

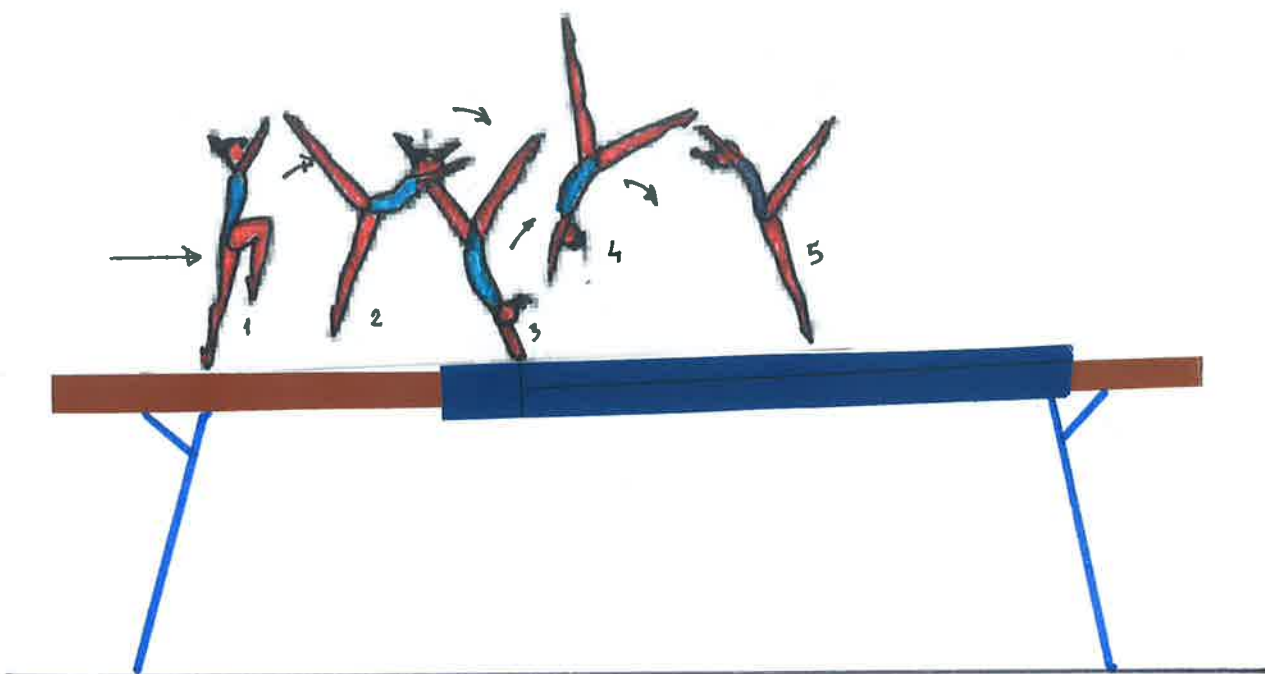
# PARTE QUINTA

## ACROBATIC FLIGHT

(elementi acrobatici con la fase di volo)



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

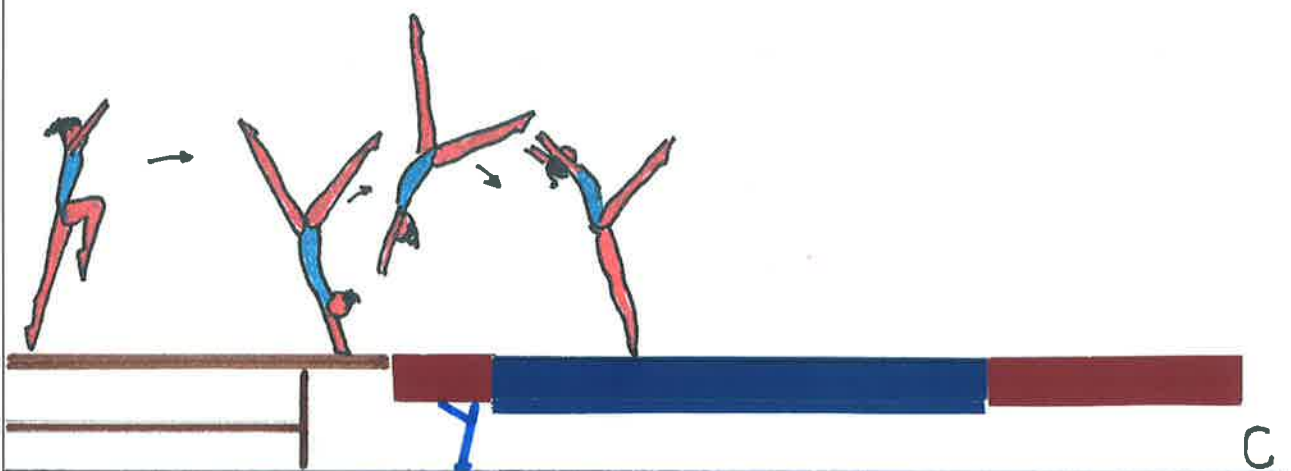
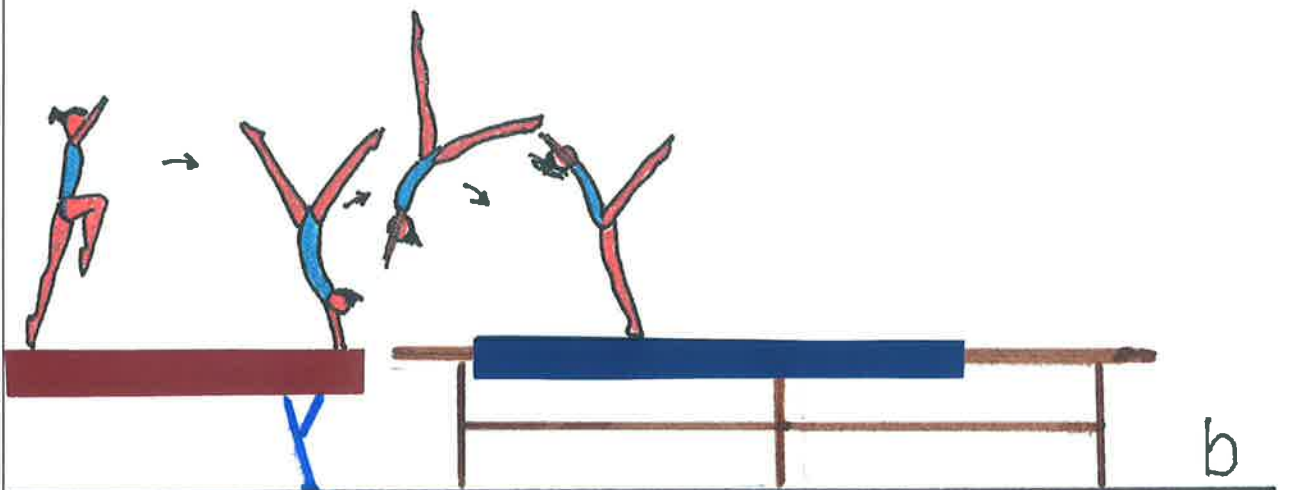
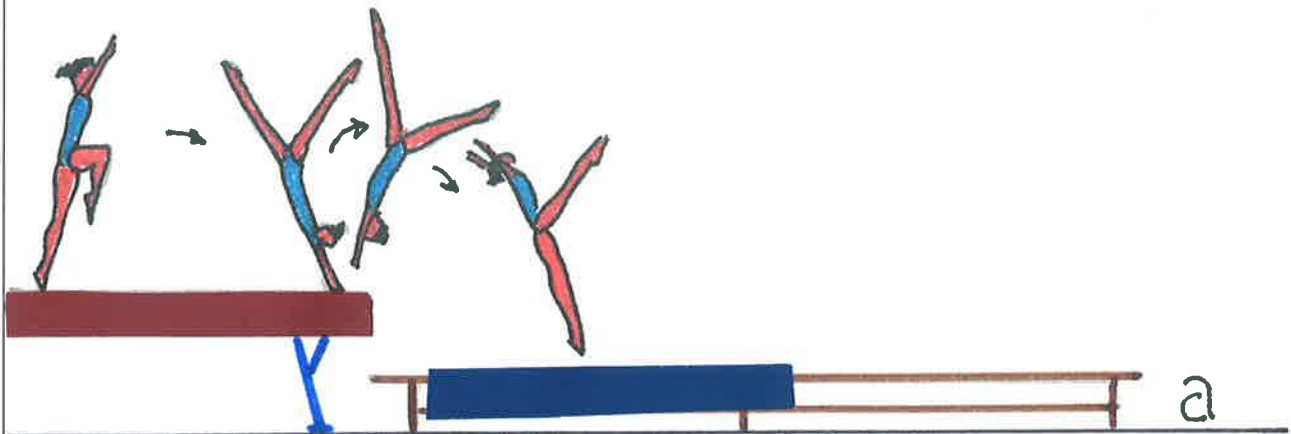


