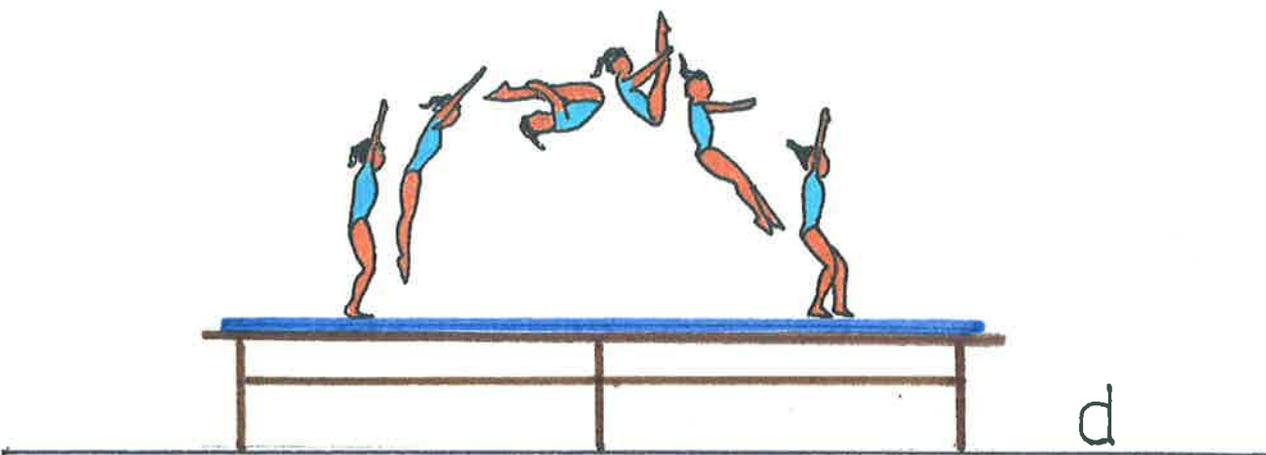
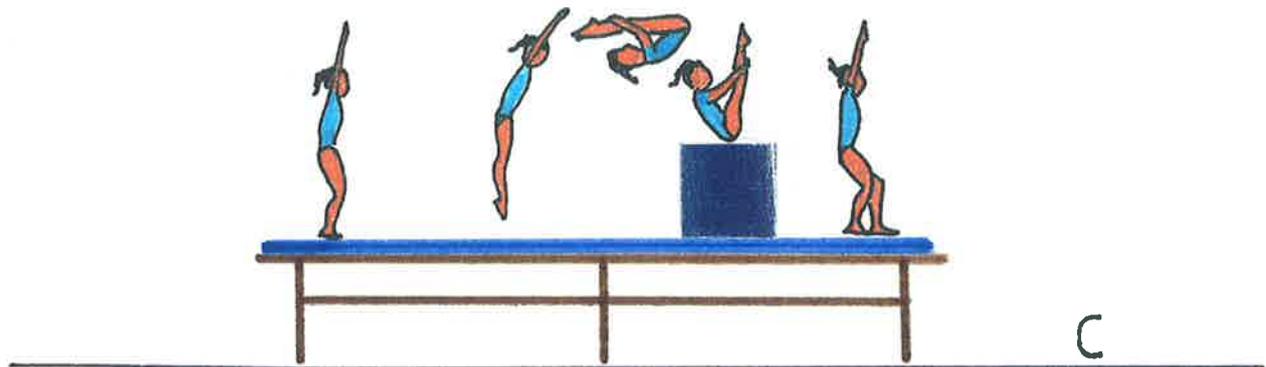
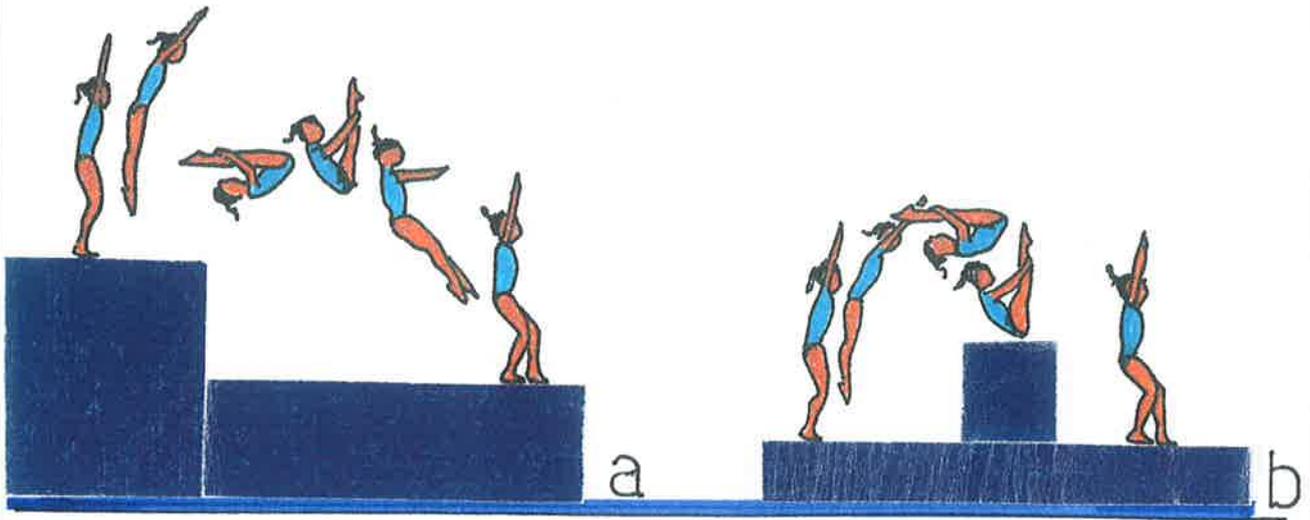


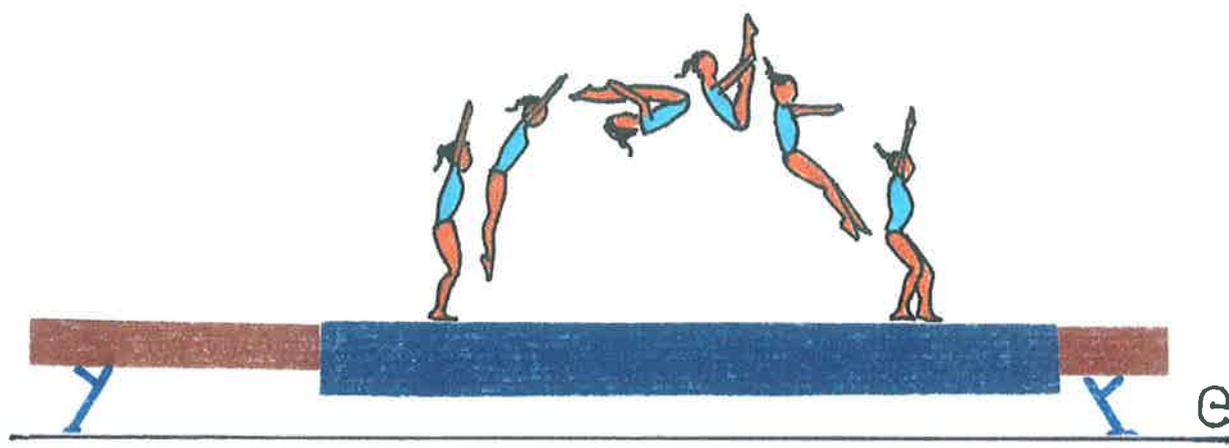
N.25: Salto giro avanti carpiato.



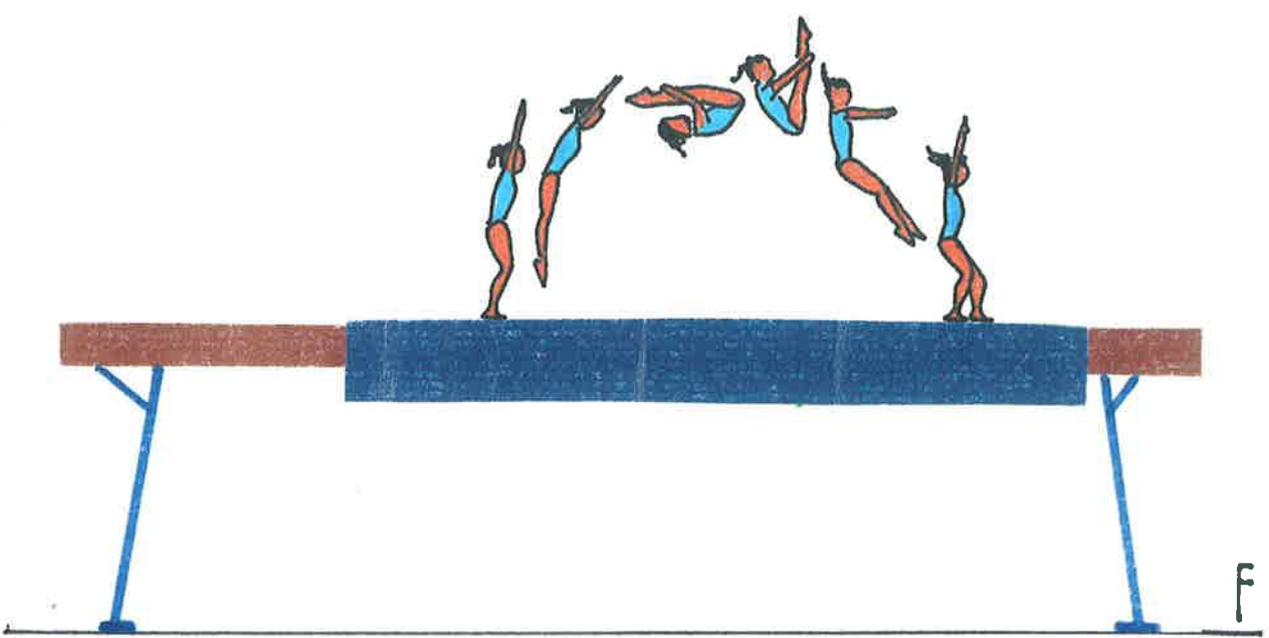
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

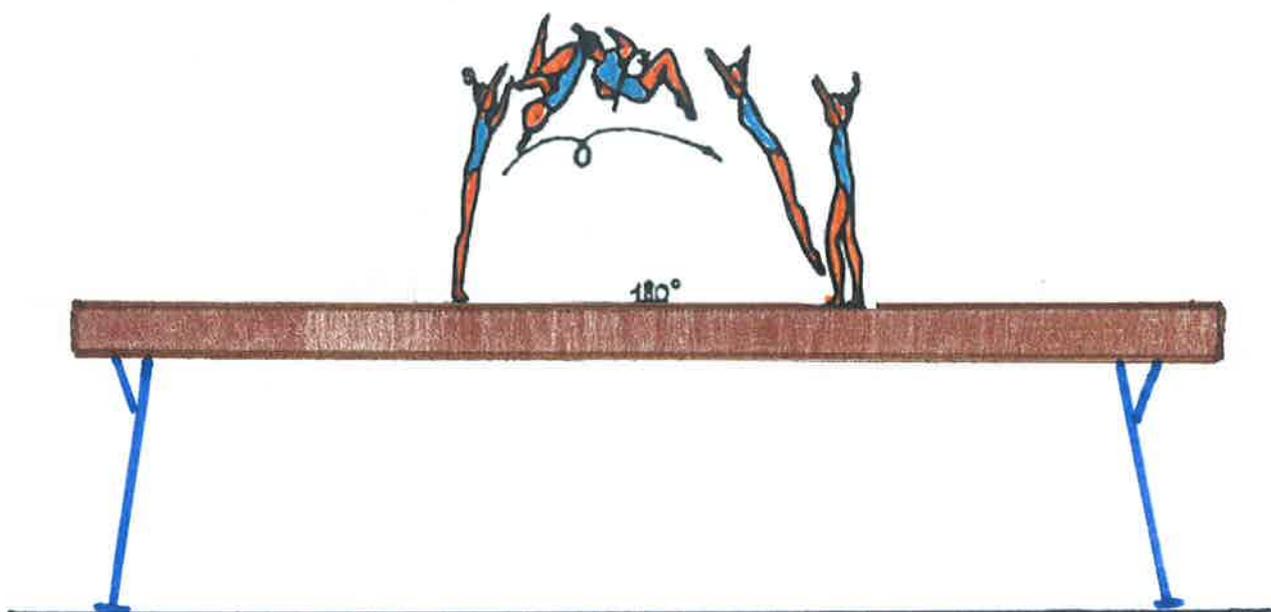




2) Eseguire il movimento alla trave alta con sopra un tappeto.

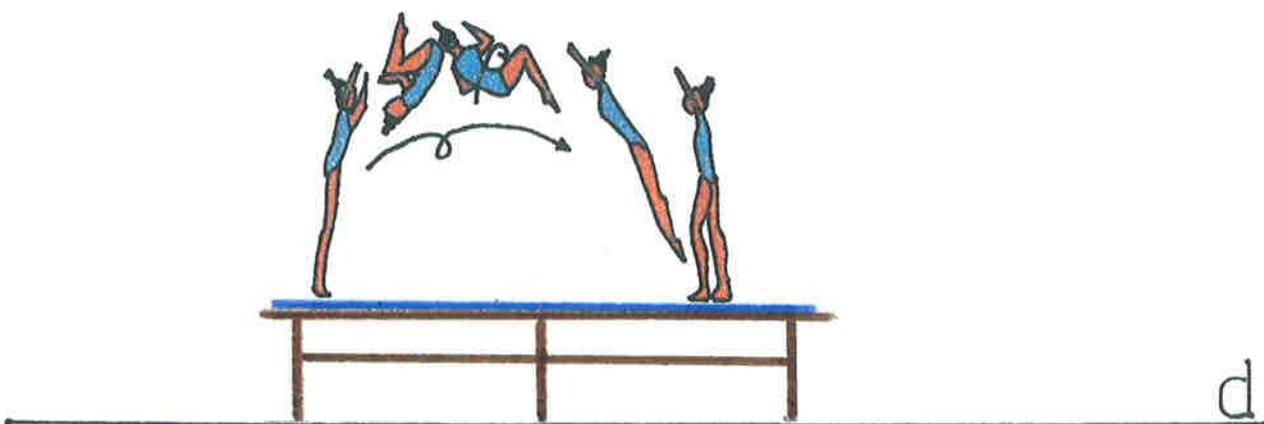
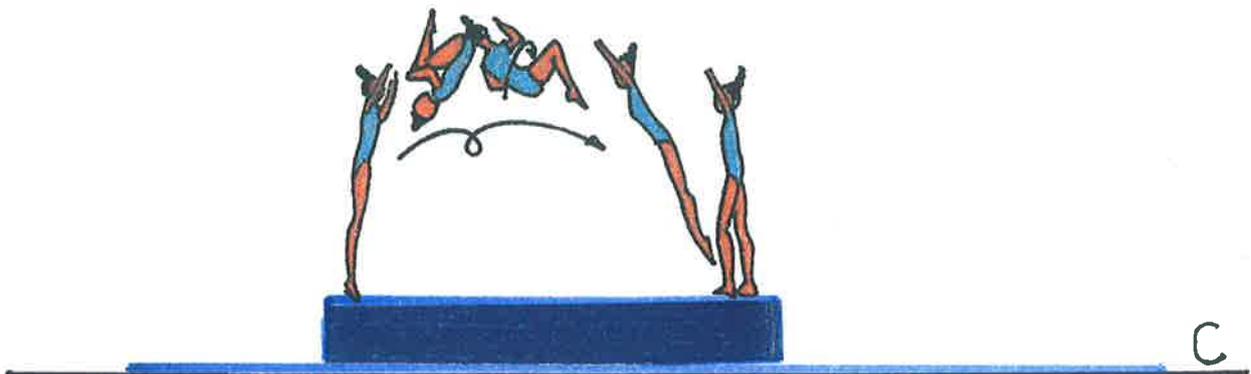
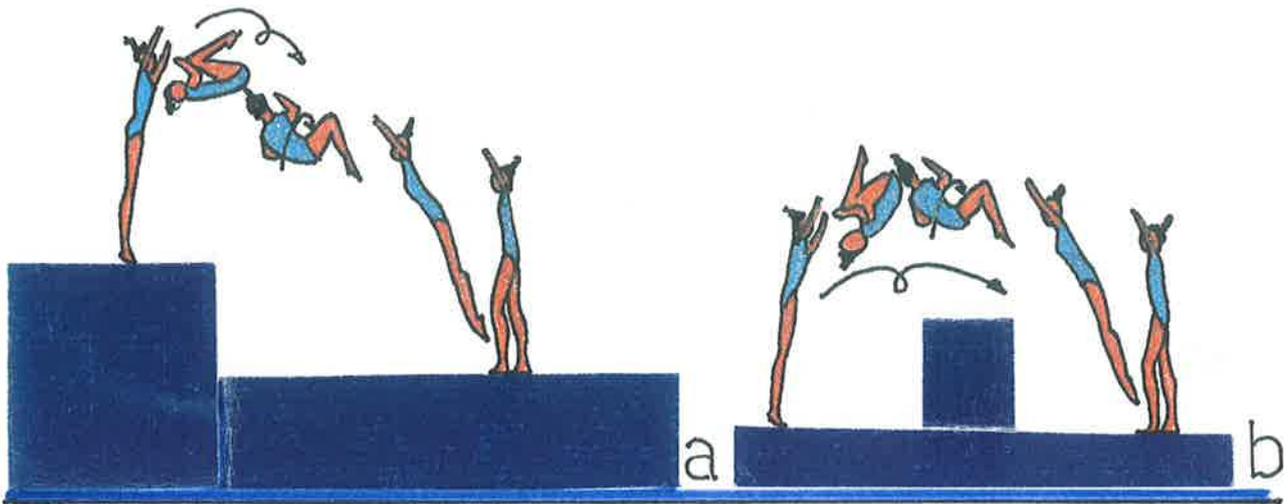


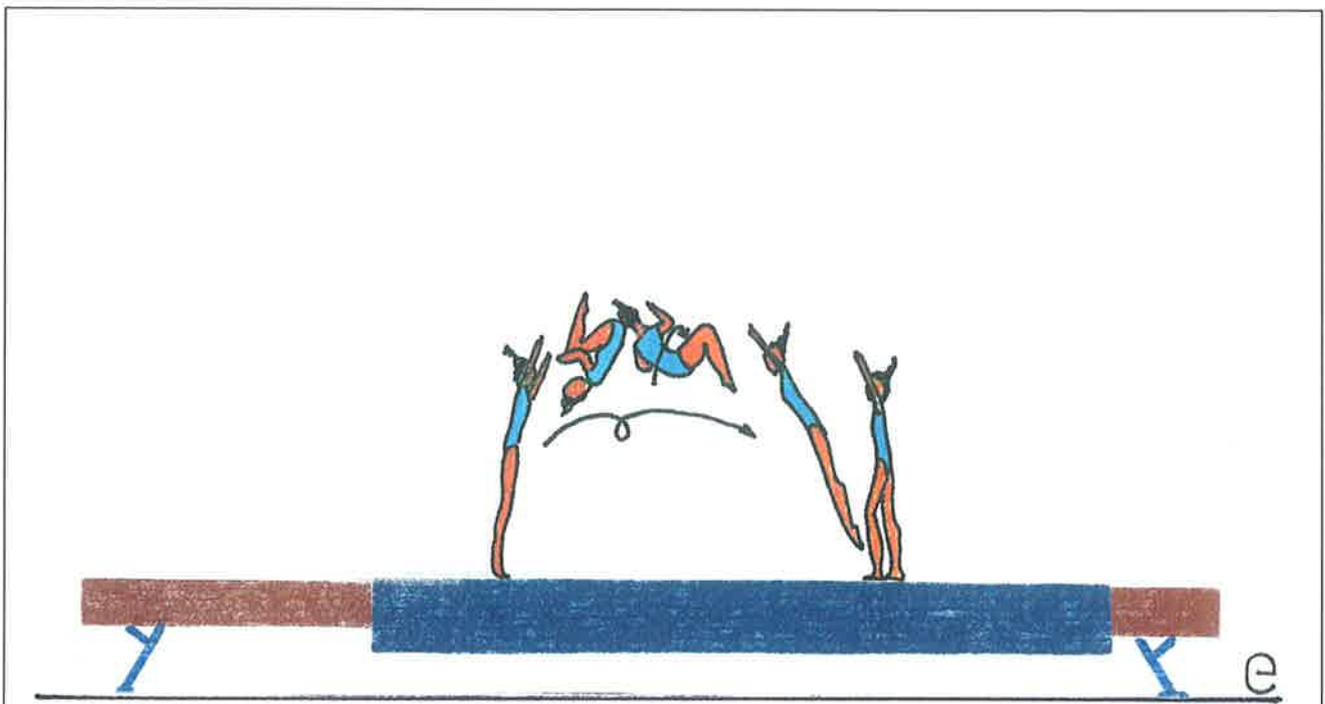
N.26: Salto giro avanti raggruppato con $\frac{1}{2}$ giro (180°).