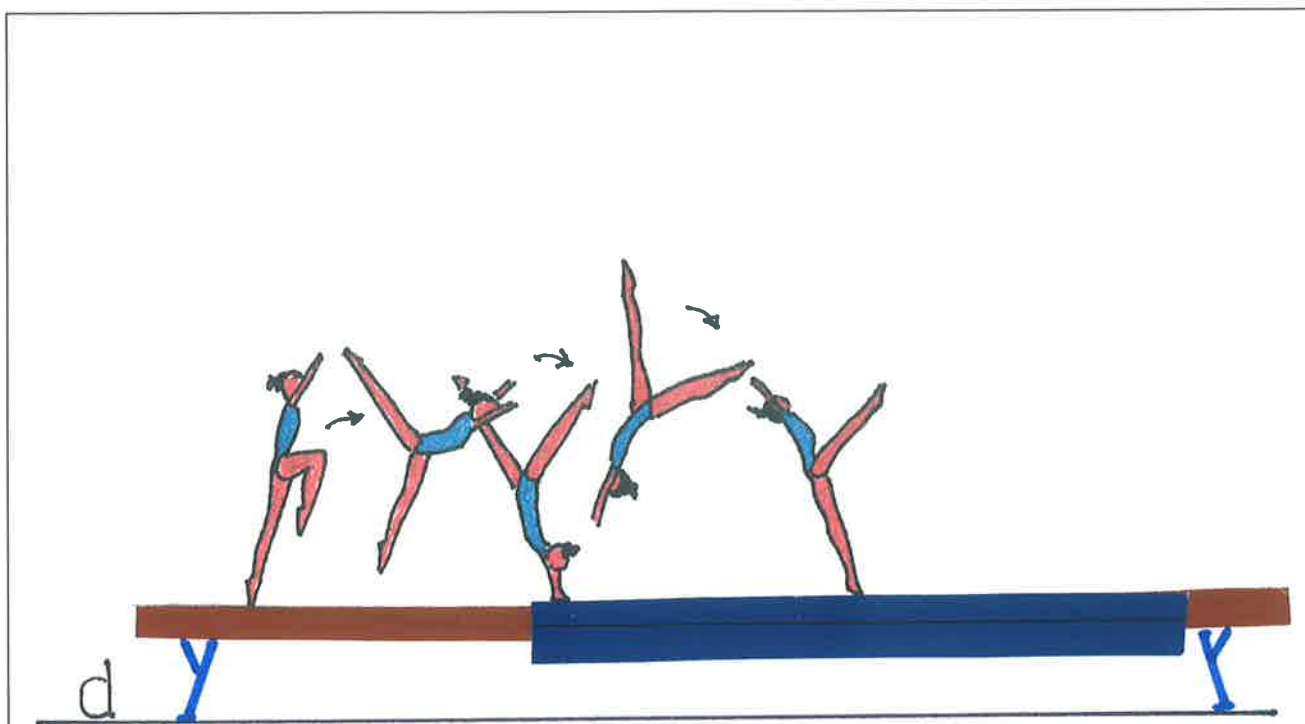
**Proposte didattiche:**

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

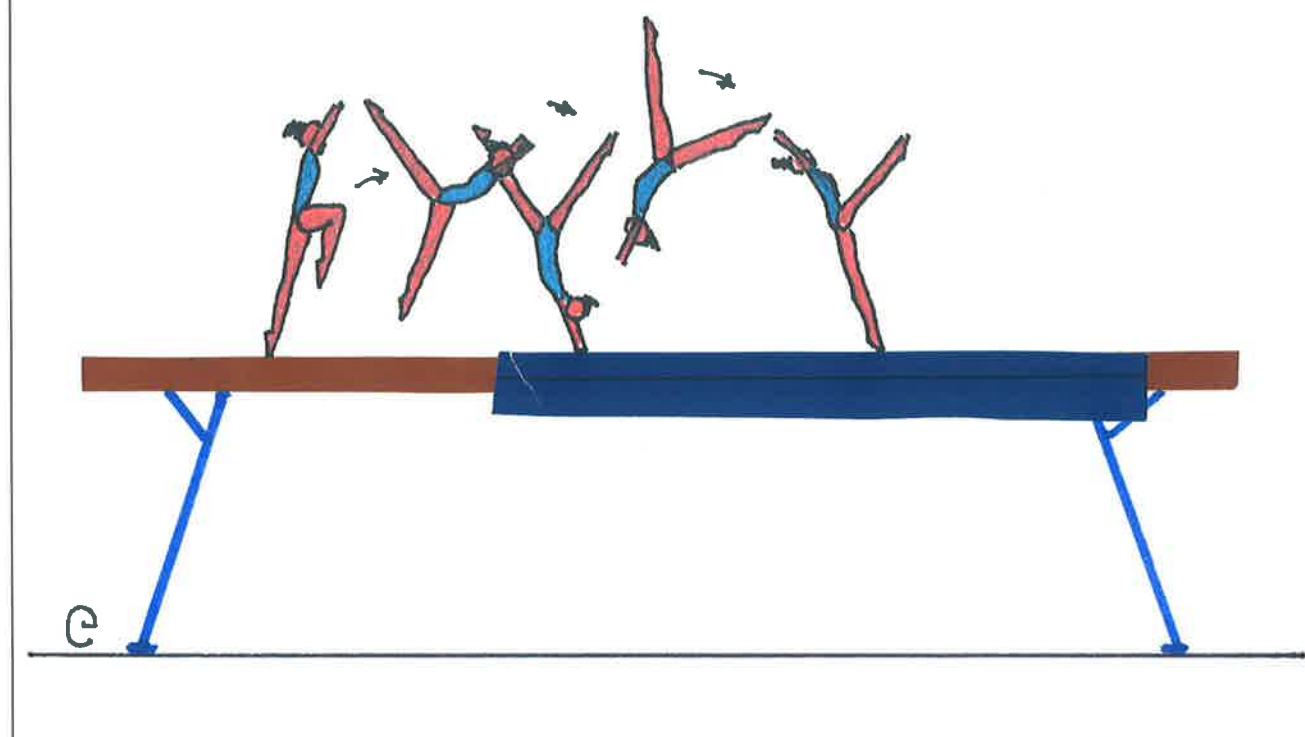
(vedi schede tecniche di Franco Pistecchia.)

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).

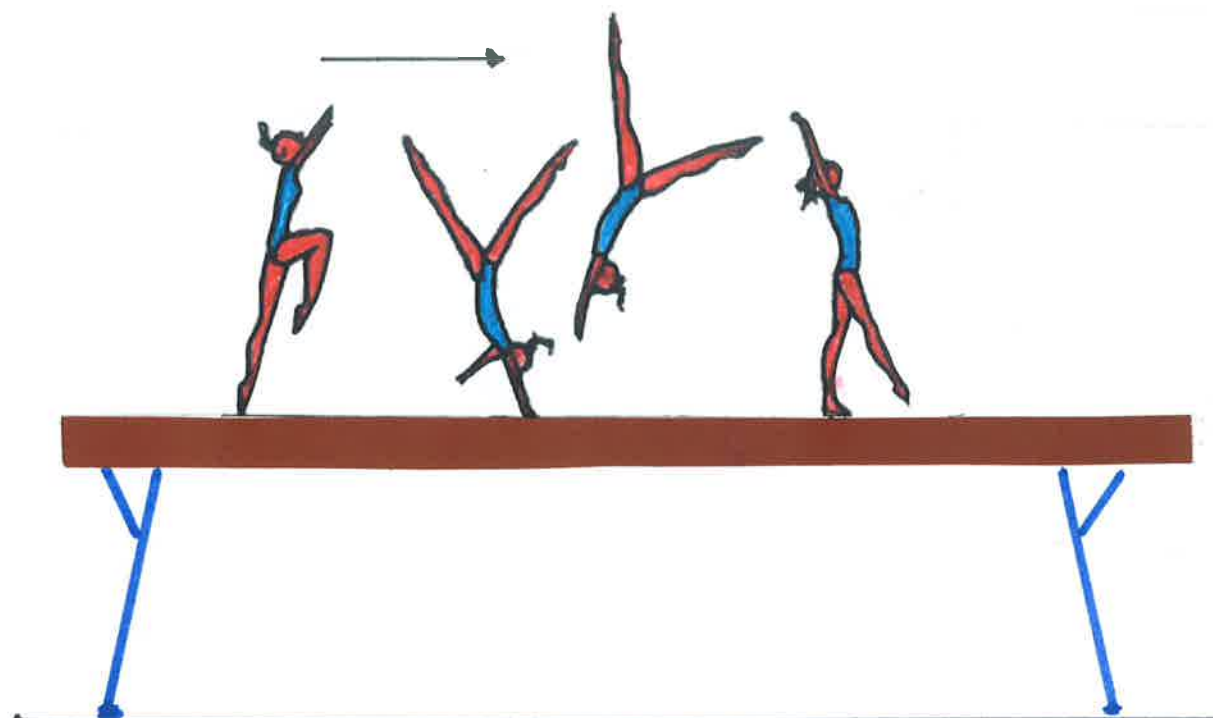




3) Eseguire il movimento alla trave alta con sopra un tappeto.