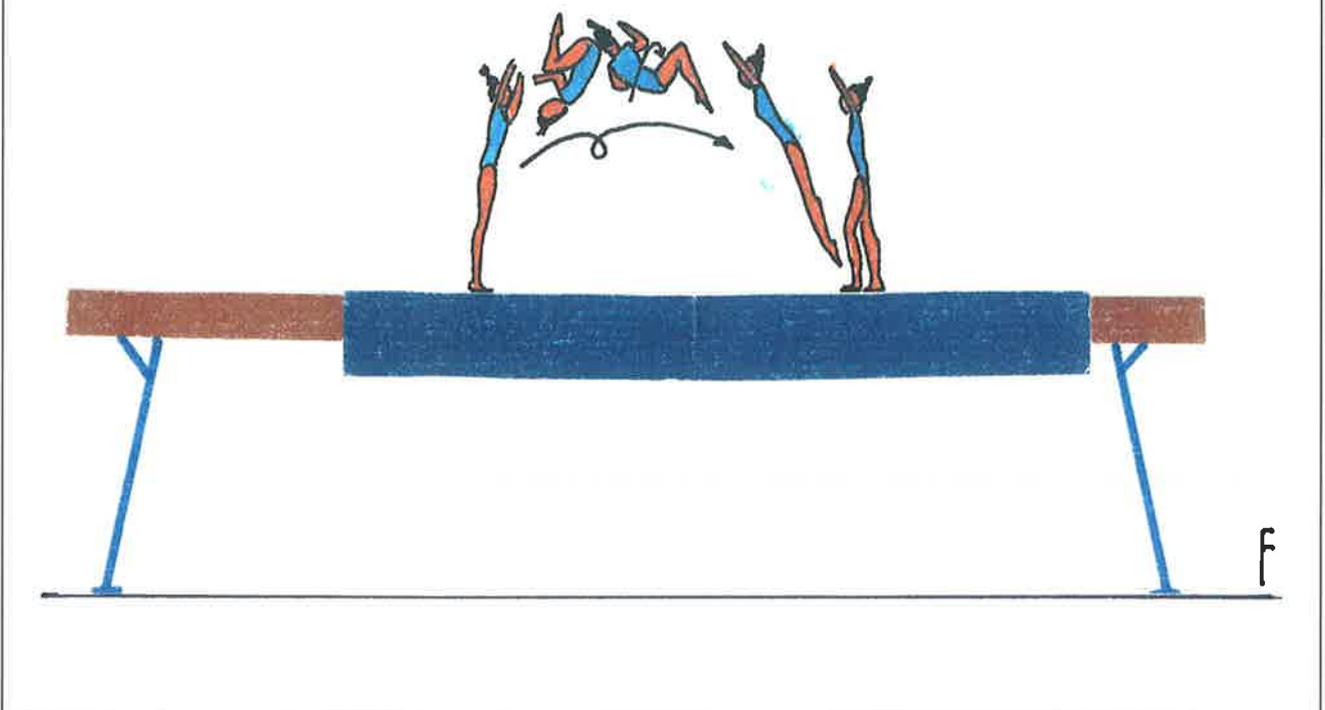
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

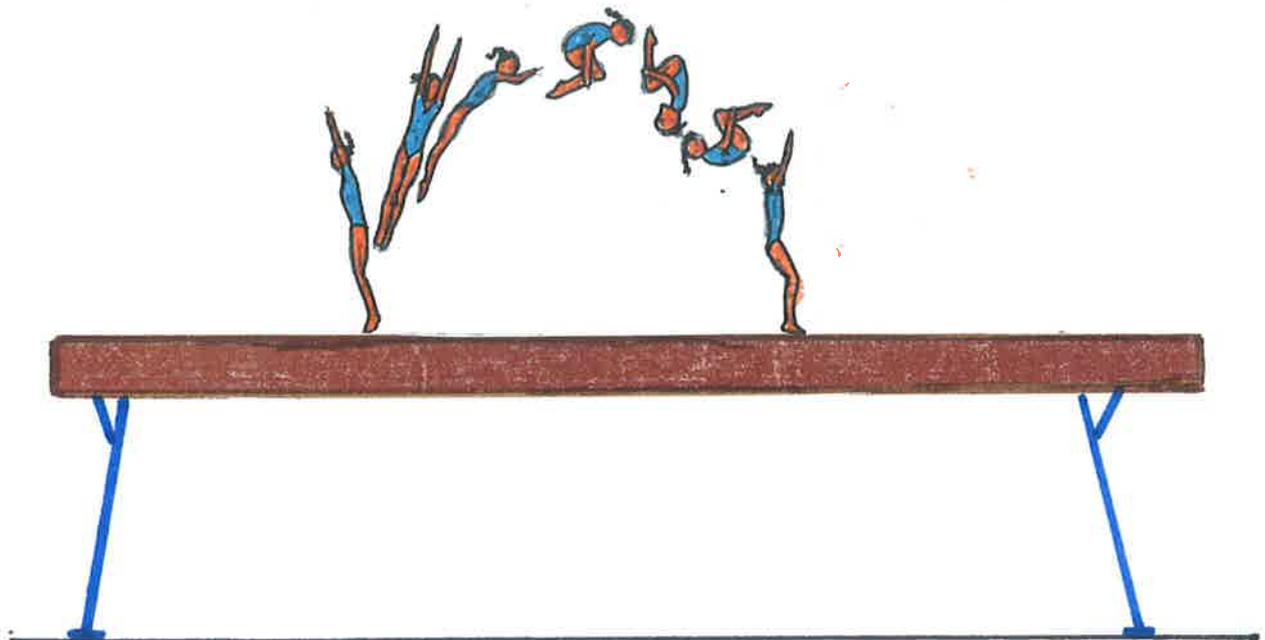




2) Eseguire il movimento alla trave alta con sopra un tappeto.

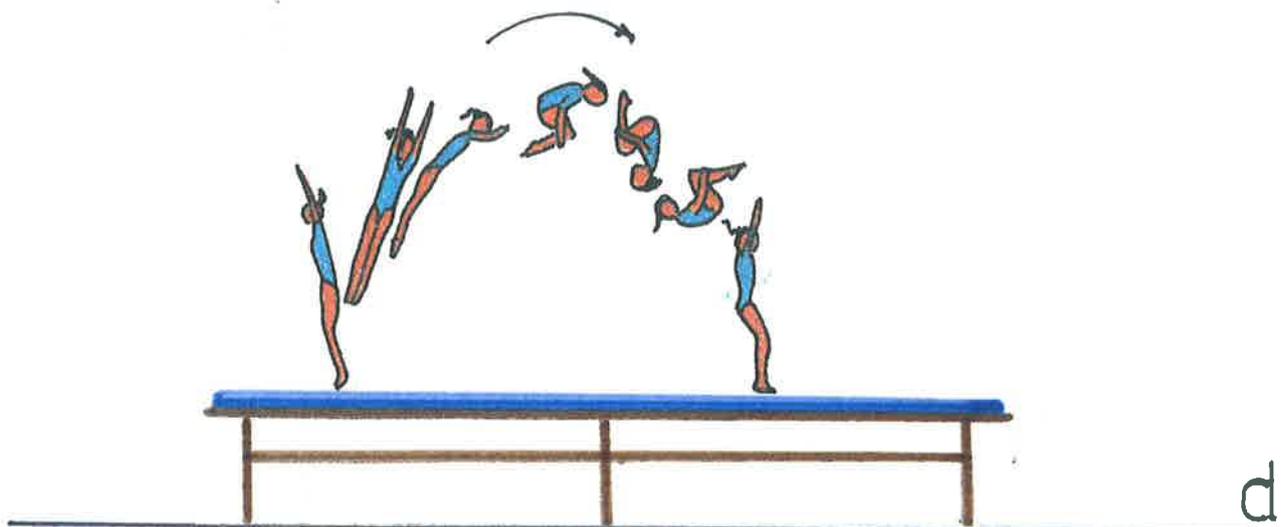
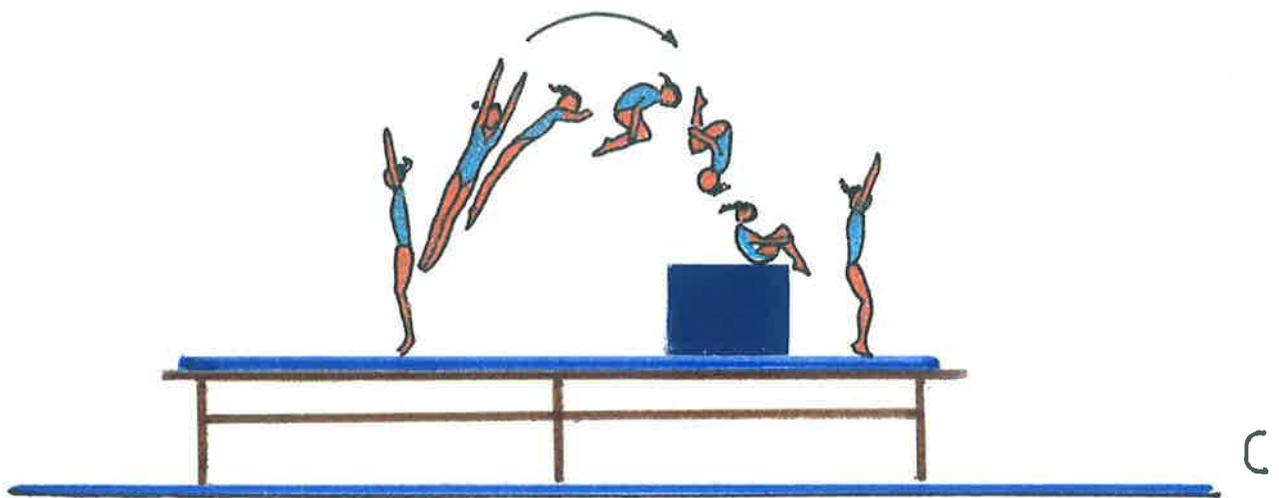
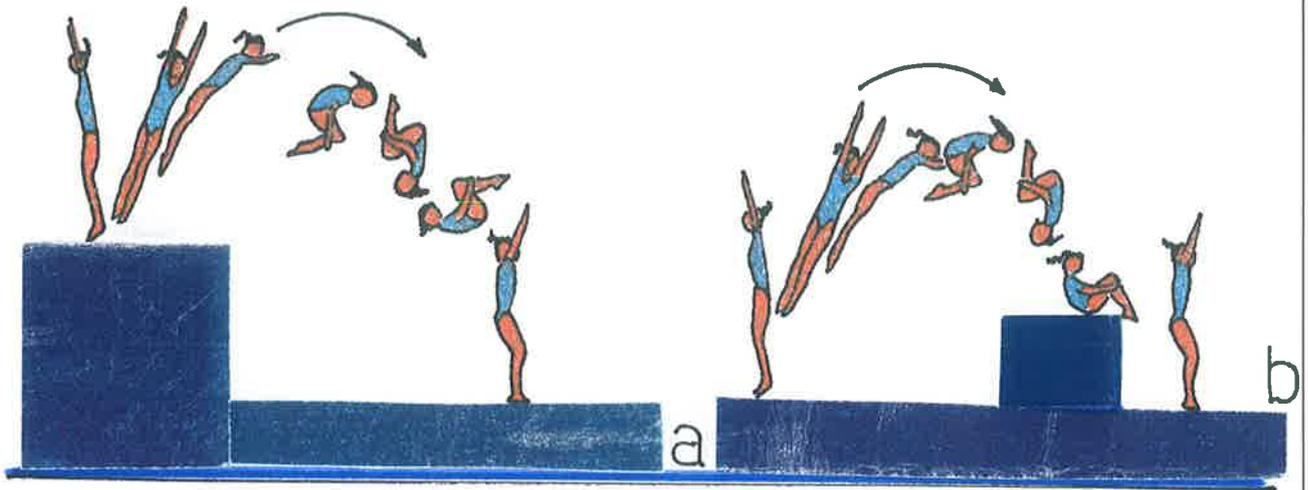


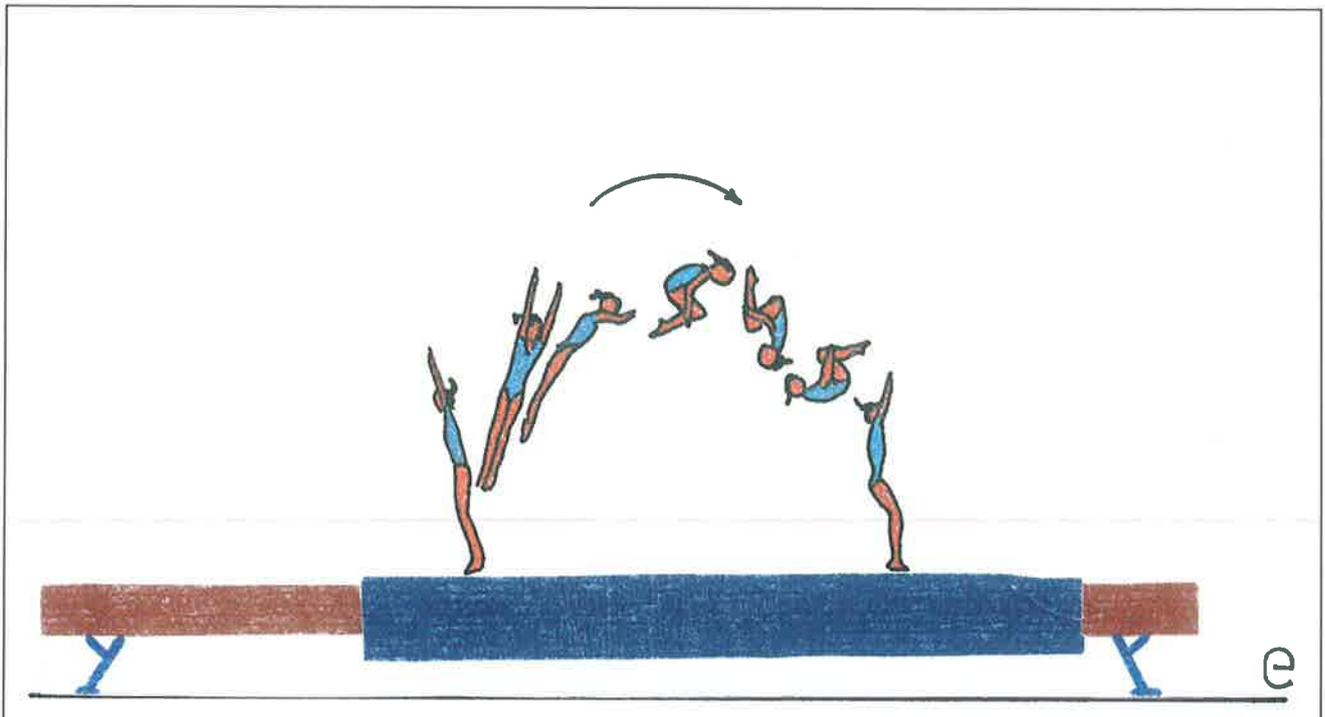
N.27: Salto Twist.



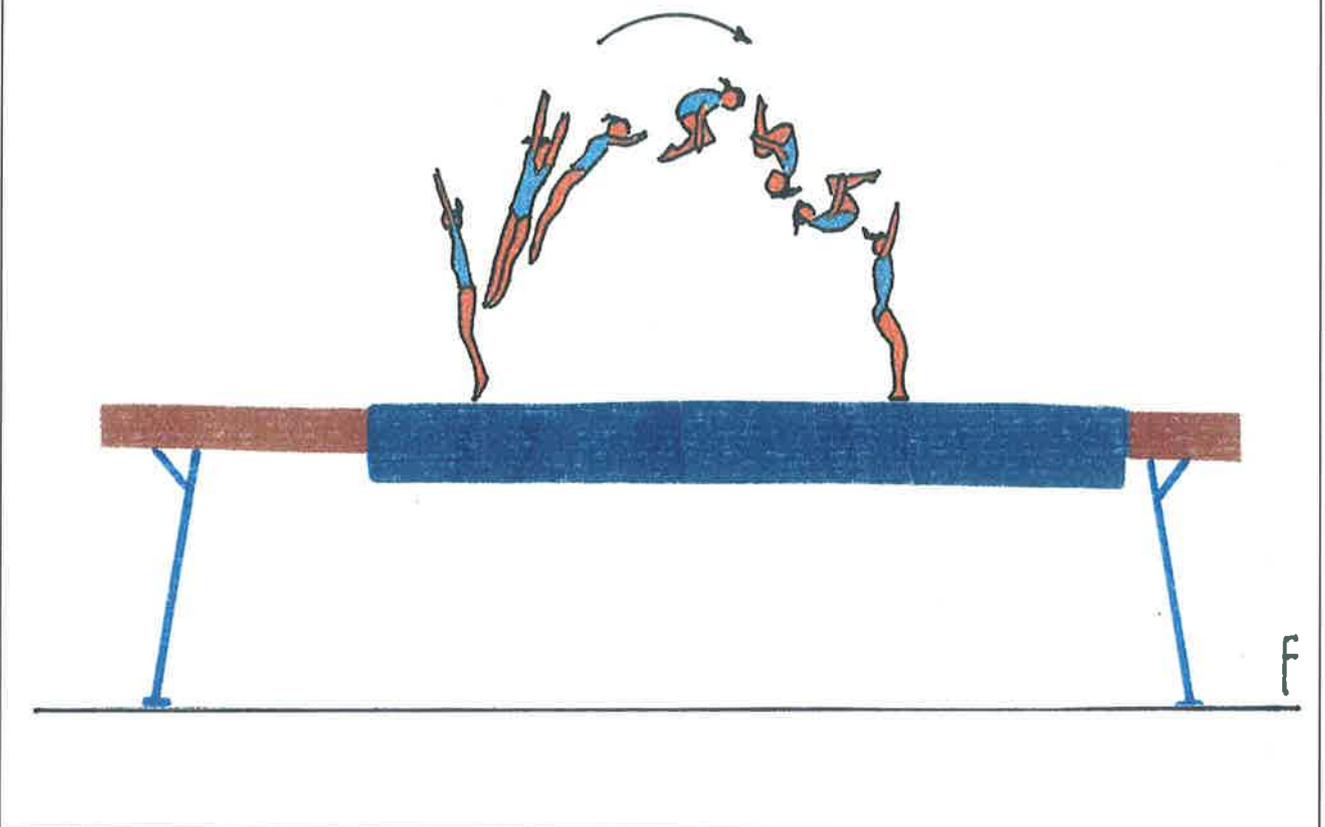
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

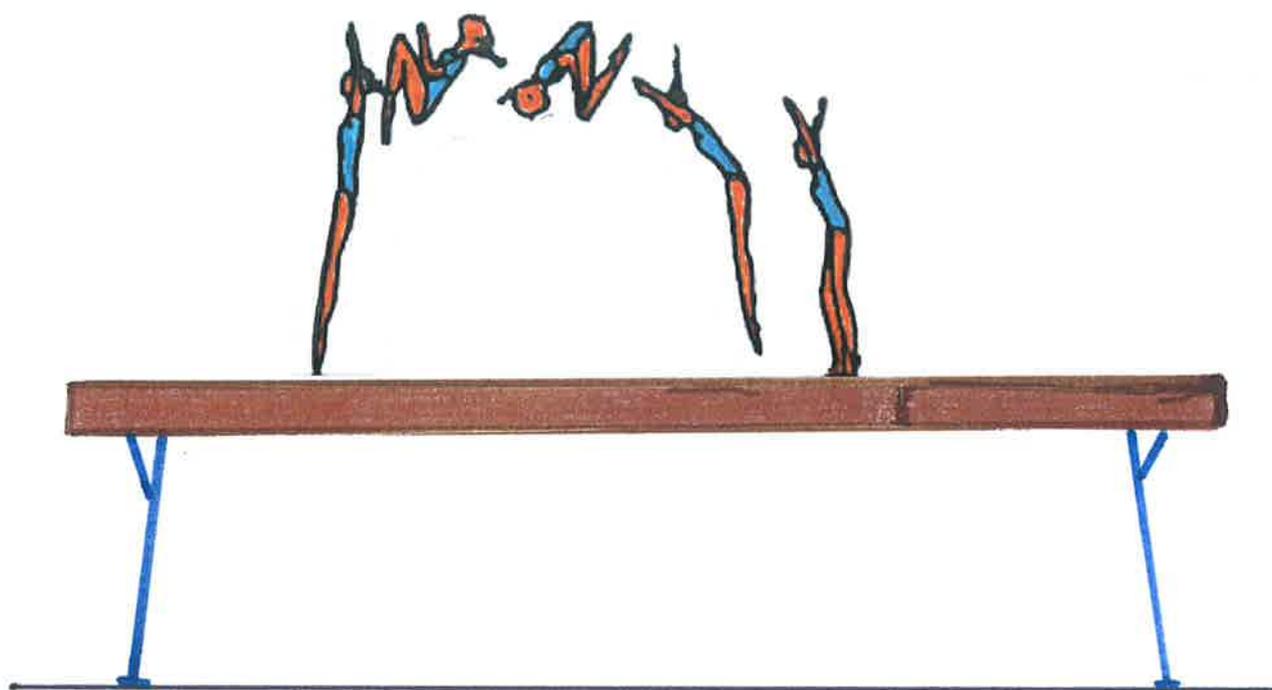




2) Eseguire il movimento alla trave alta con sopra un tappeto.