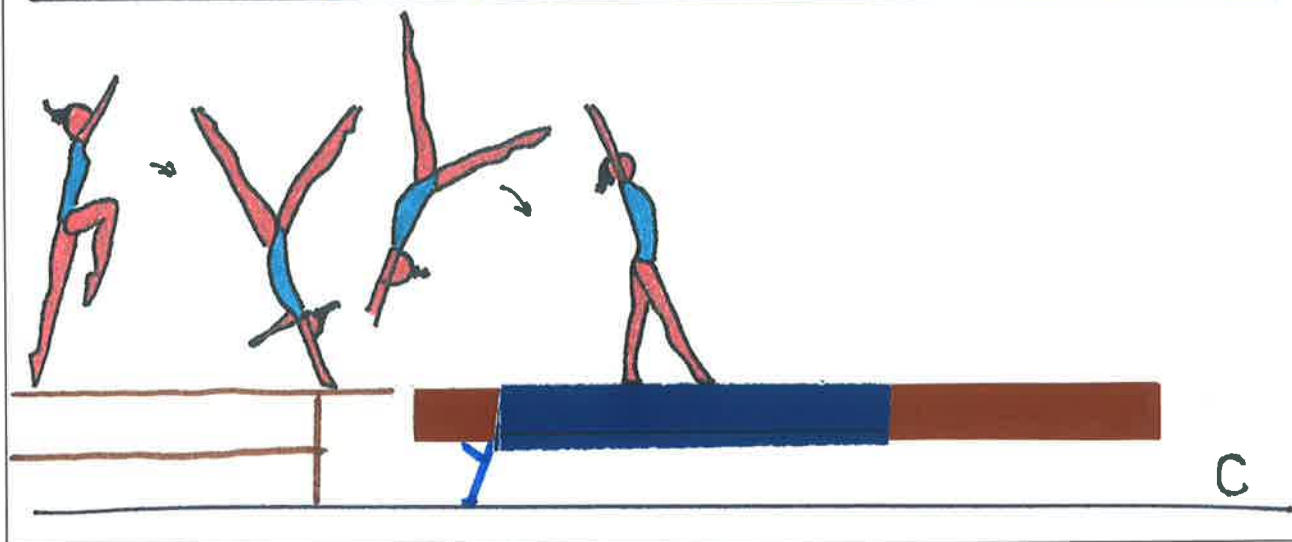
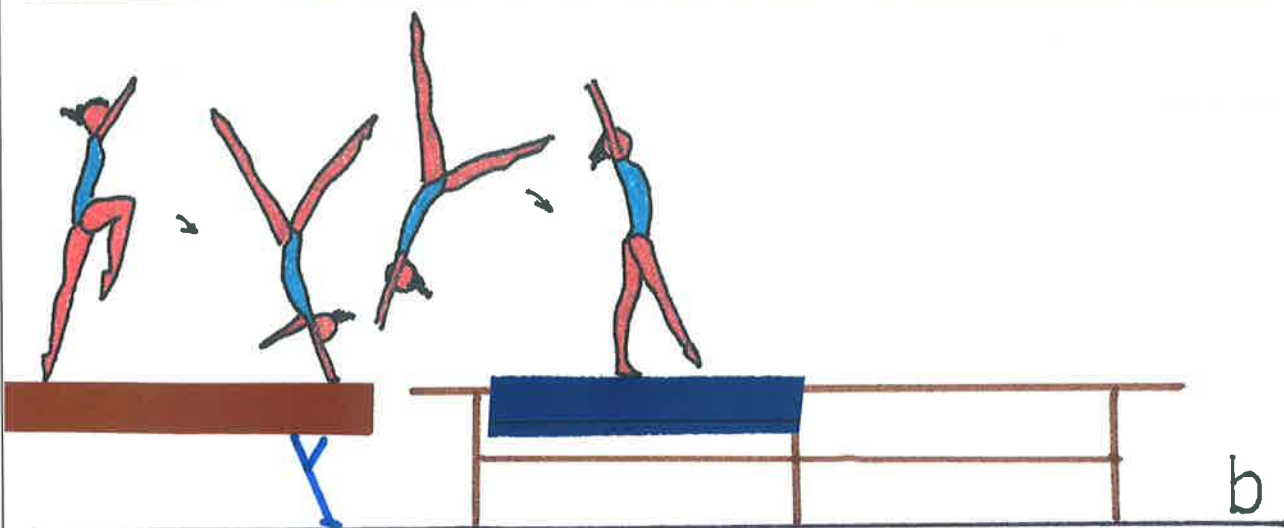
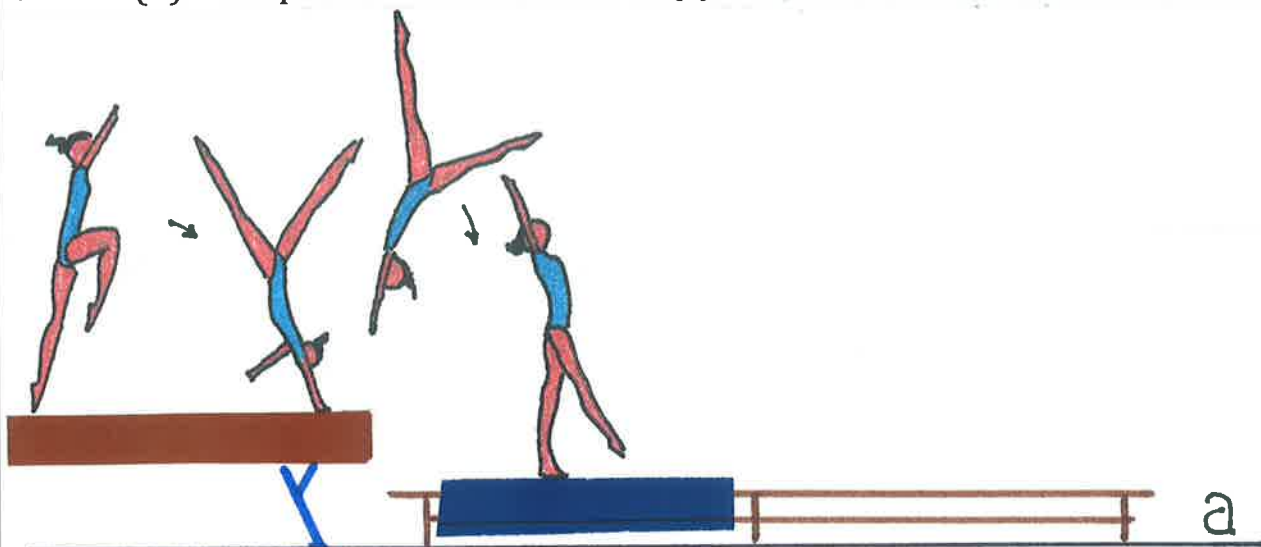


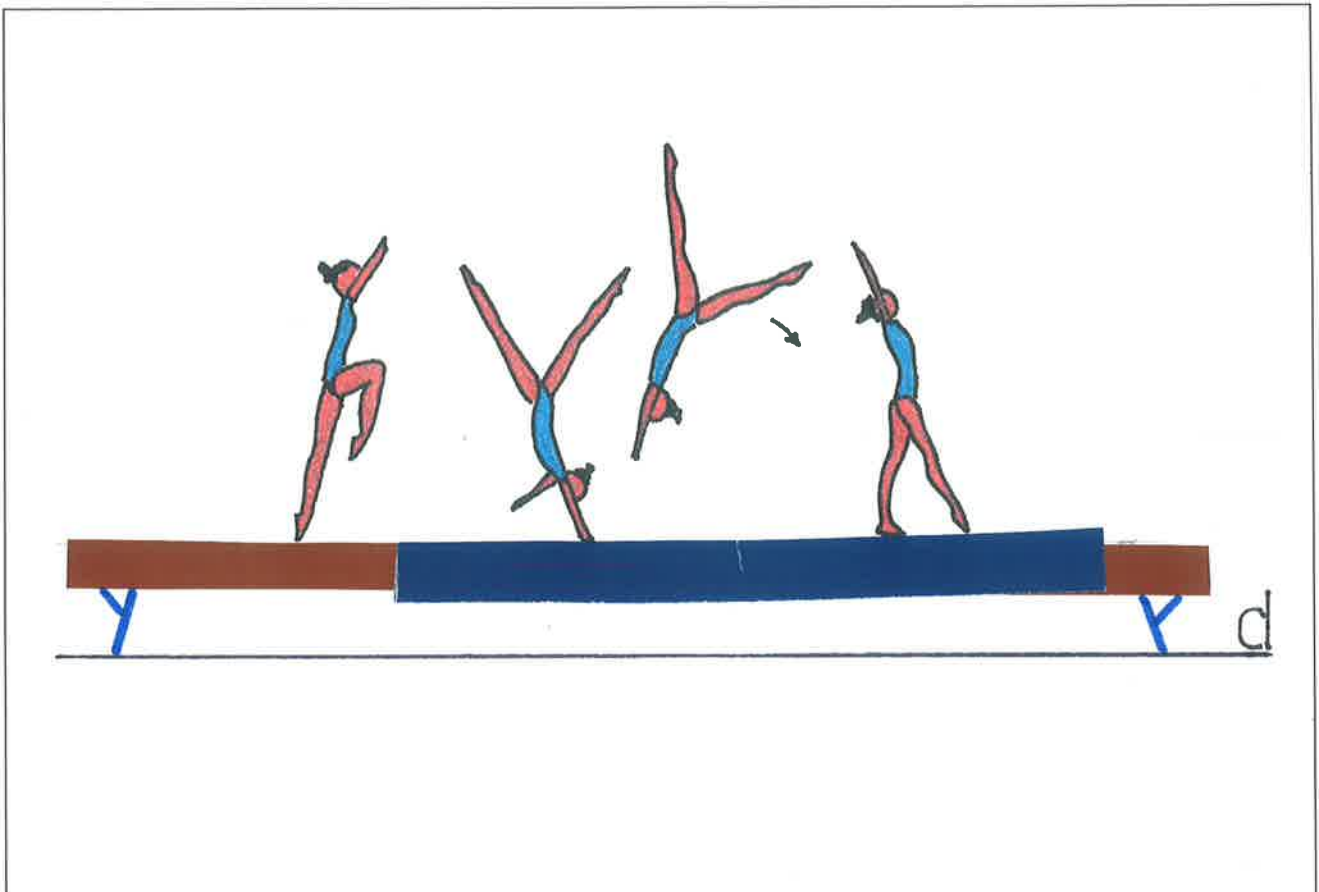
**N. 2: Ribaltata avanti in appoggio su una mano.**