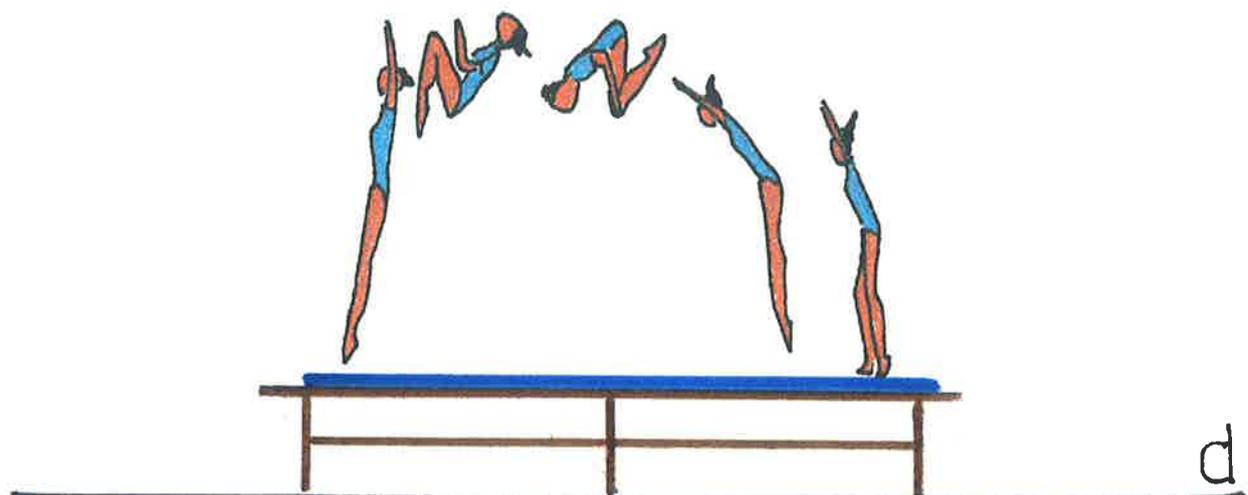
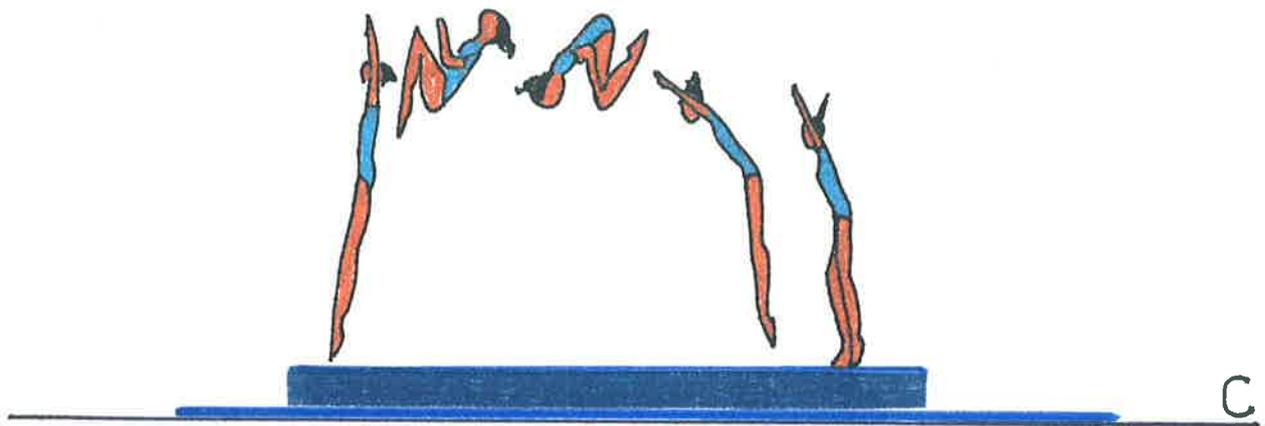
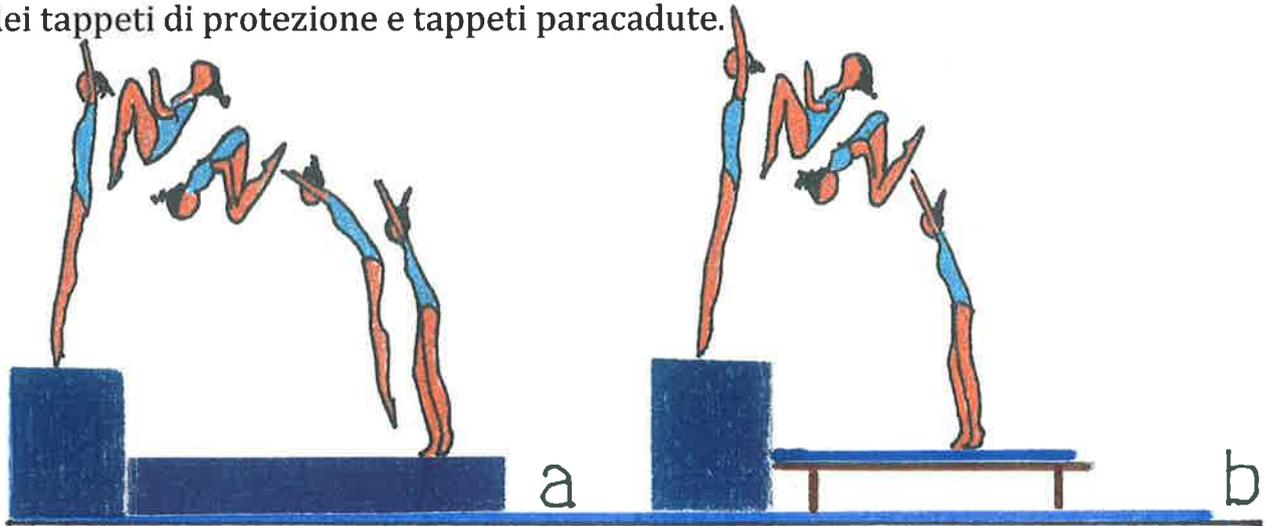


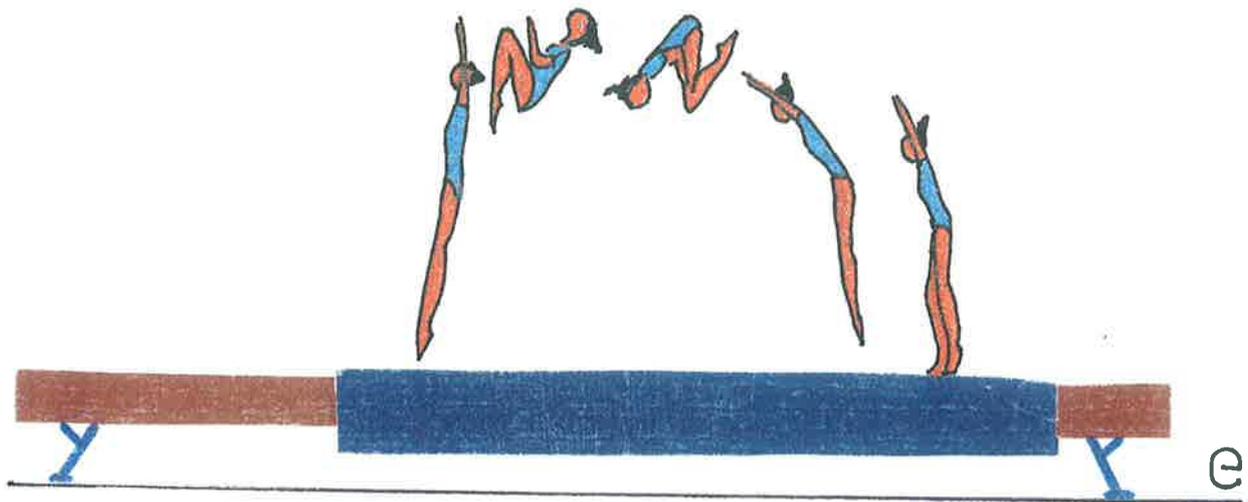
N.28: Salto giro indietro raggruppato.



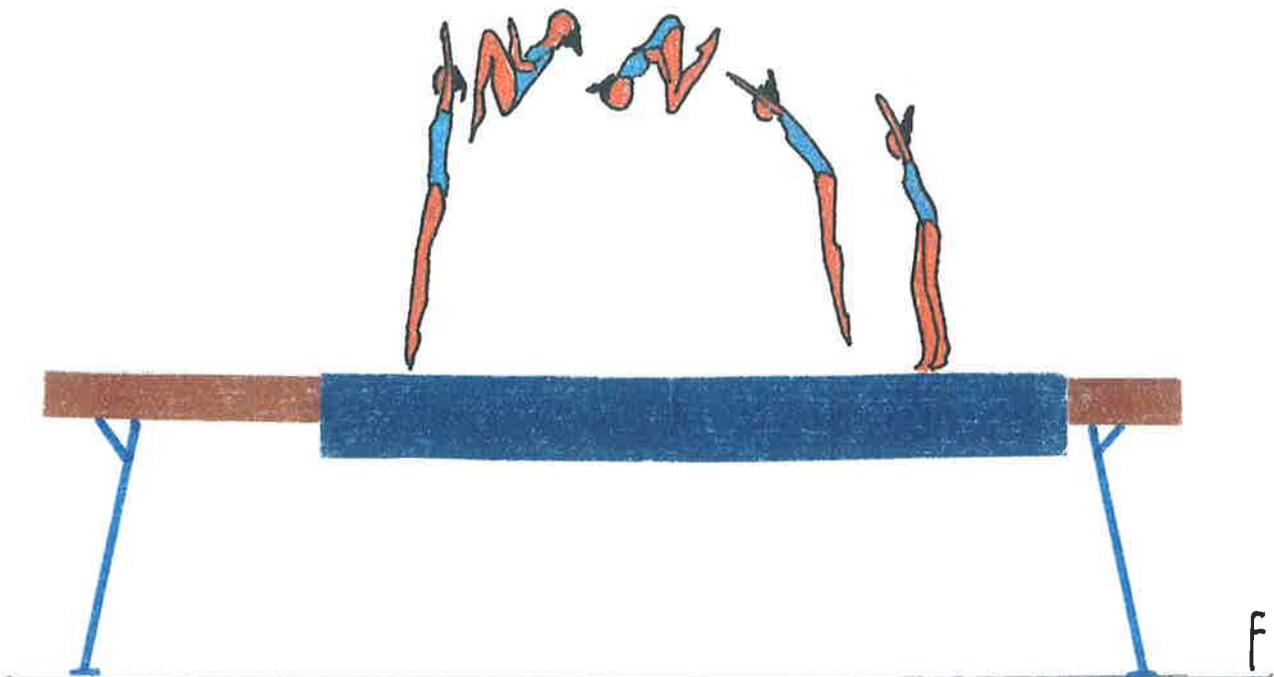
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

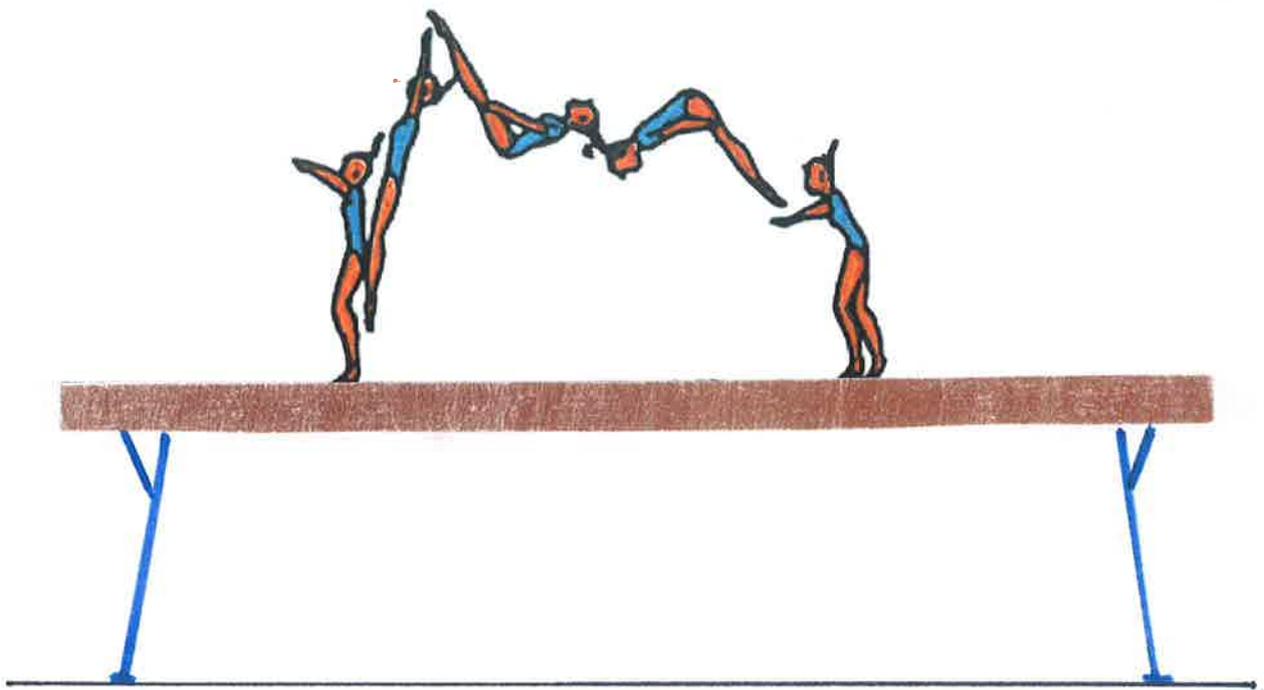




2) Eseguire il movimento alla trave alta con sopra un tappeto.

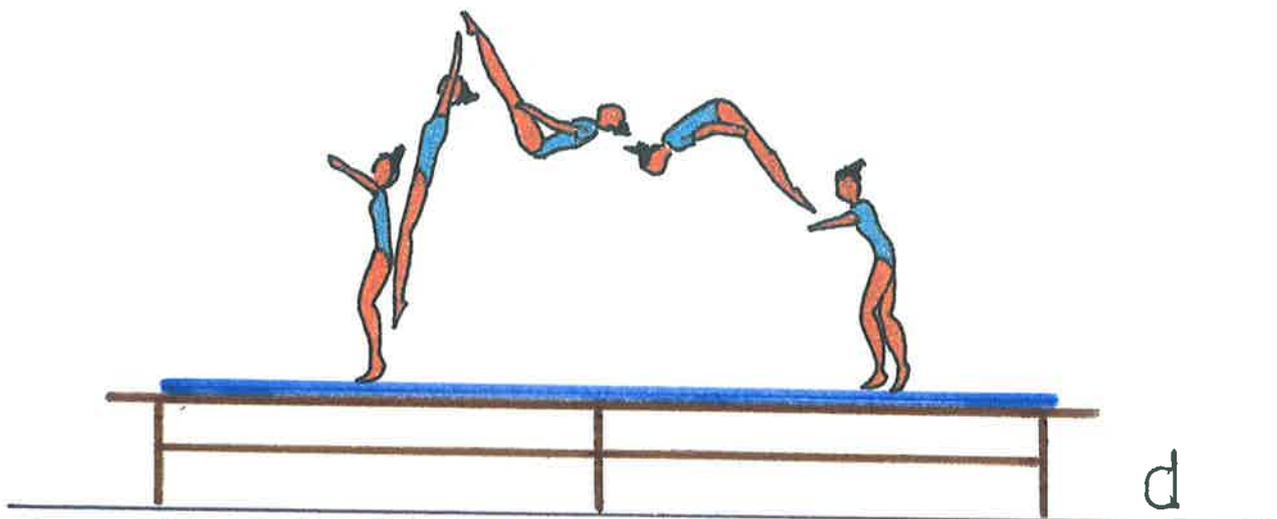
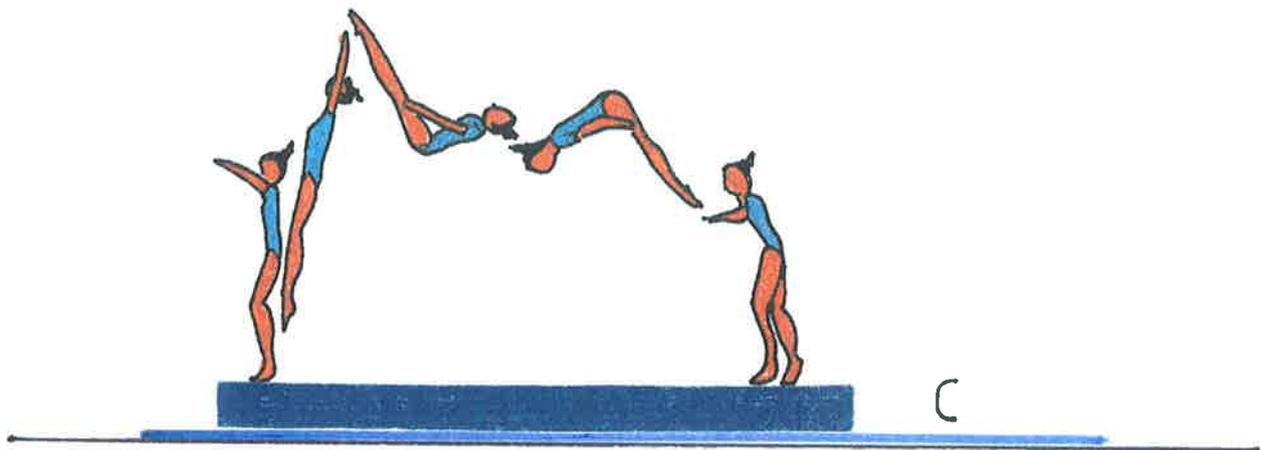
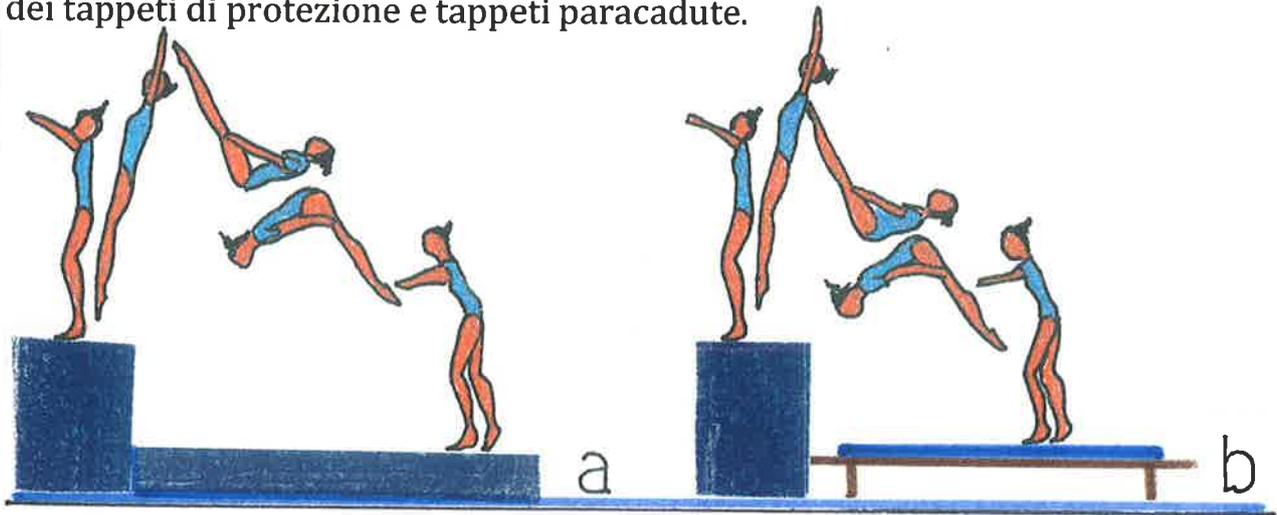


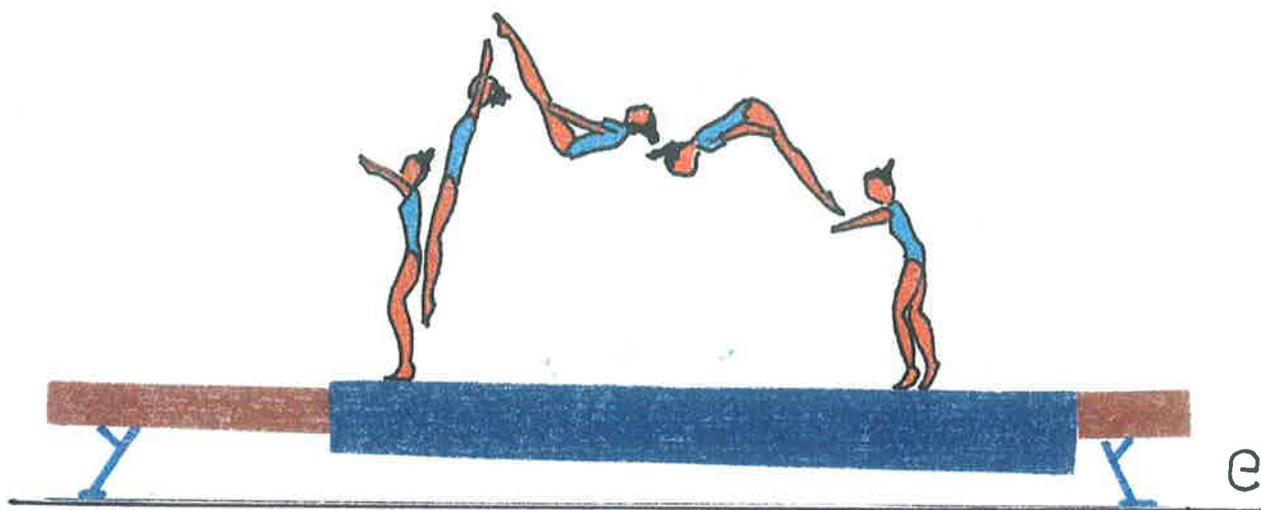
N.29: Salto giro indietro carpiato.