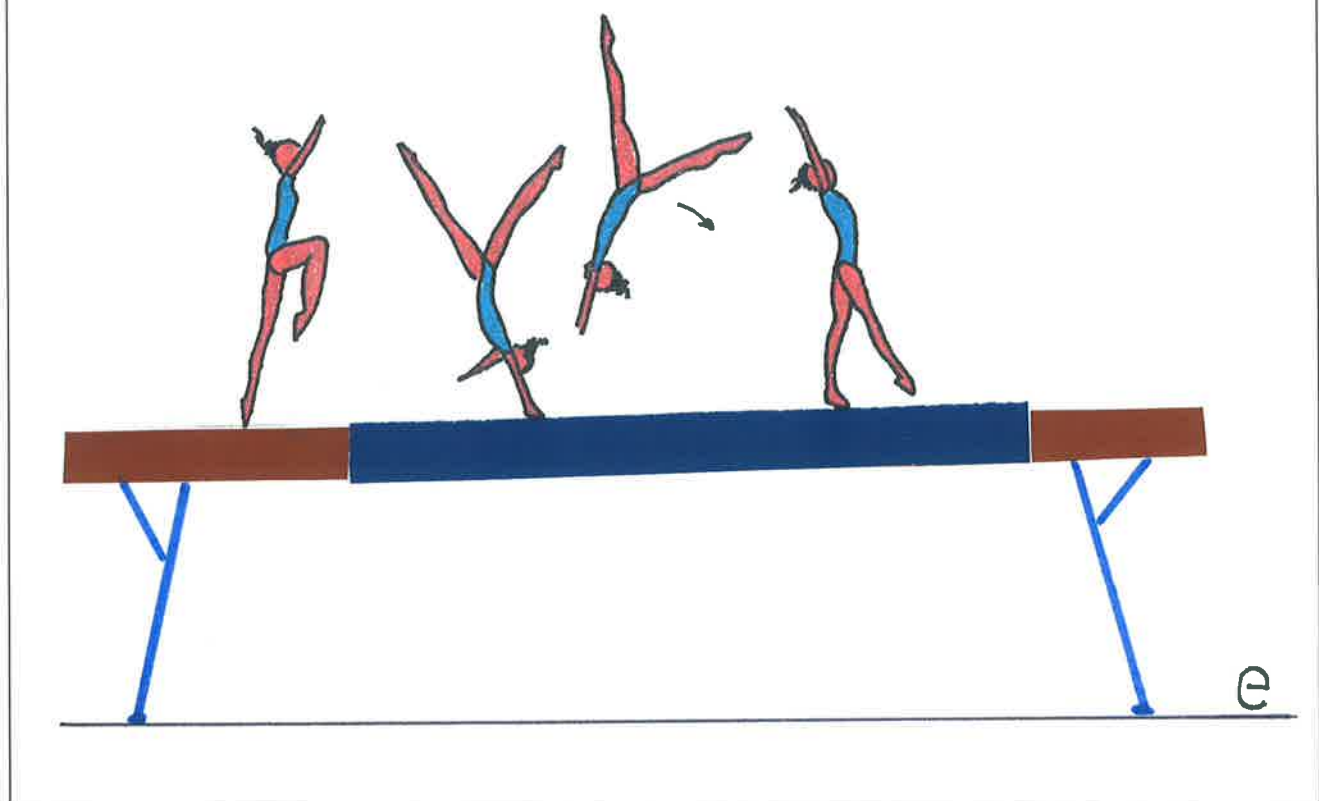
**Proposte didattiche:**

- 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).



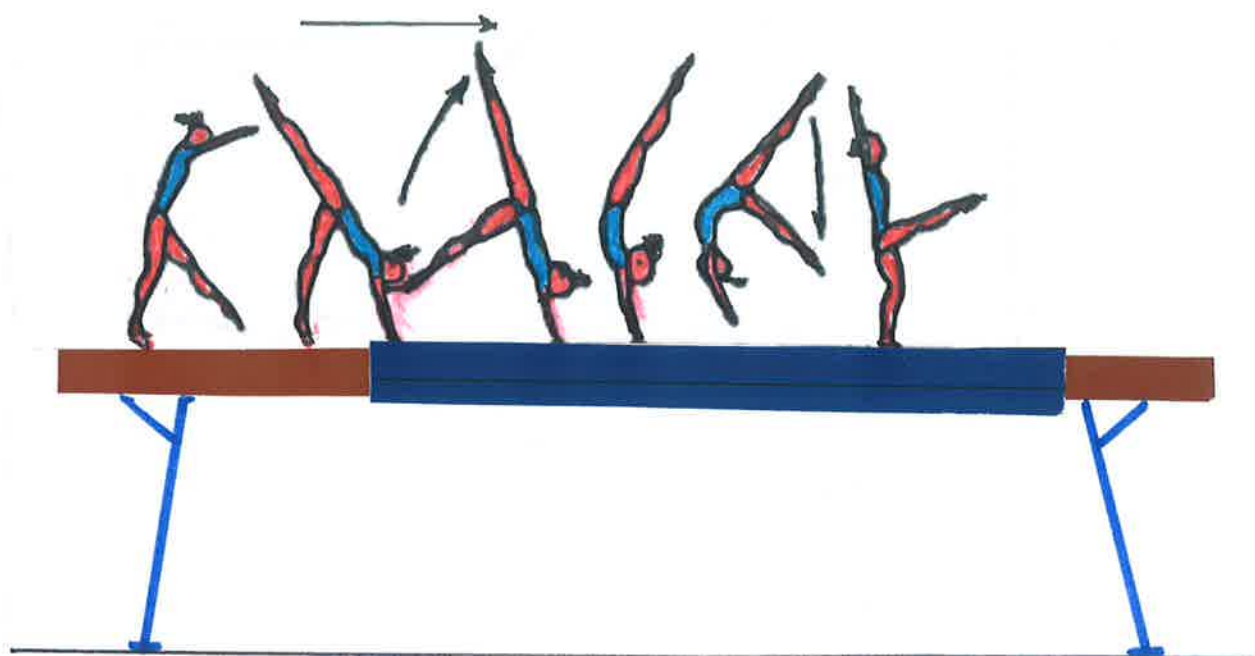


3) Eseguire il movimento alla trave alta con sopra un tappeto.



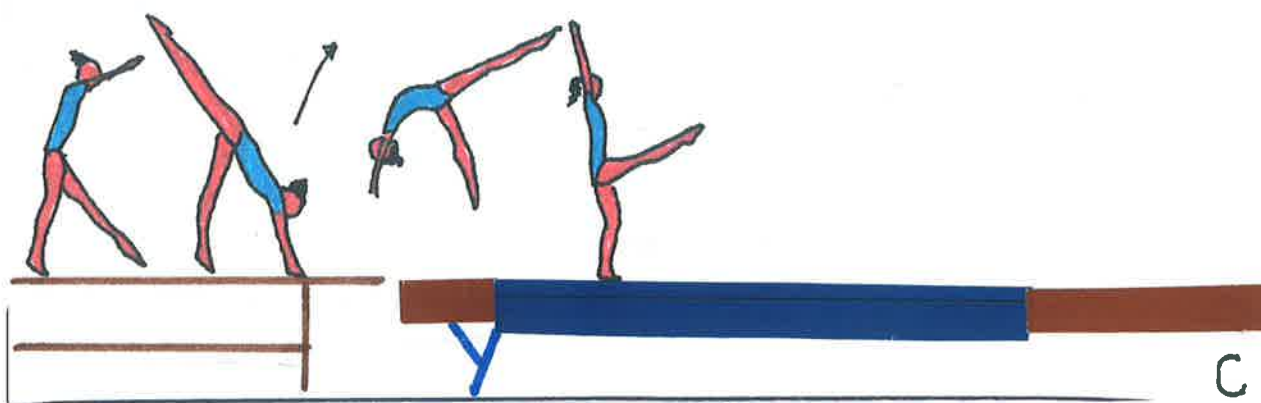
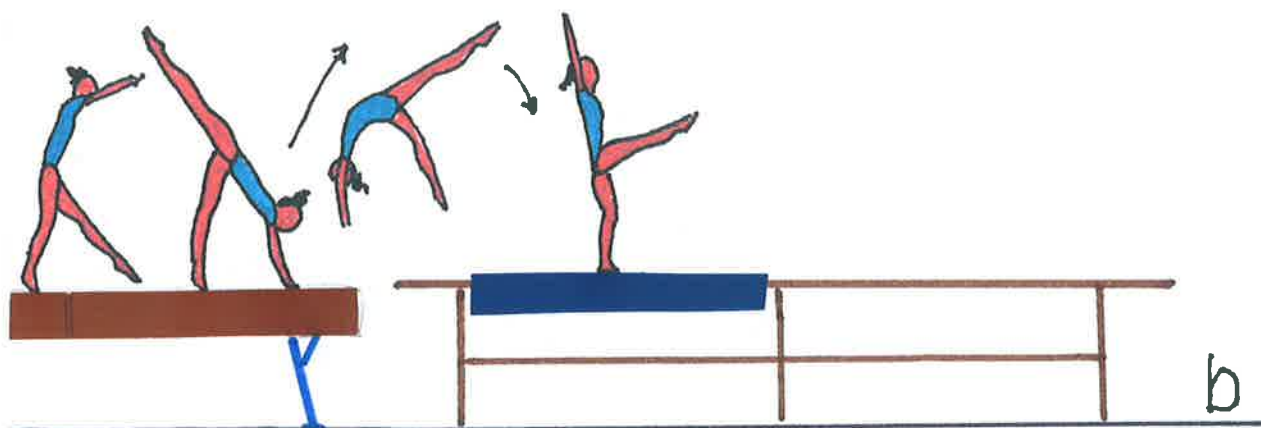
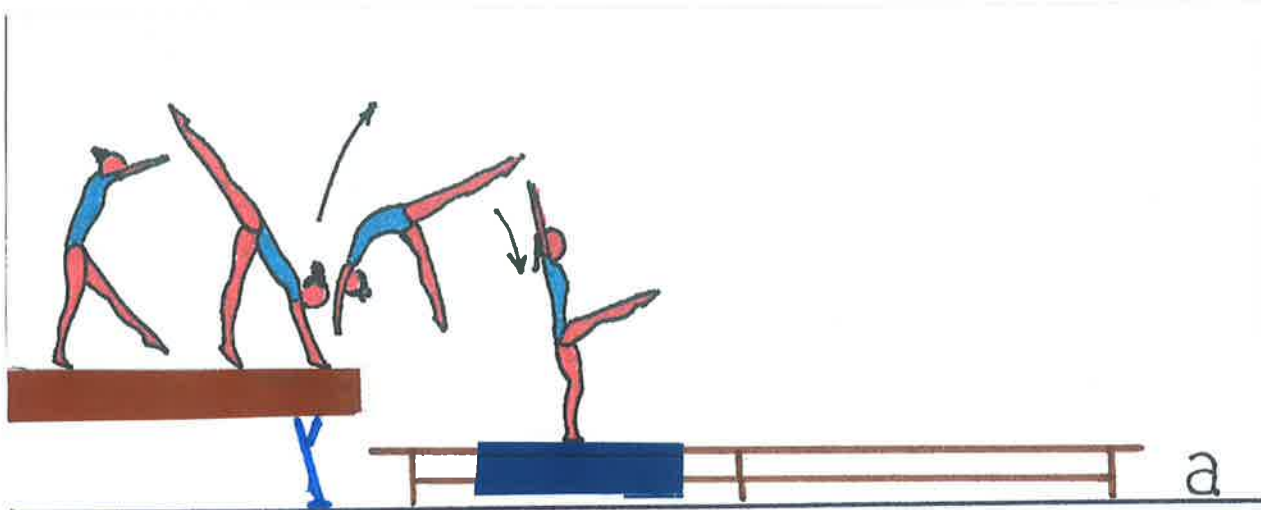