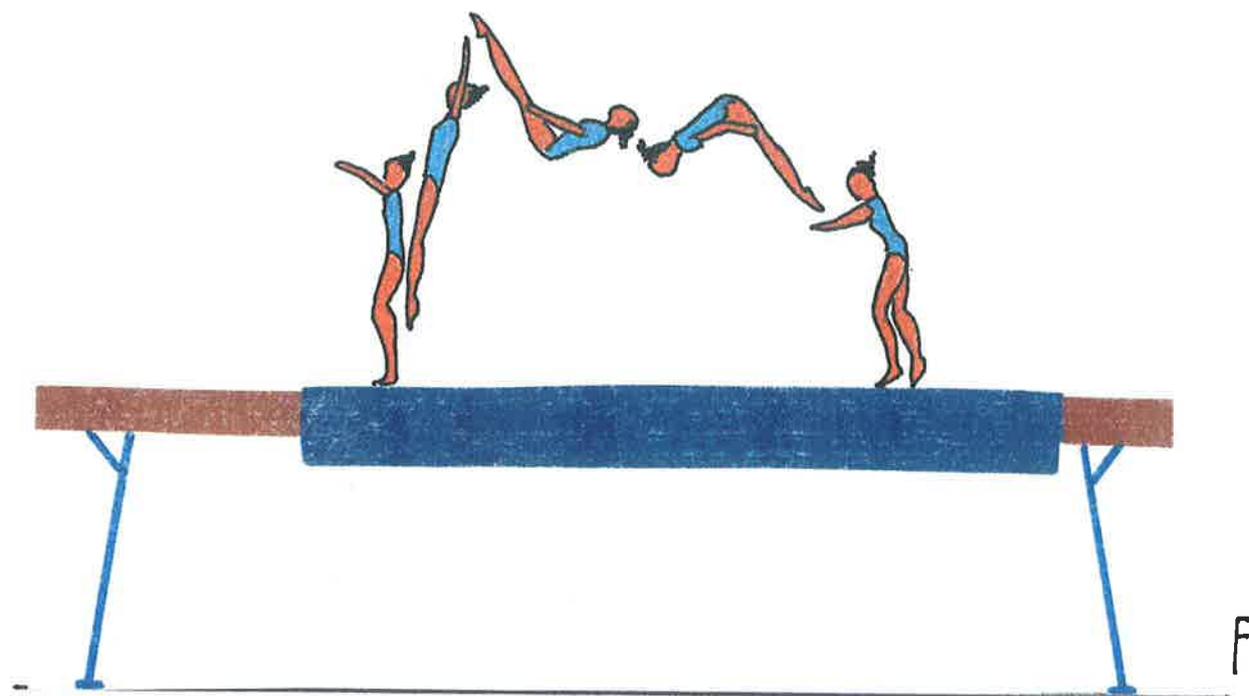
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

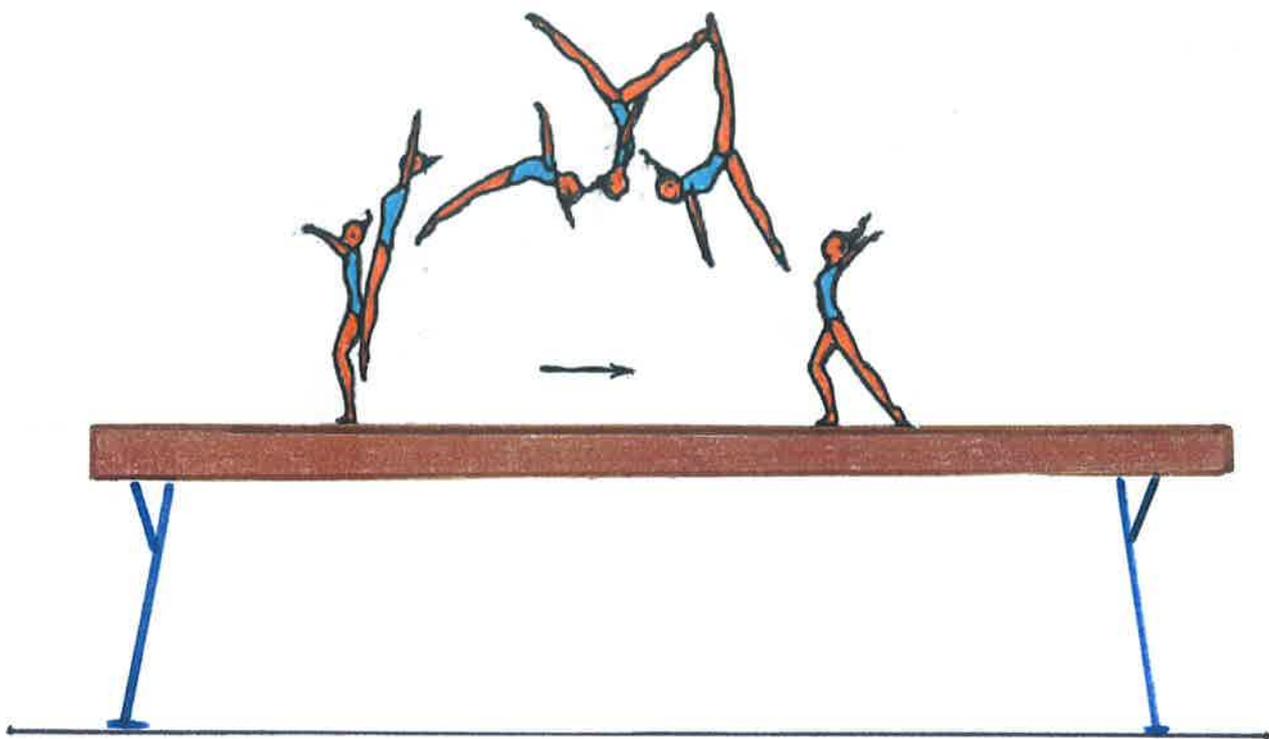




2) Eseguire il movimento alla trave alta con sopra un tappeto.

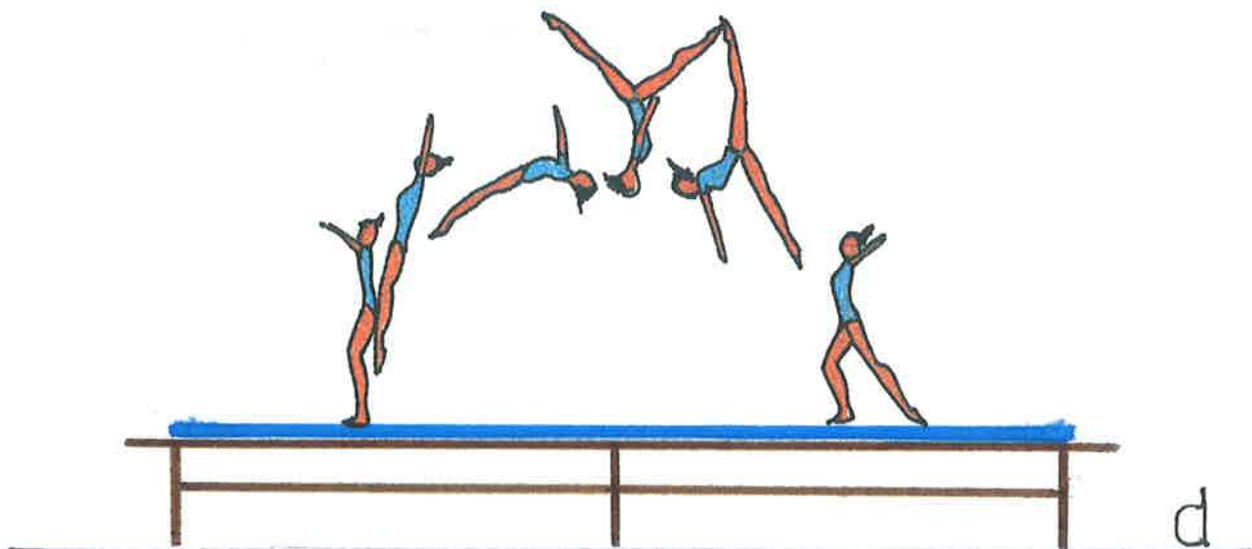
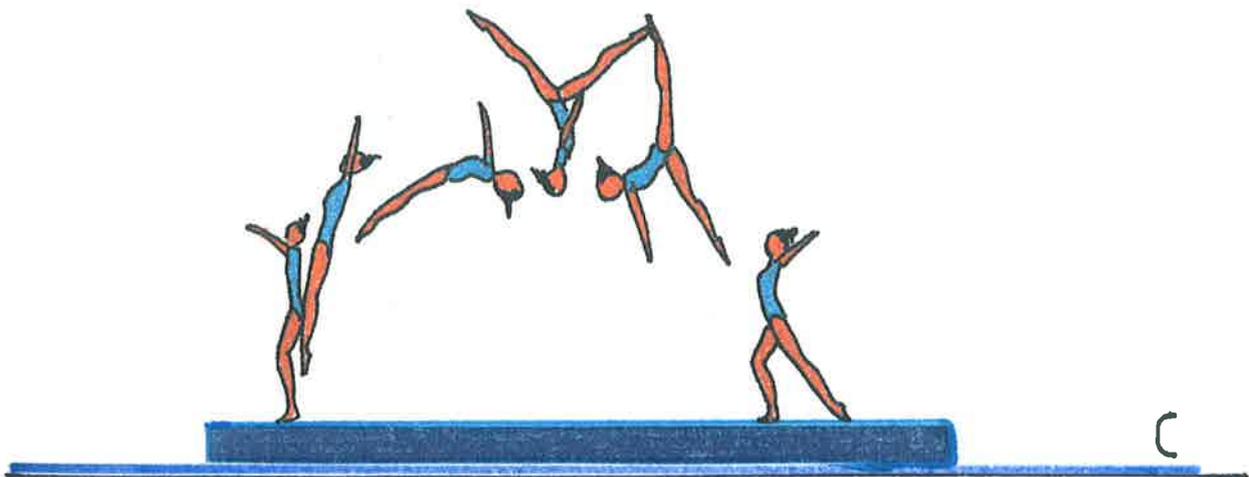
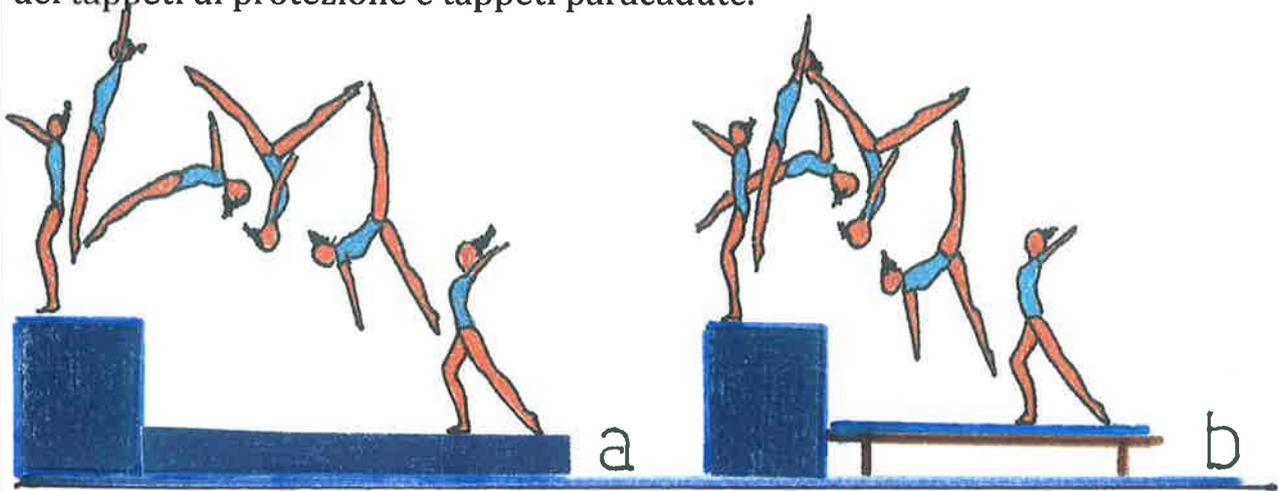


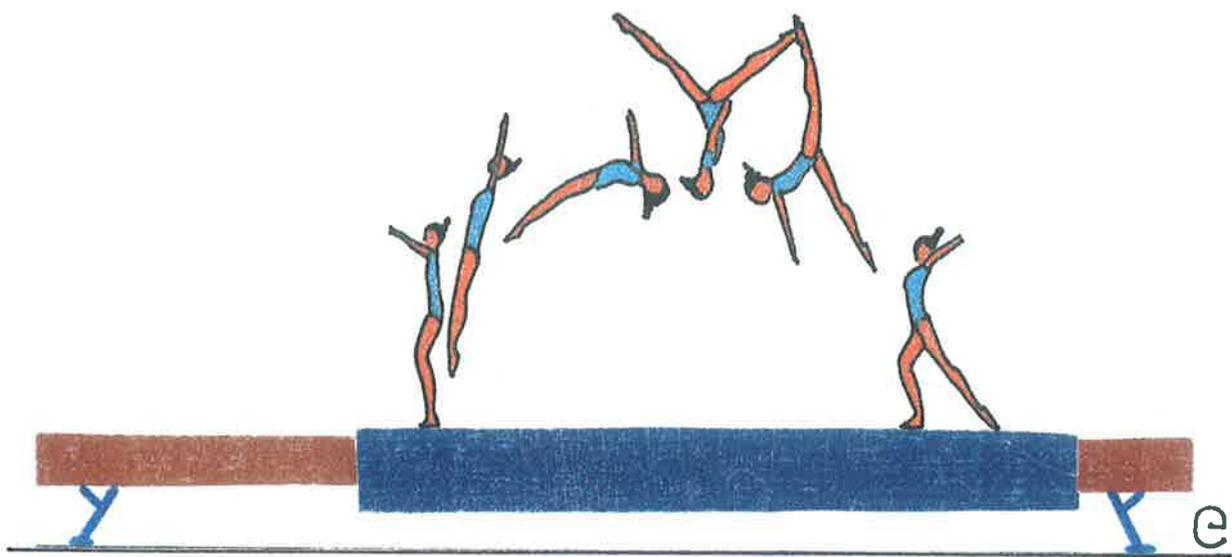
N.30: Salto giro indietro a corpo teso e gambe divaricate.



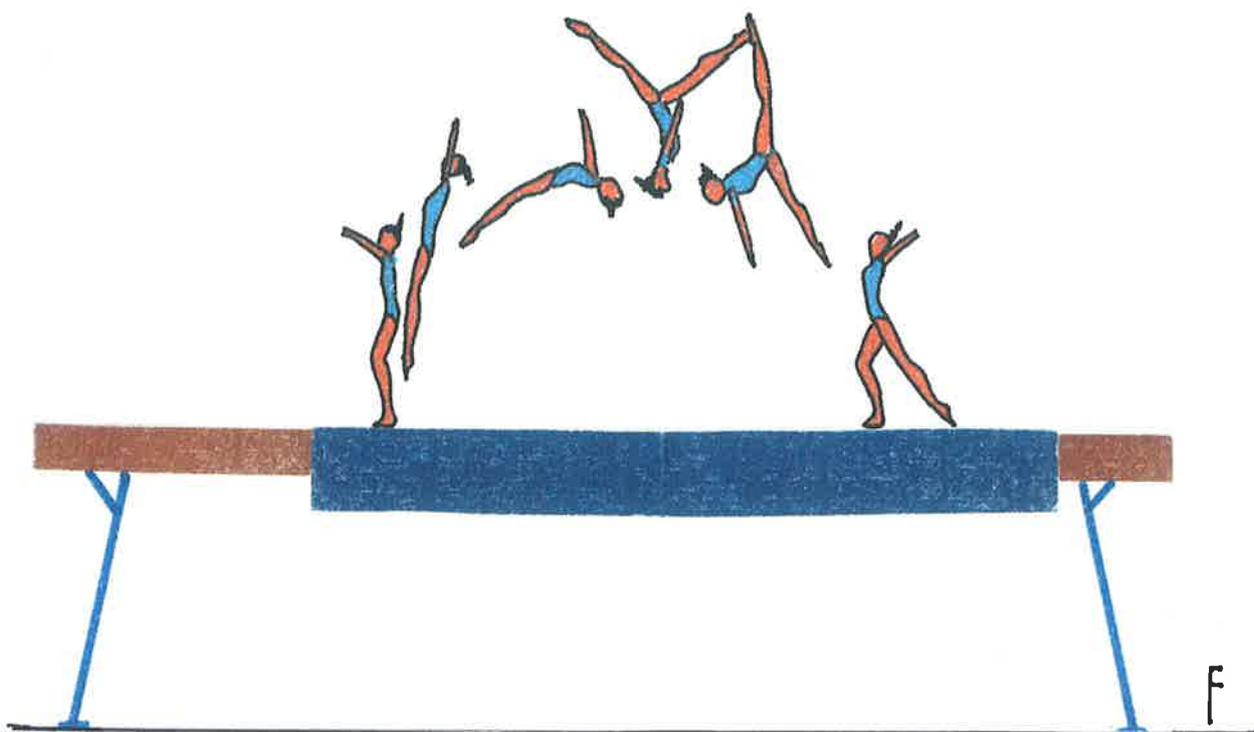
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

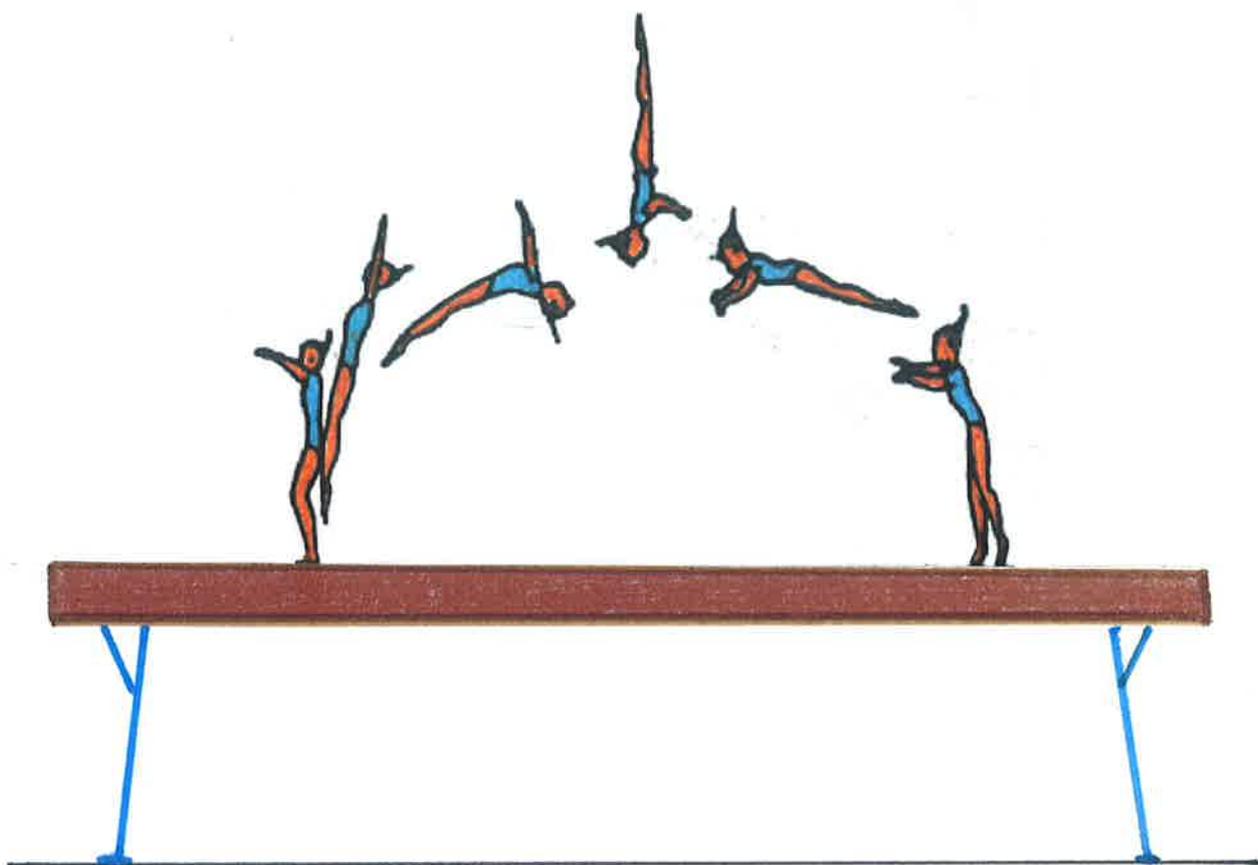




2) Eseguire il movimento alla trave alta con sopra un tappeto.

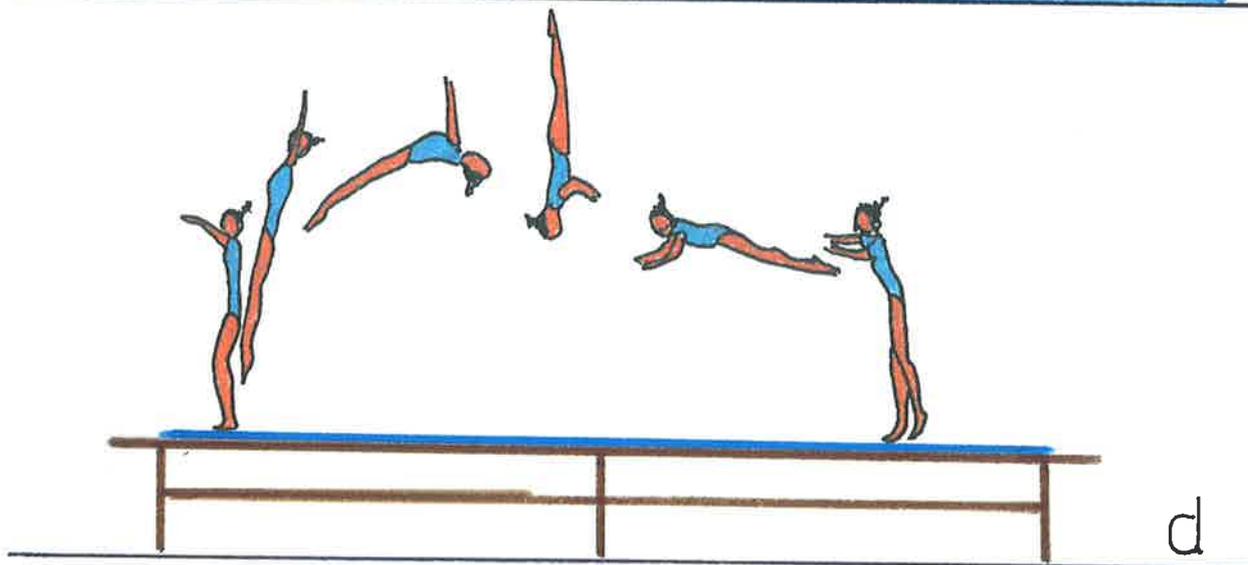
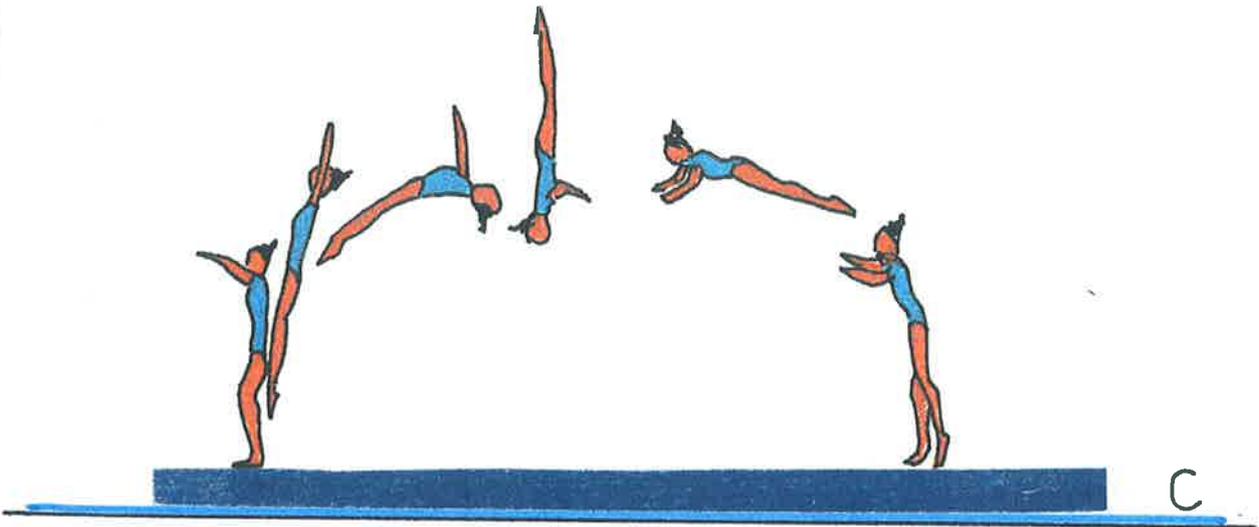
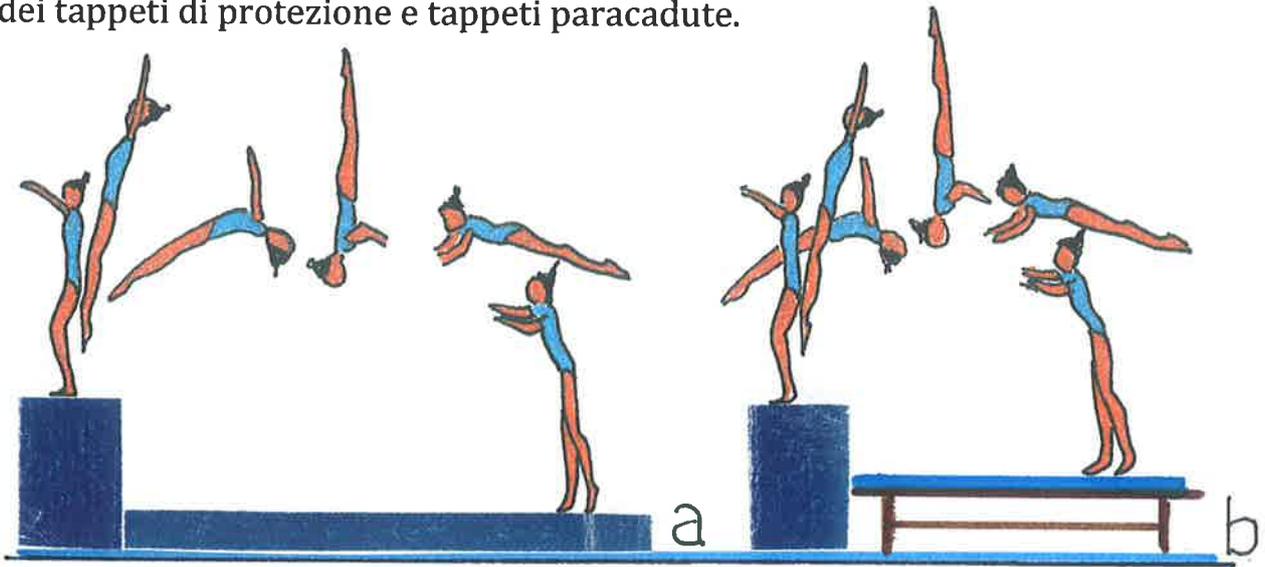


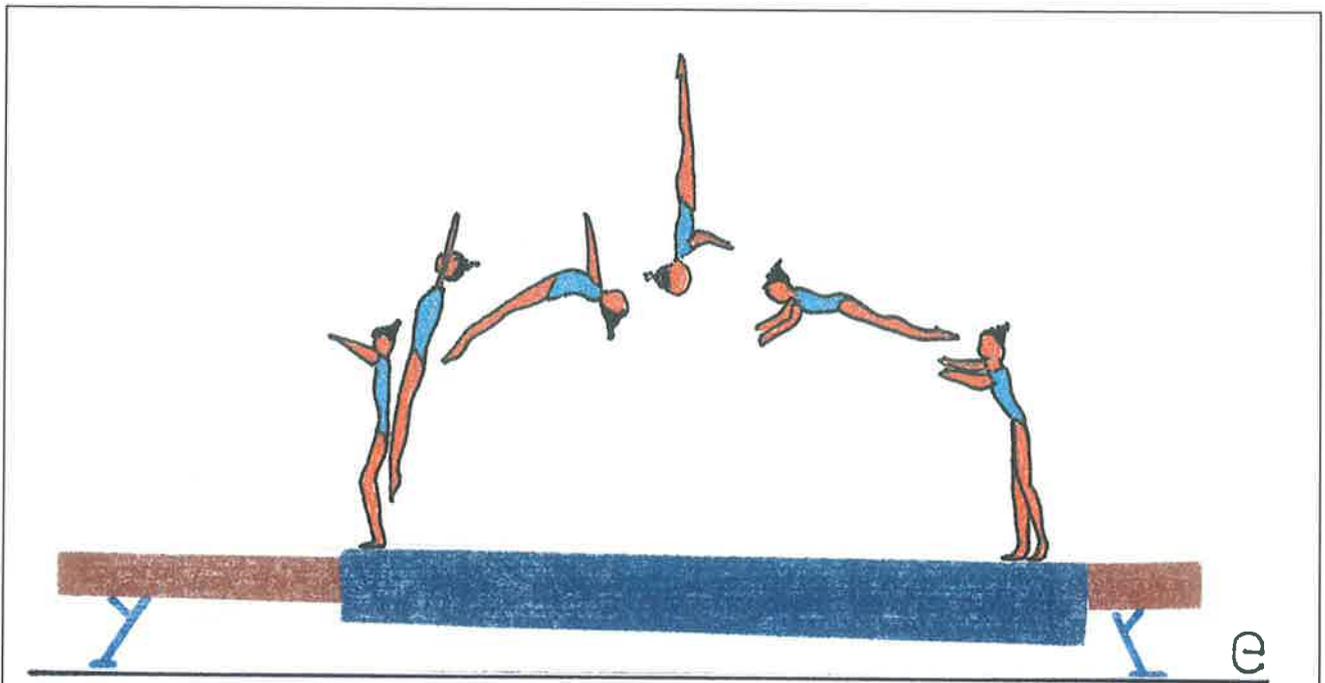
N.31: Salto giro indietro a corpo teso.



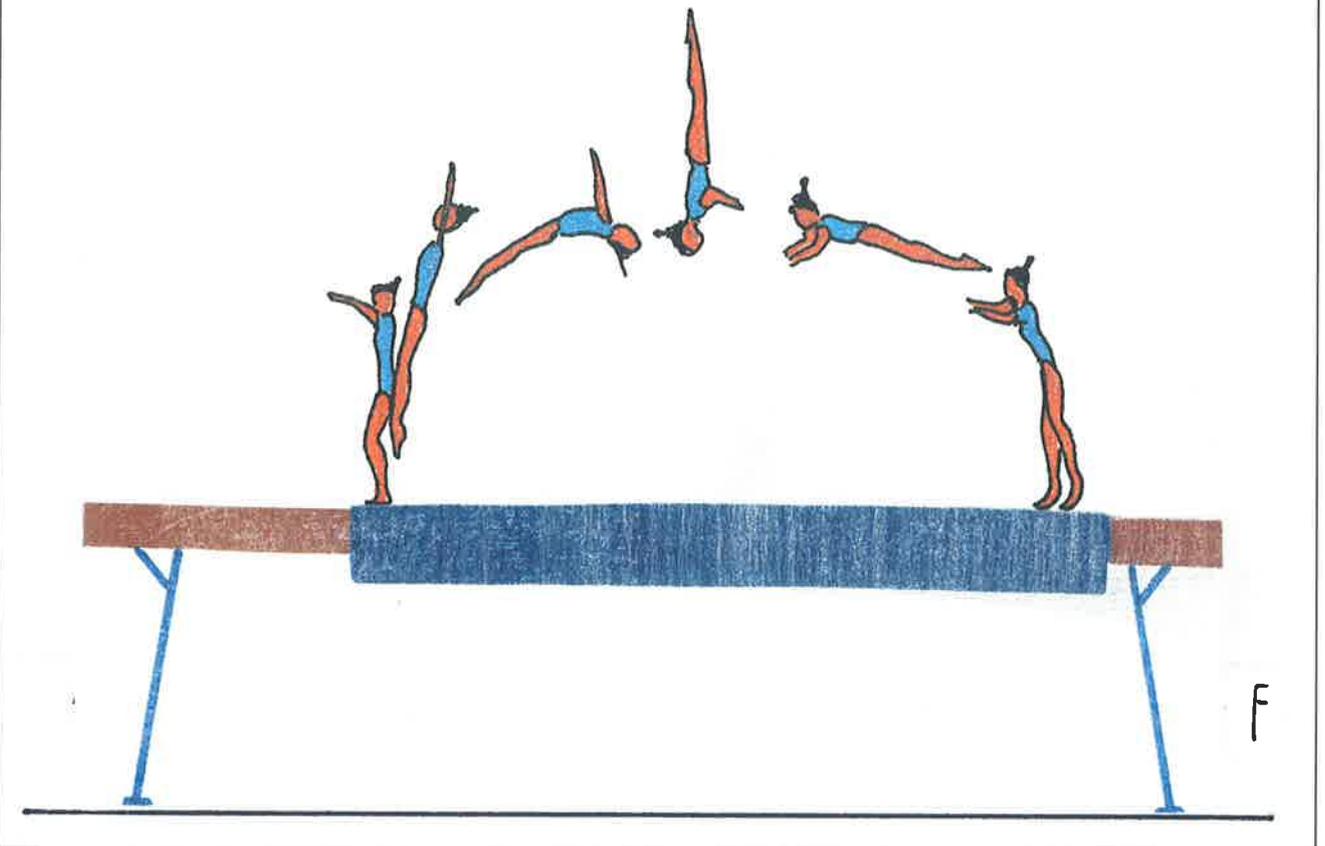
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

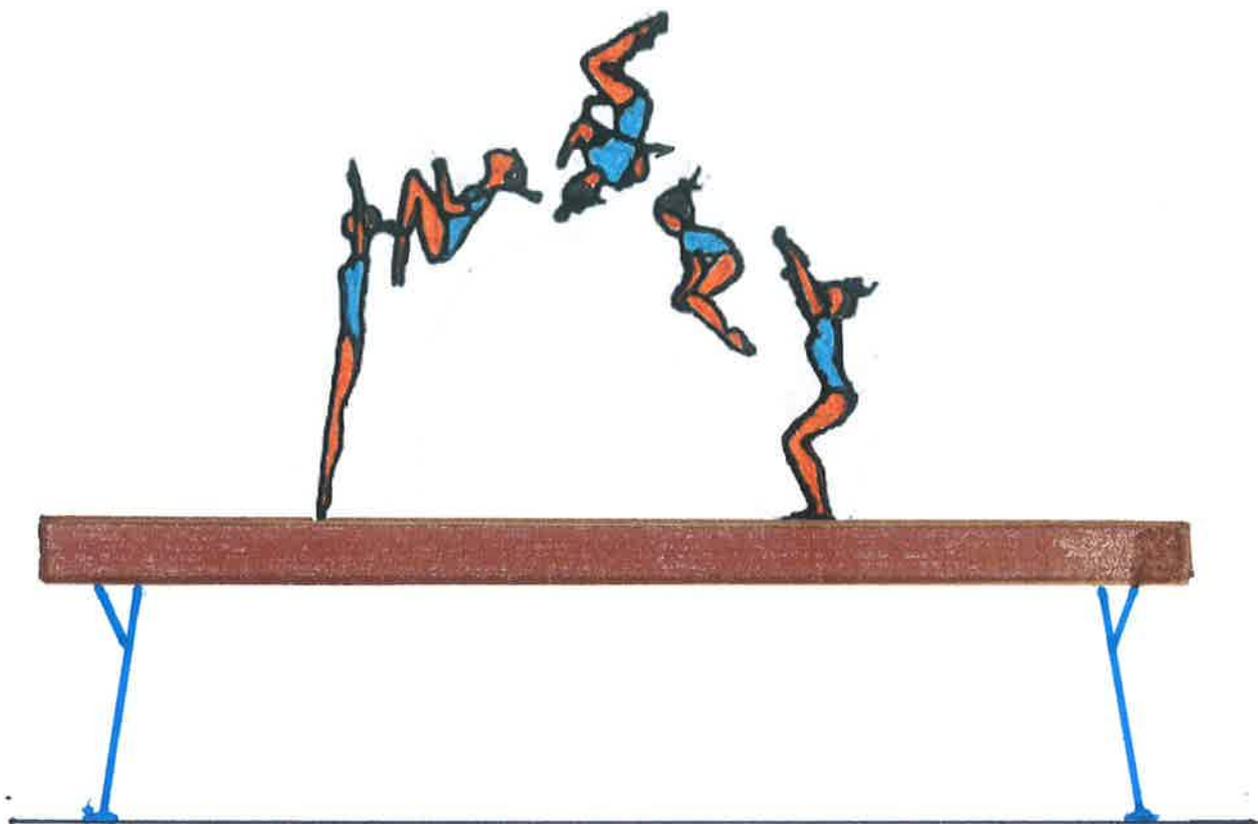




2) Eseguire il movimento alla trave alta con sopra un tappeto.

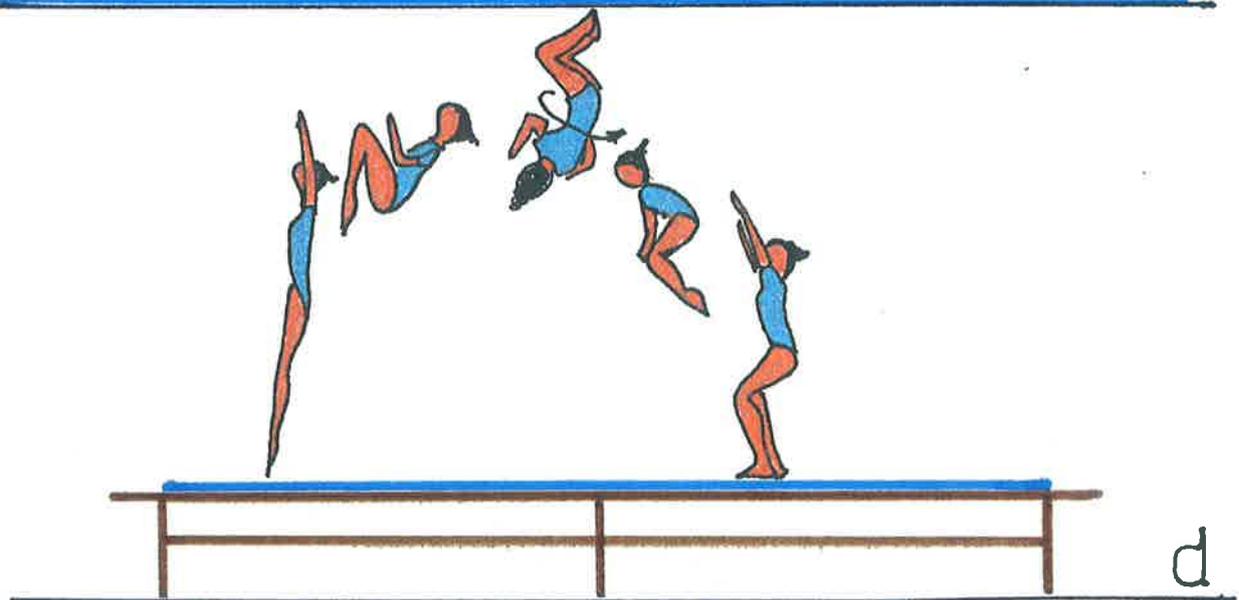
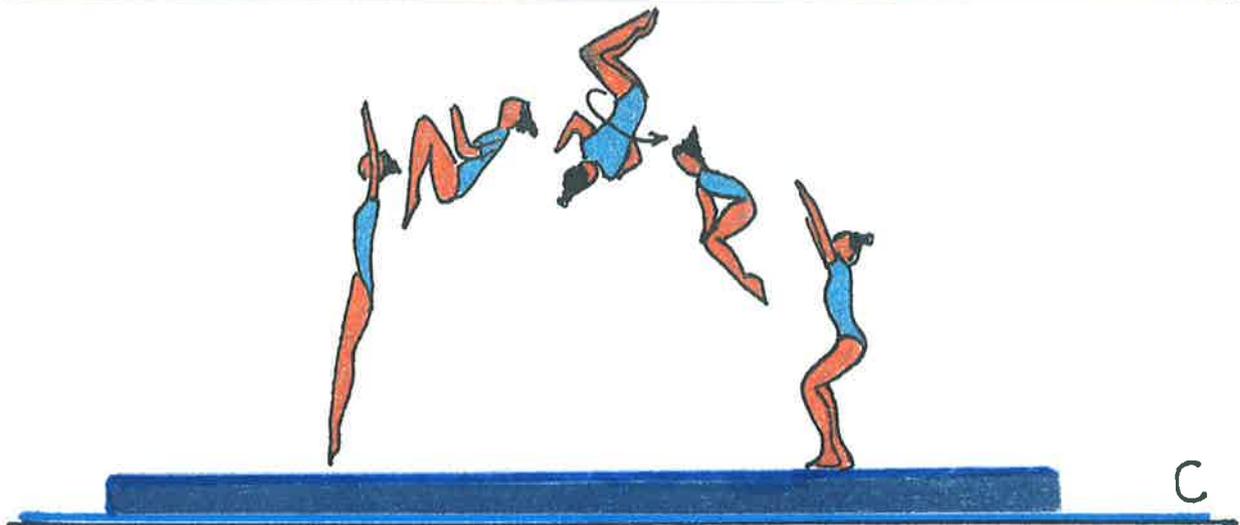
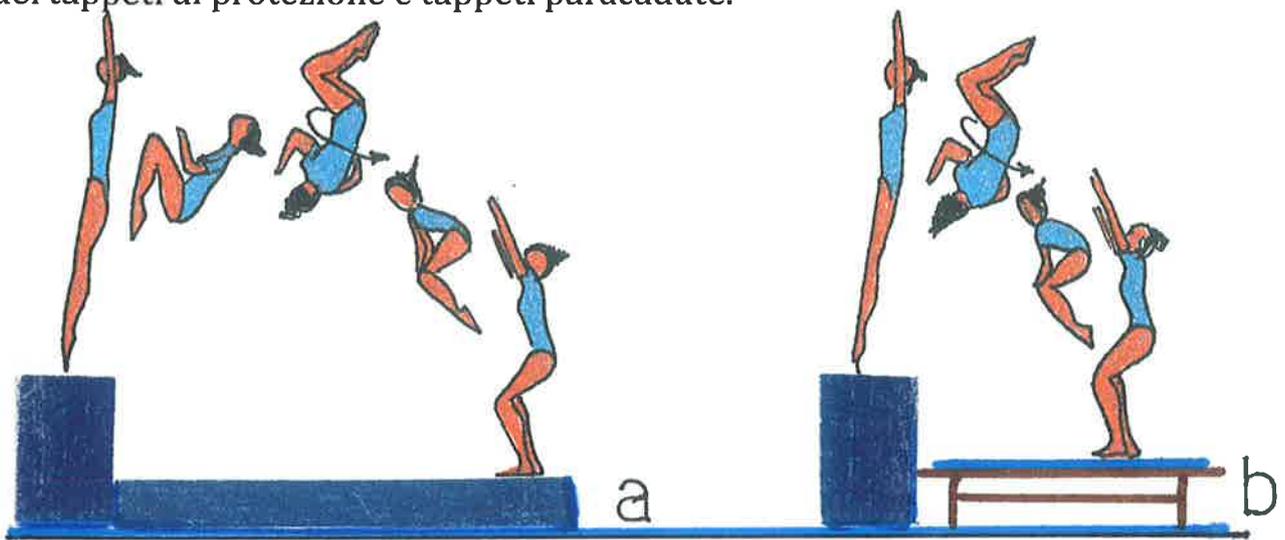


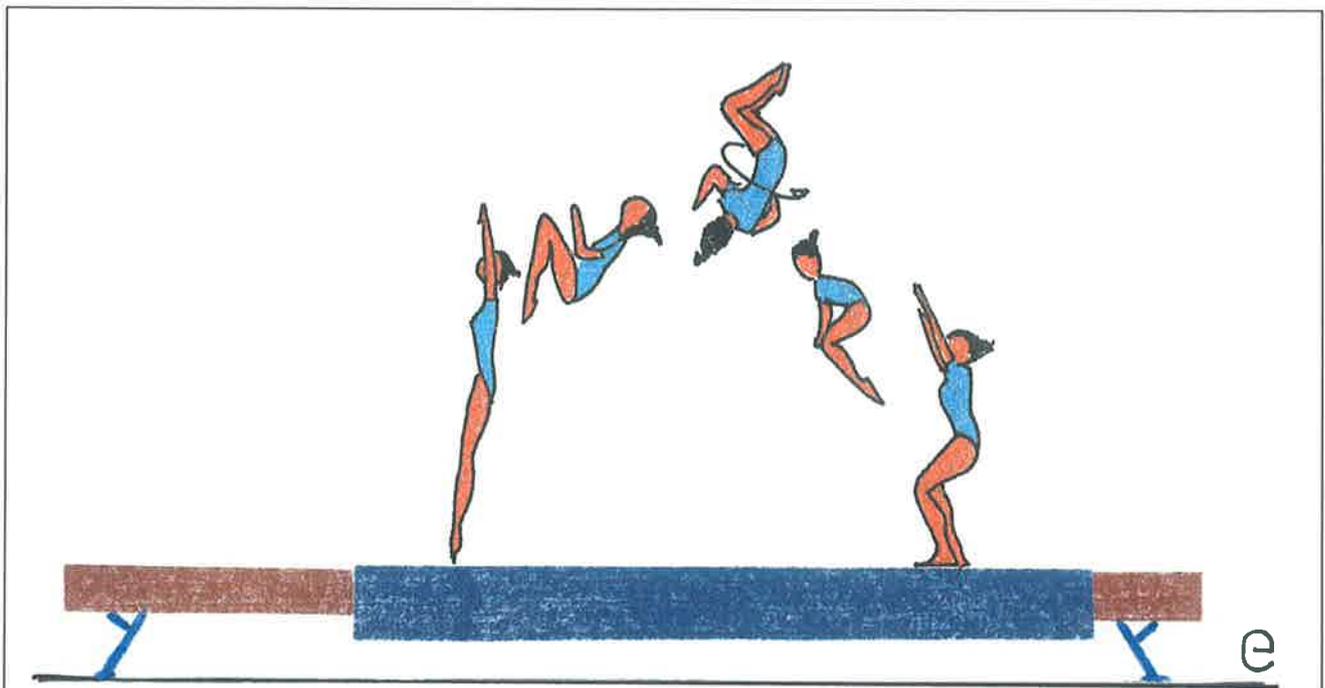
N.32: Salto giro indietro raggruppato con un avvvitamento di 360°.



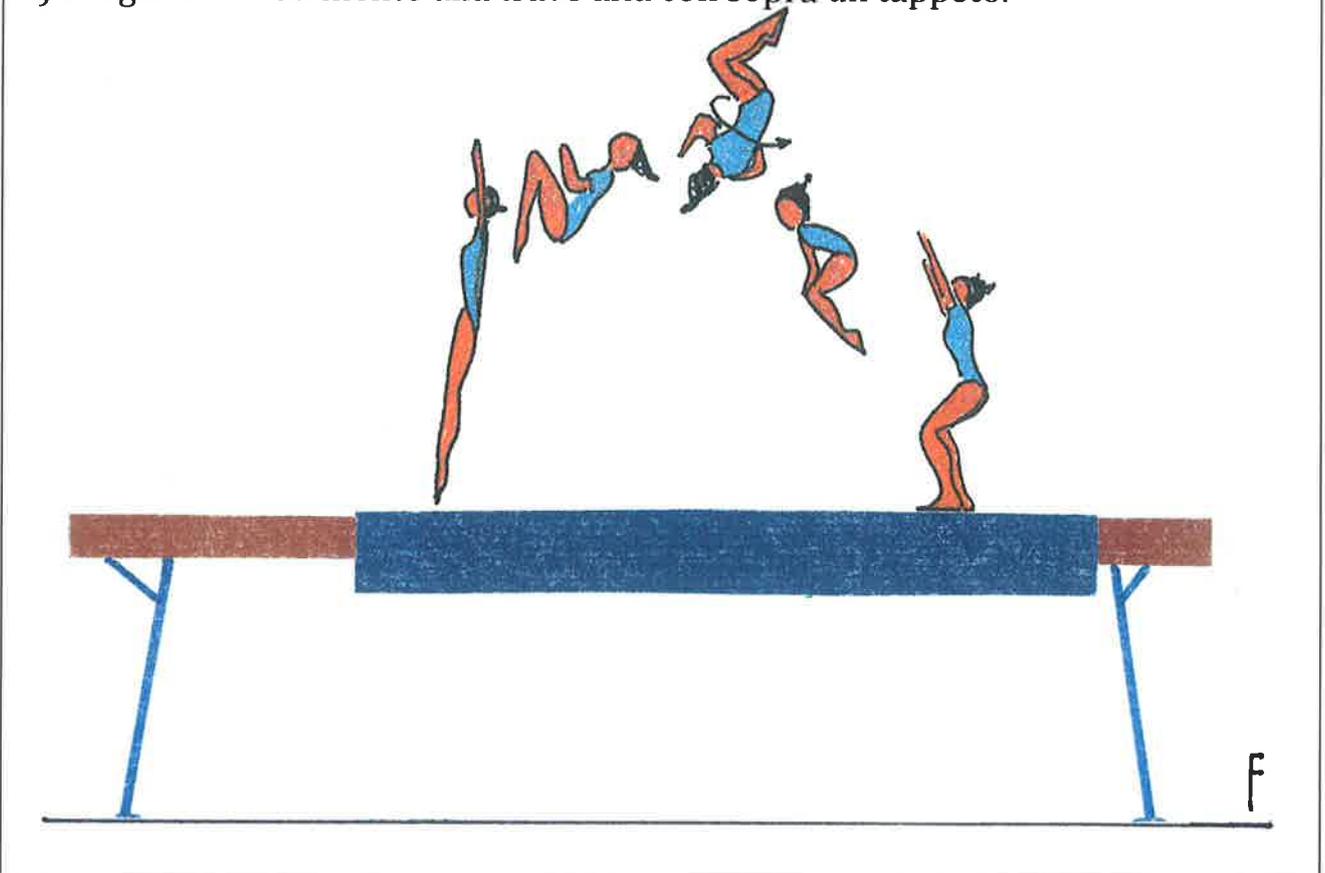
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

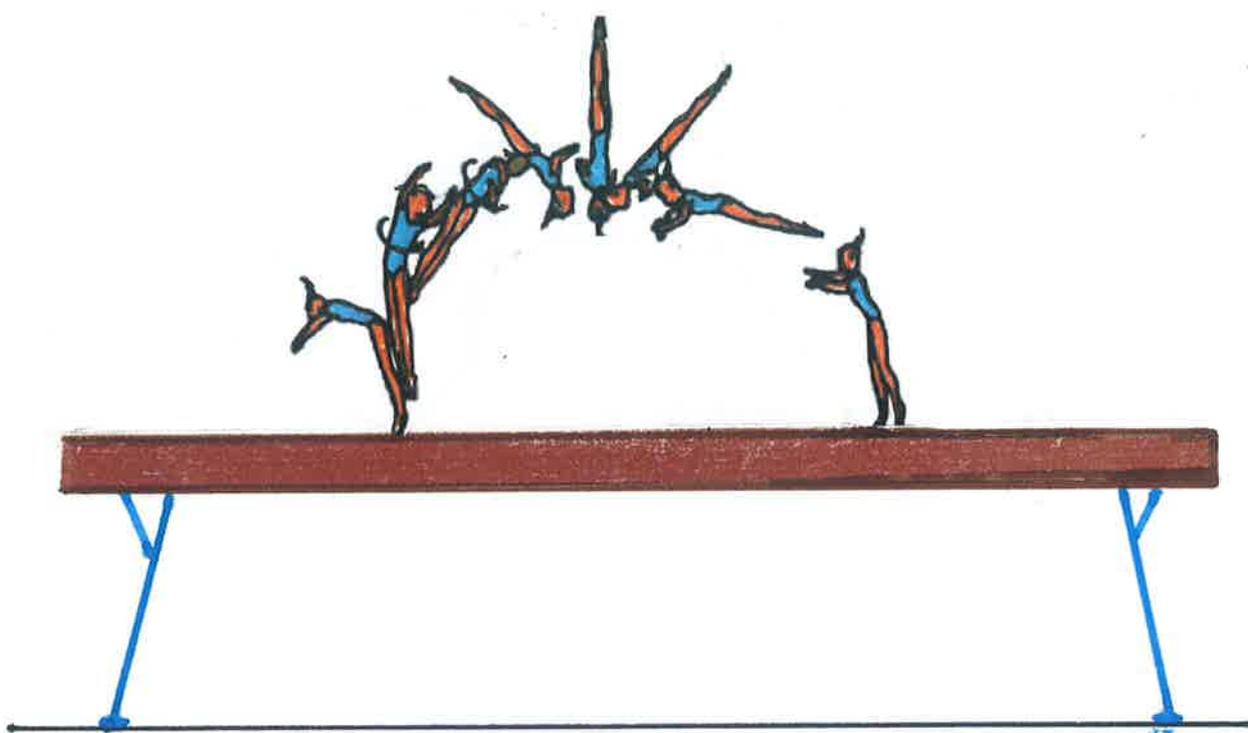




2) Eseguire il movimento alla trave alta con sopra un tappeto.

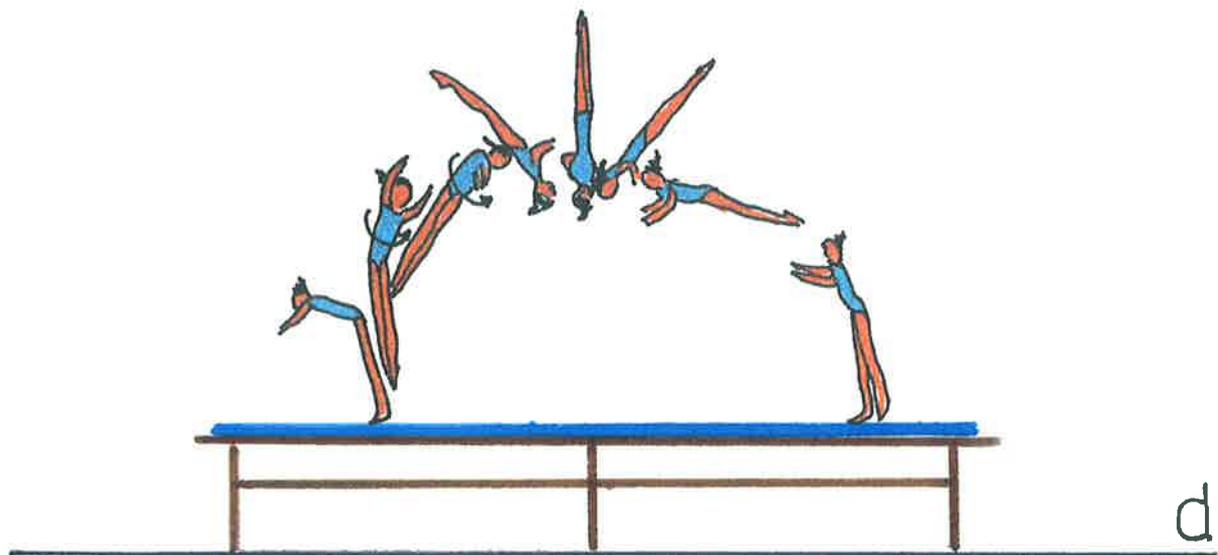
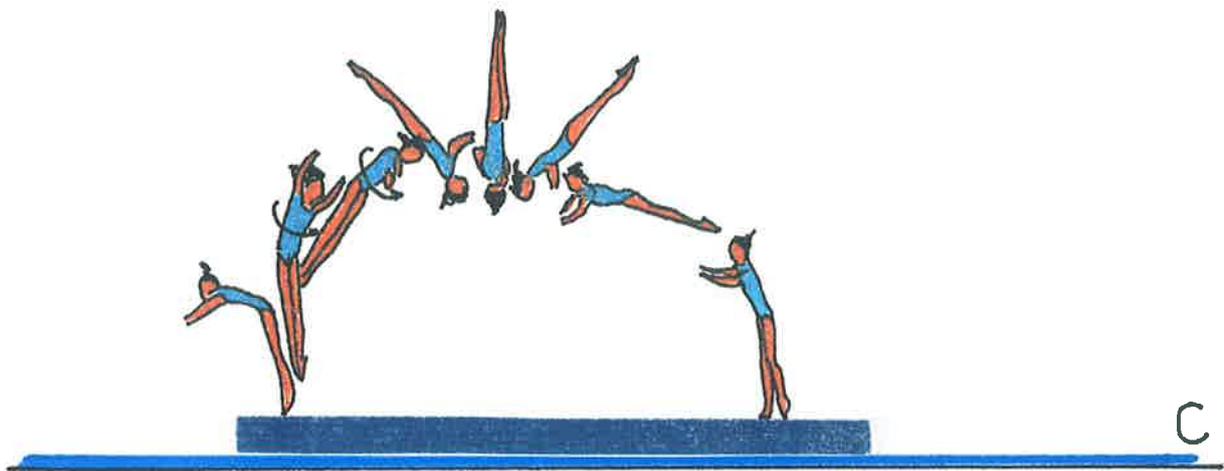
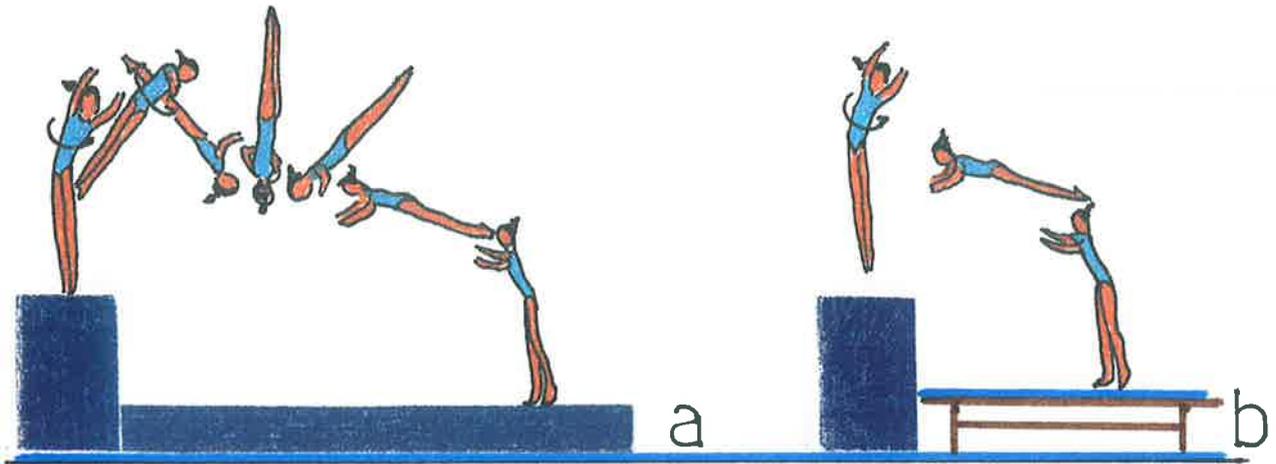


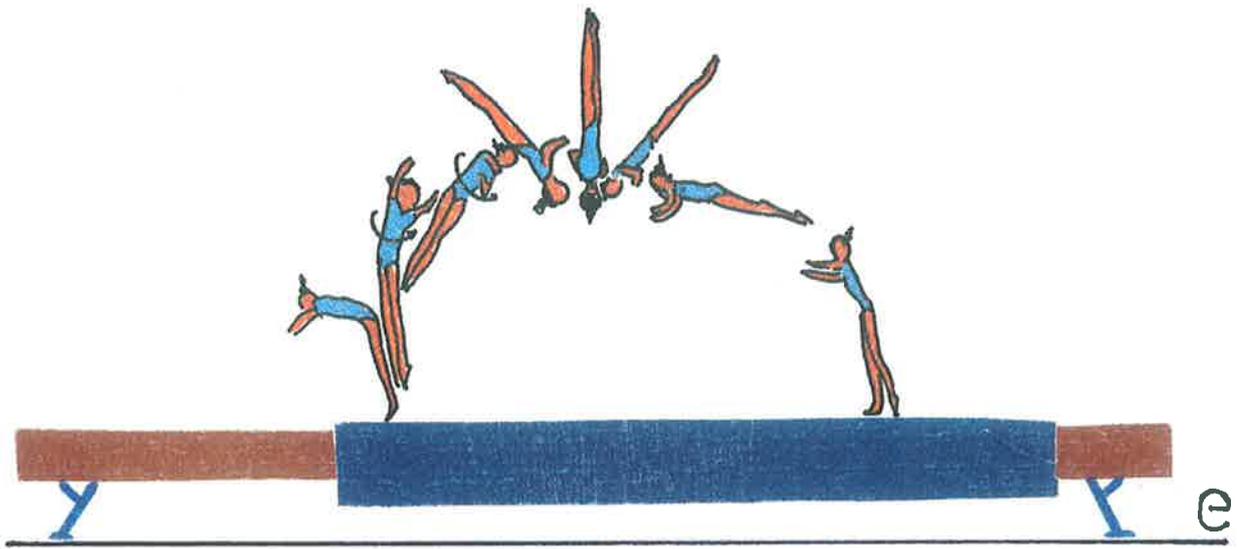
N.33: Salto giro indietro a corpo teso con un avvitemento di 360°.



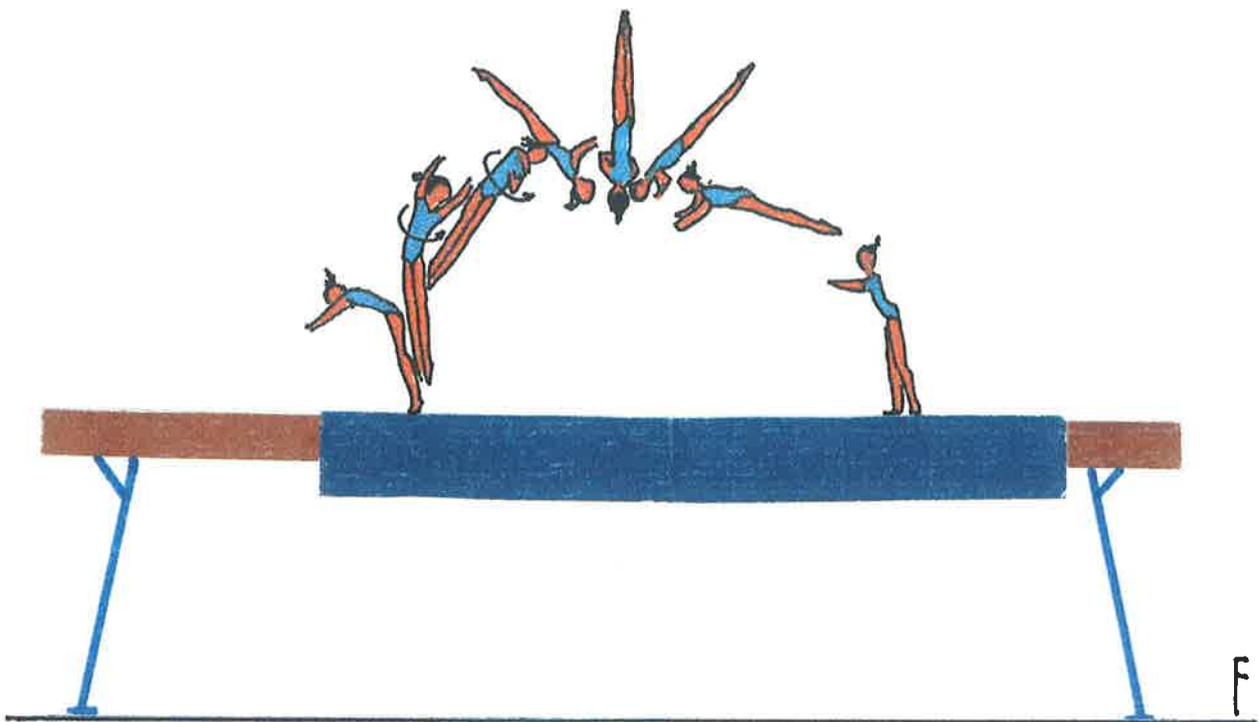
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

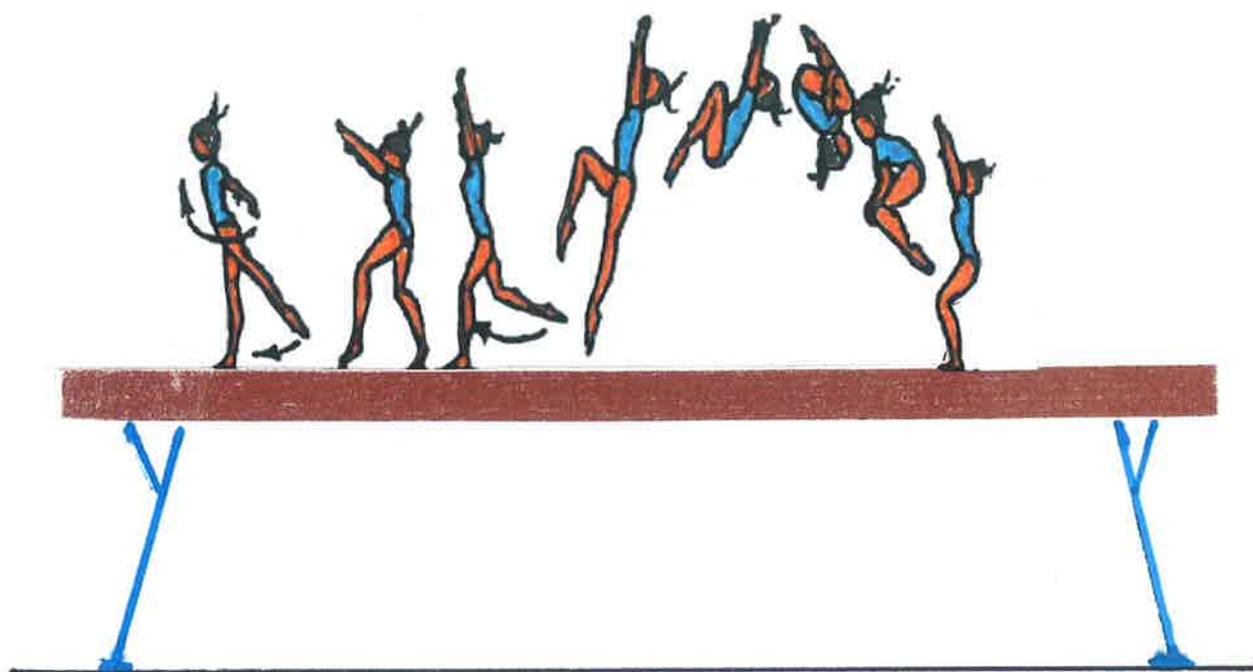




2) Eseguire il movimento alla trave alta con sopra un tappeto.

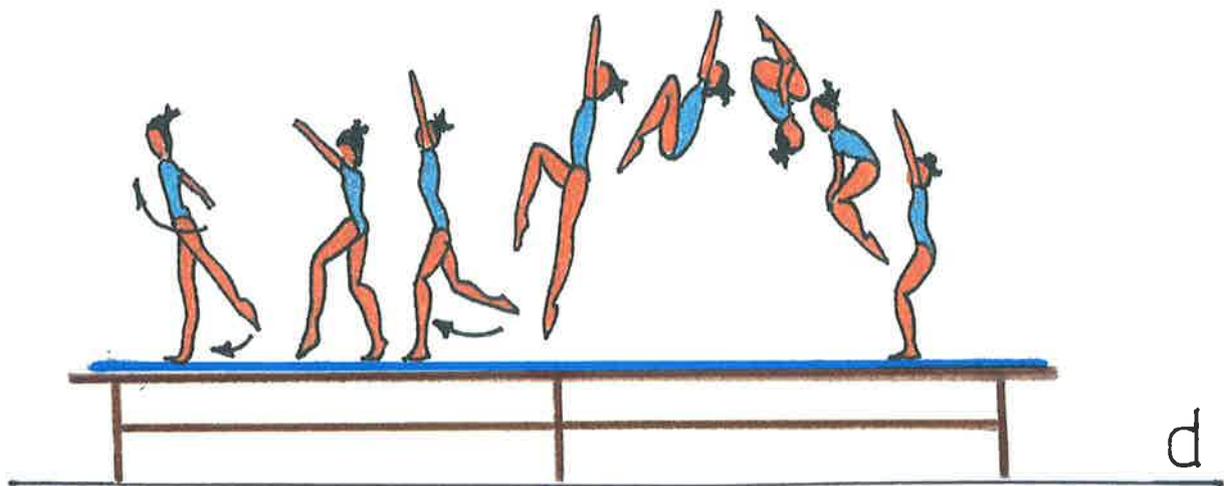
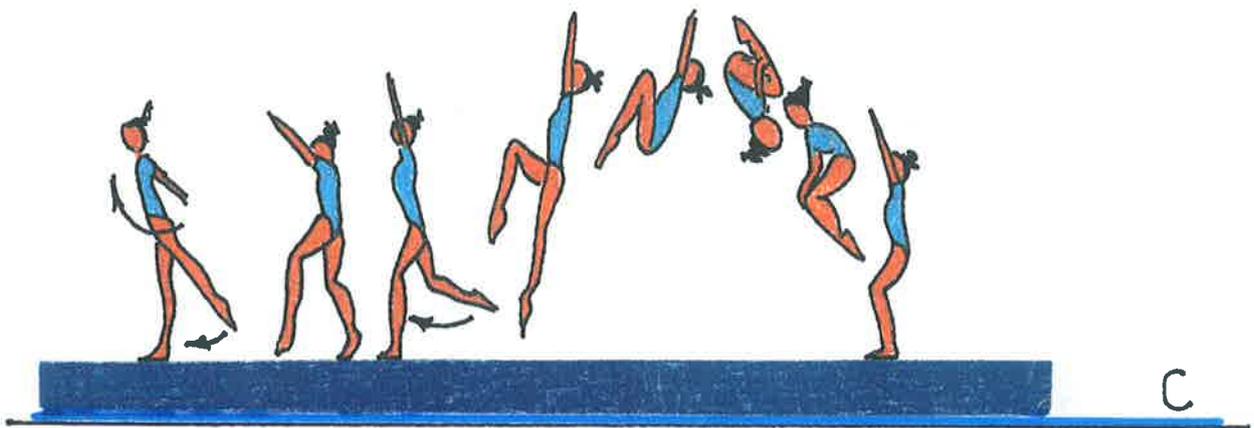
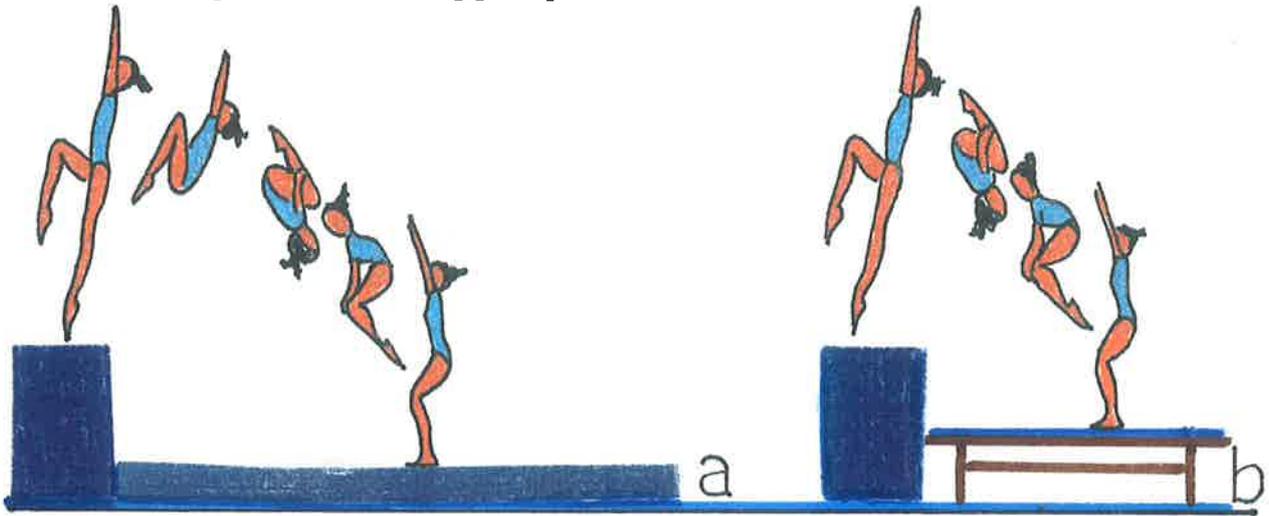


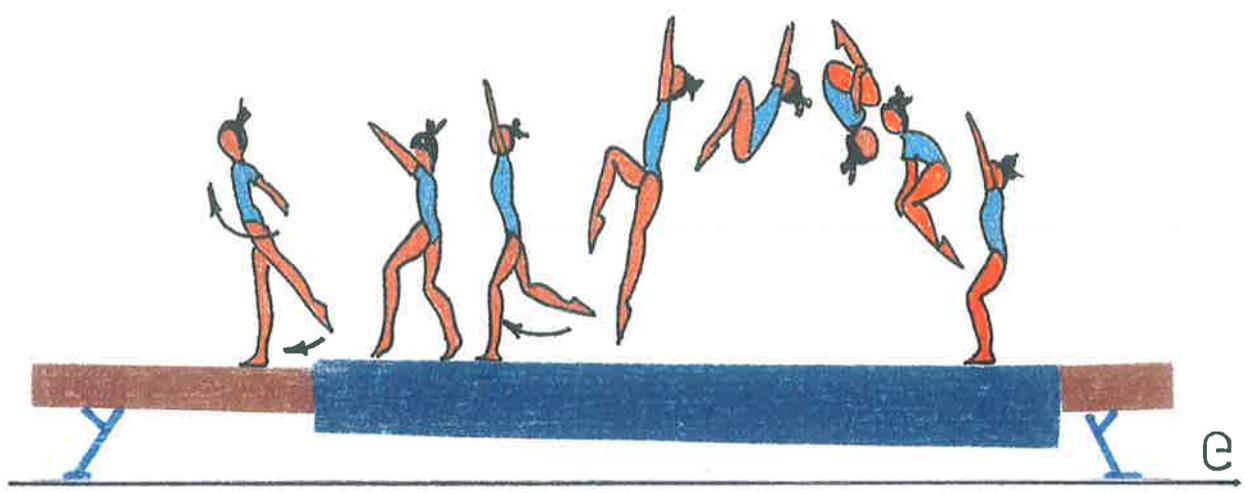
N.34: Salto giro indietro raccolto partendo dalla spinta su un arto inferiore e dallo slancio degli arti superiori verso l'alto.



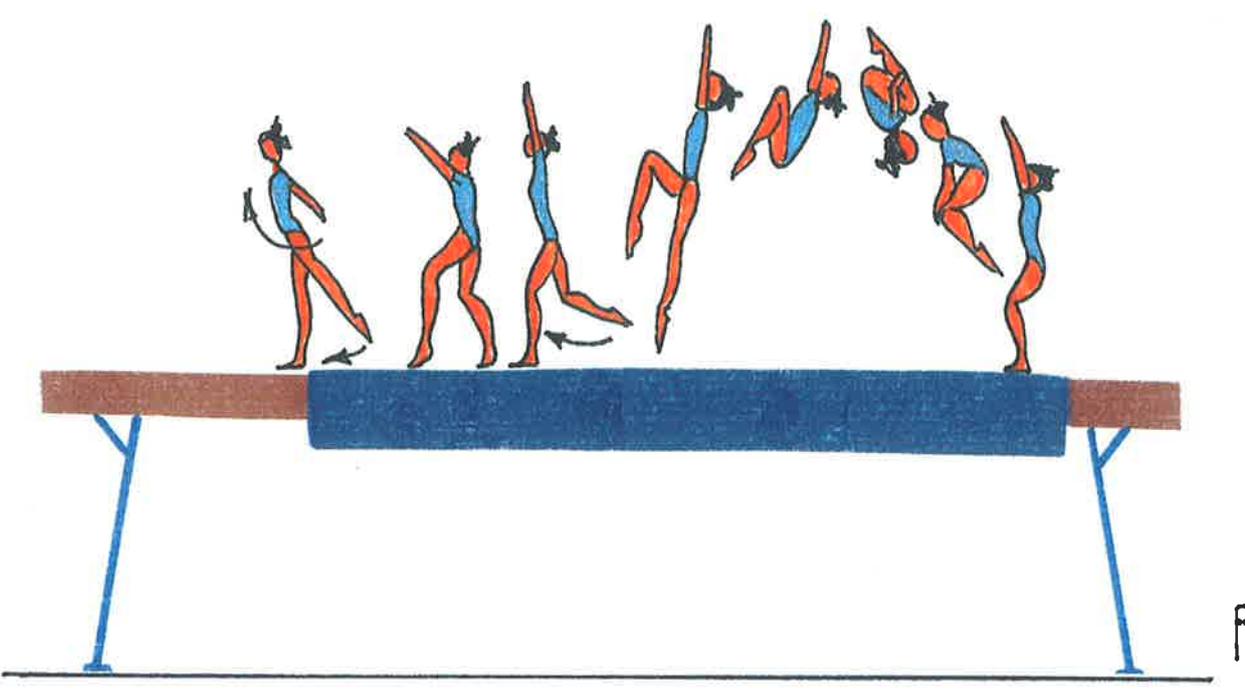
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

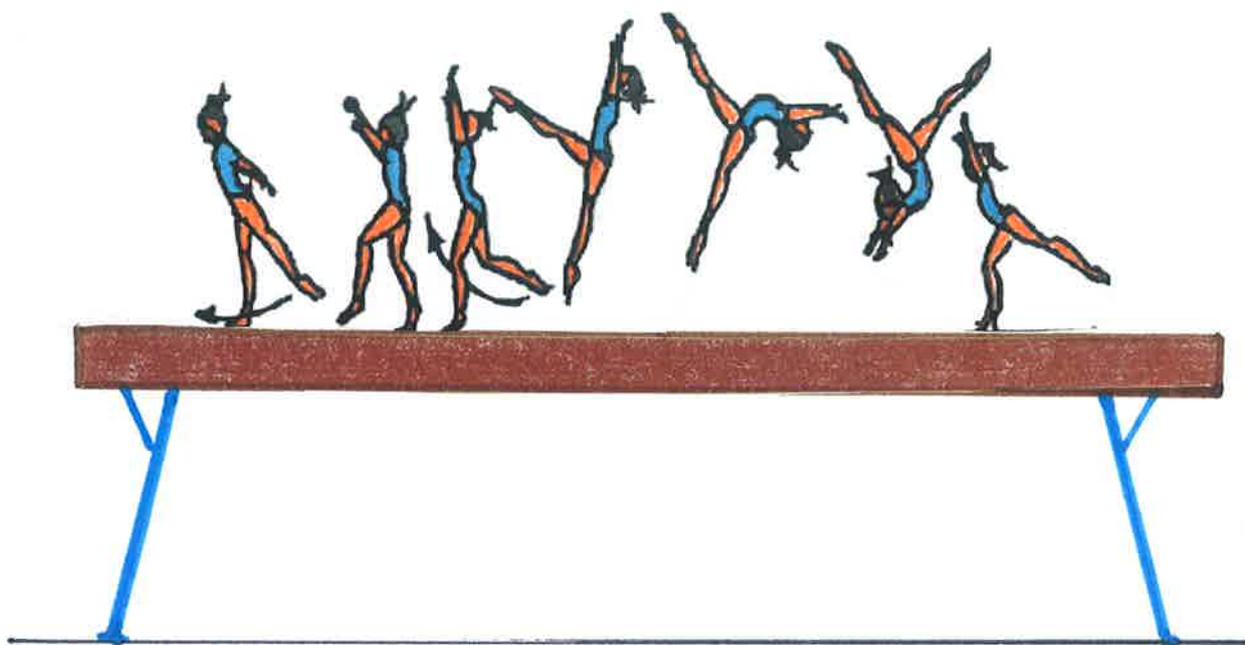




2) Eseguire il movimento alla trave alta con sopra un tappeto.

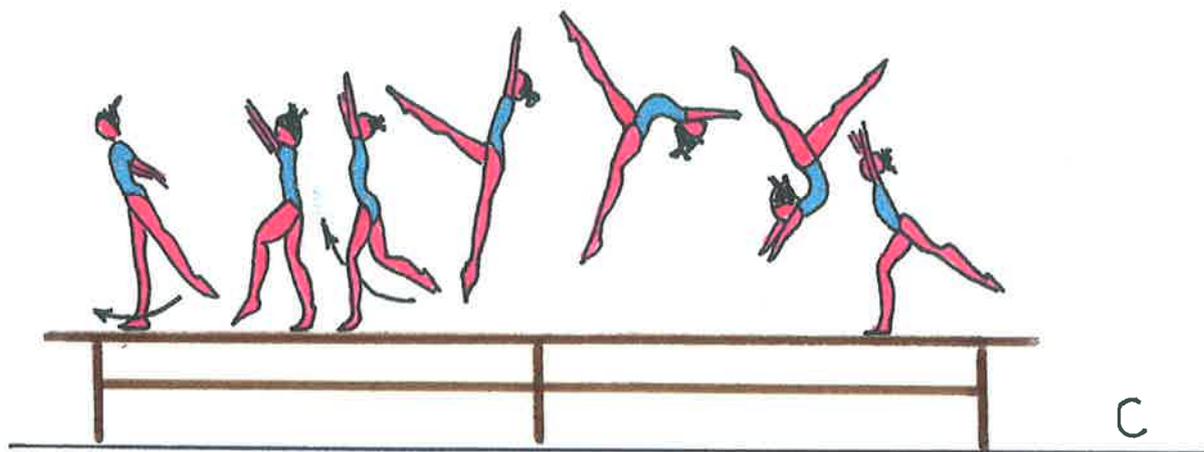
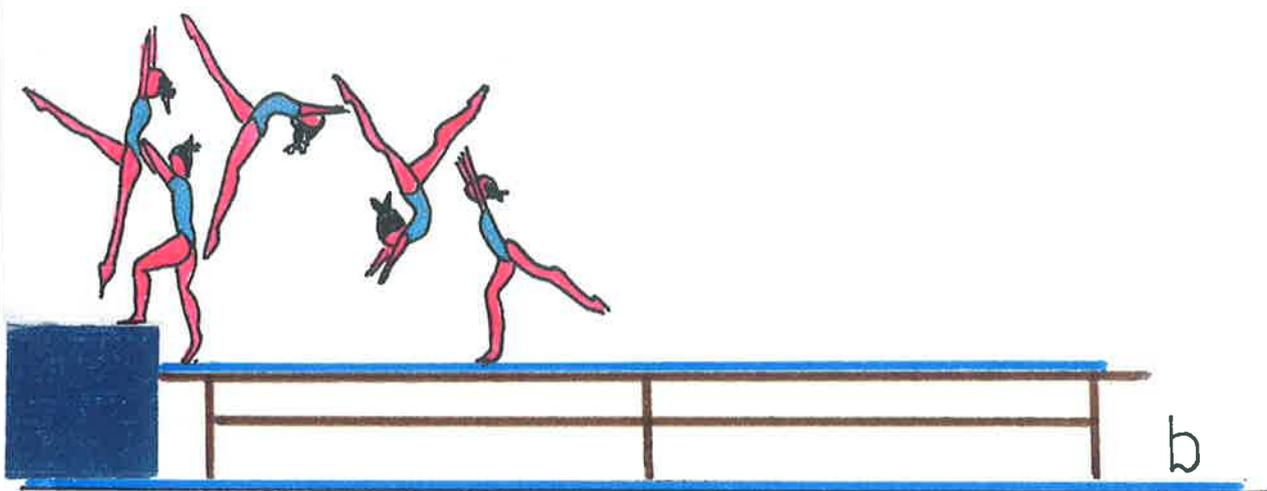
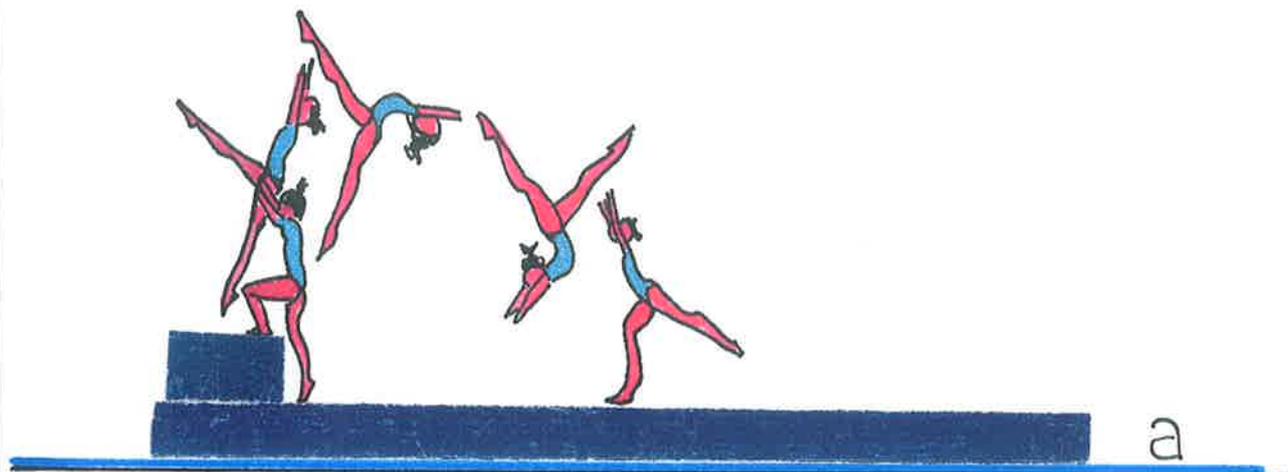


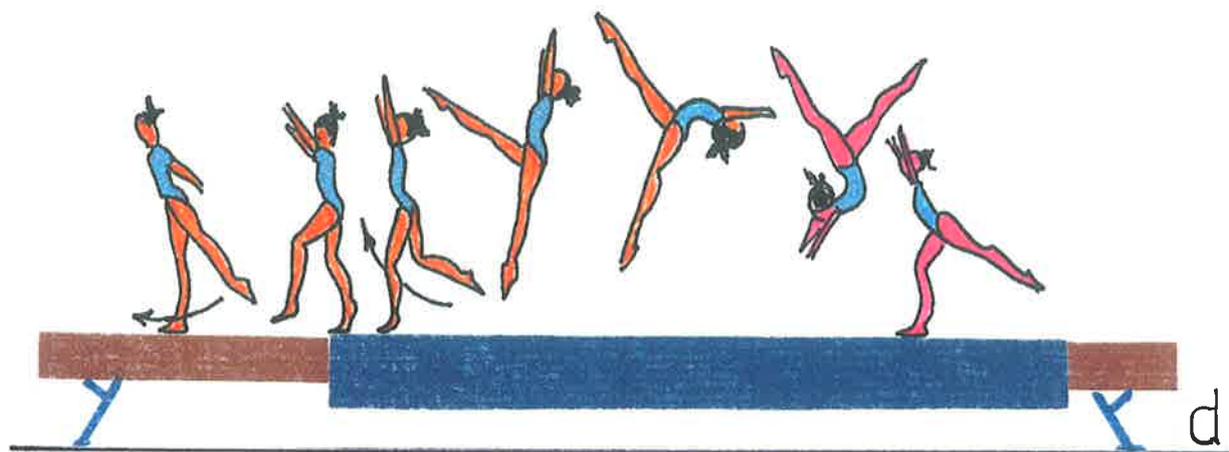
N.35: Salto giro indietro a corpo teso e gambe divaricate, partendo dalla spinta su un arto inferiore e slancio degli arti superiori verso l'alto.



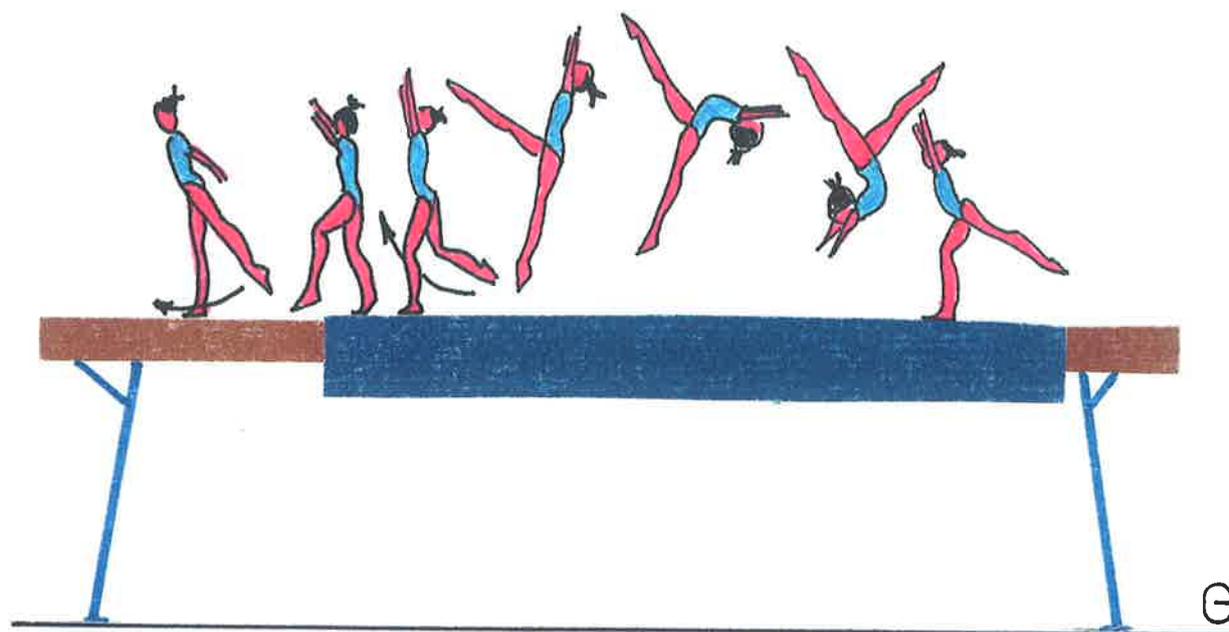
Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.

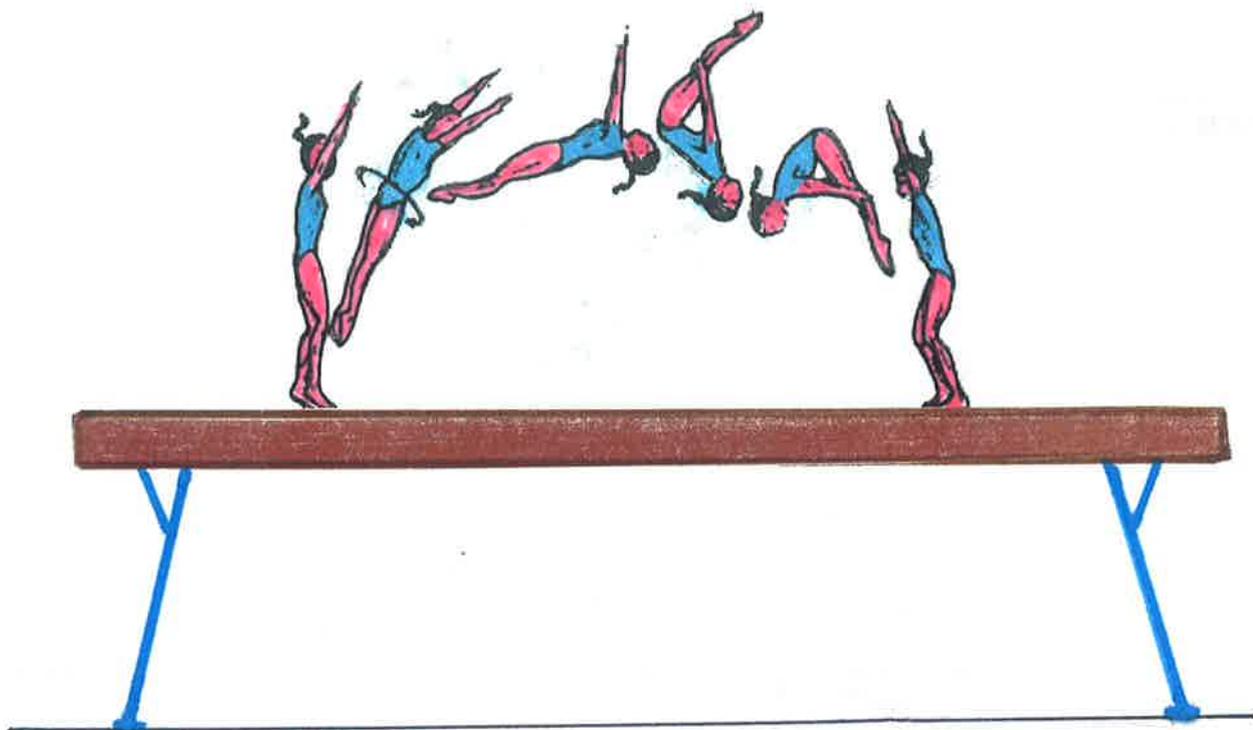




2) Eseguire il movimento alla trave alta con sopra un tappeto.

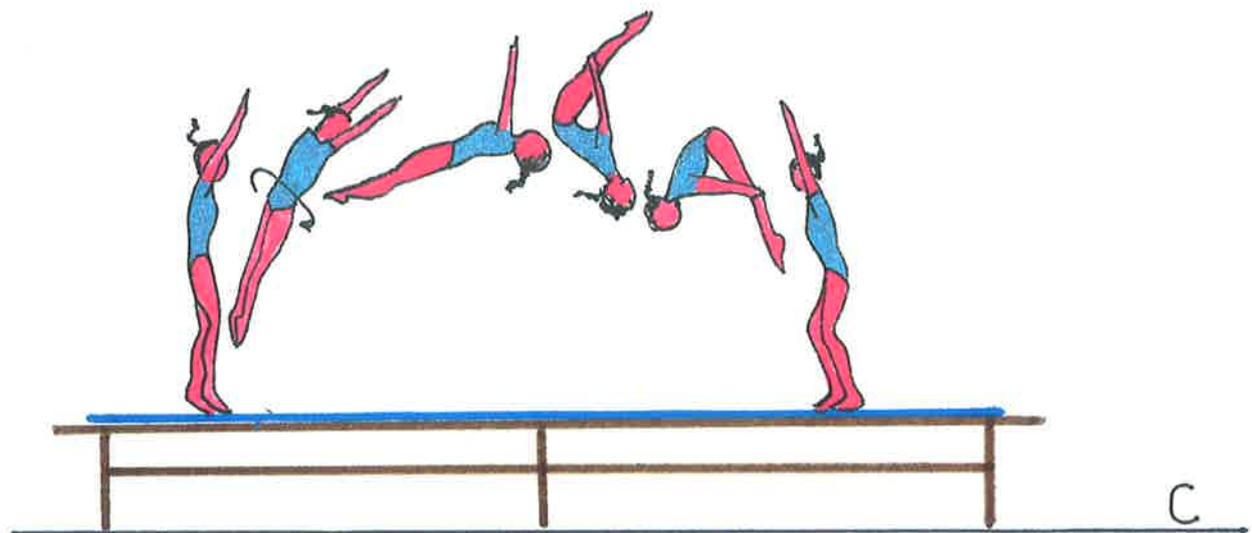
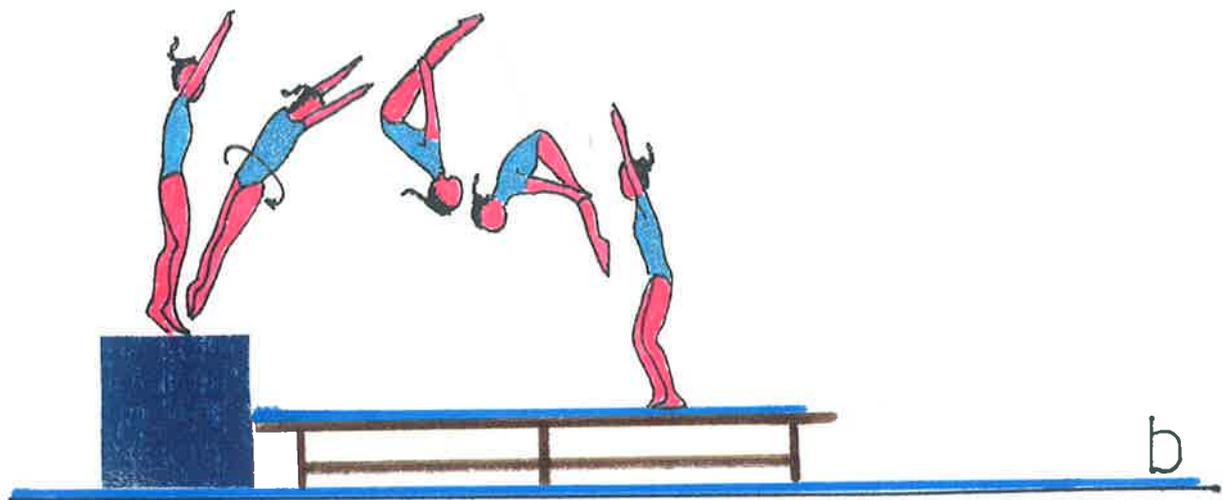
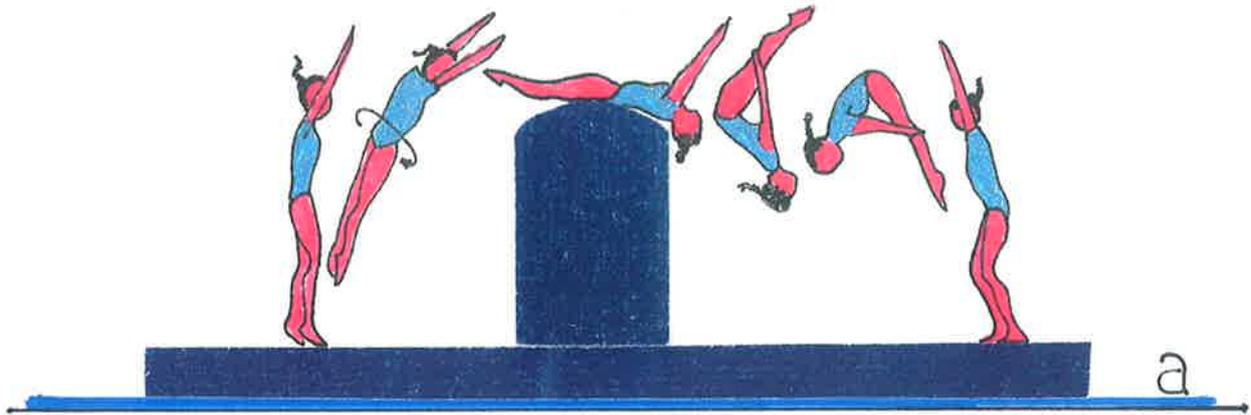


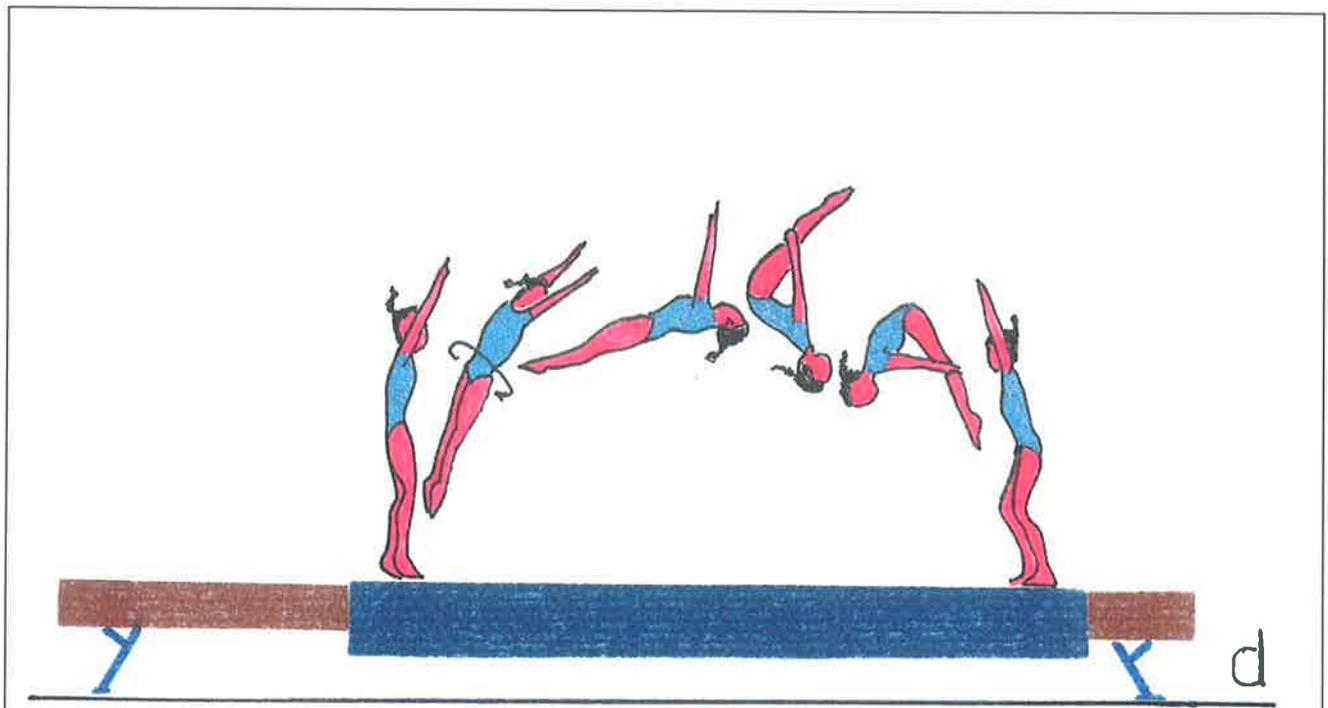
N.36: Spinta sugli arti inferiori, eseguire $\frac{1}{2}$ giro sull'asse longitudinale (180°) e salto giro indietro carpiato.



Proposte didattiche:

1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.





2) Eseguire il movimento alla trave alta con sopra un tappeto.