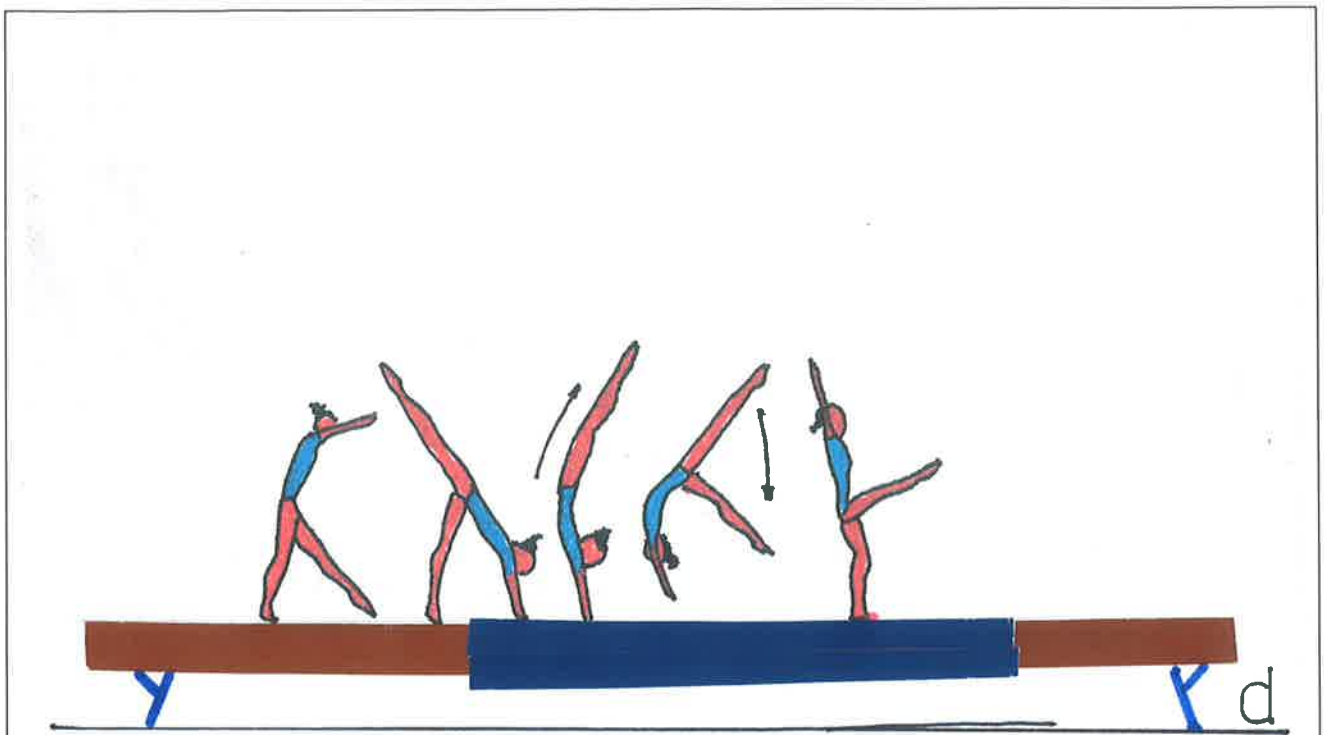
**N. 3: Ribaltata avanti con cambio di gamba nella fase di volo.**



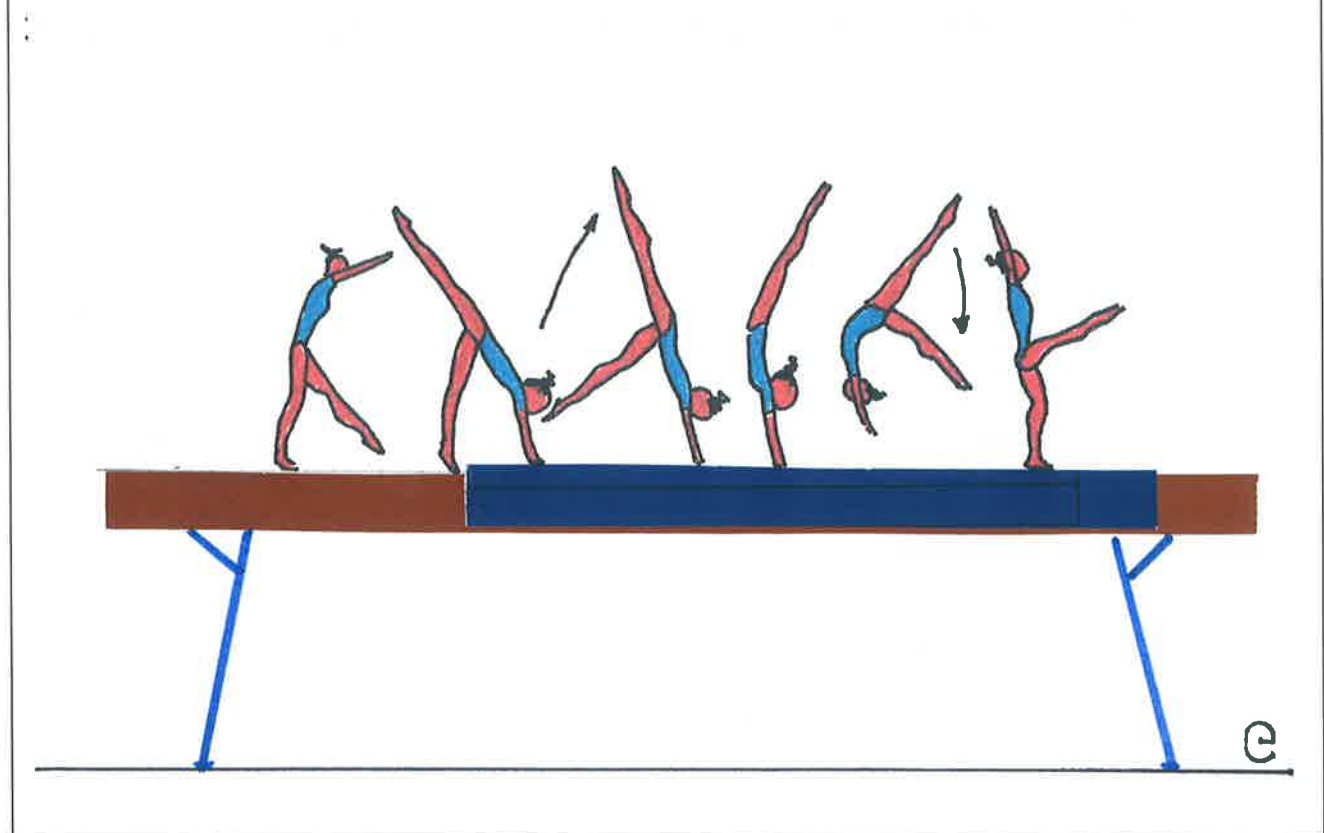
### Proposte didattiche:

- 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).

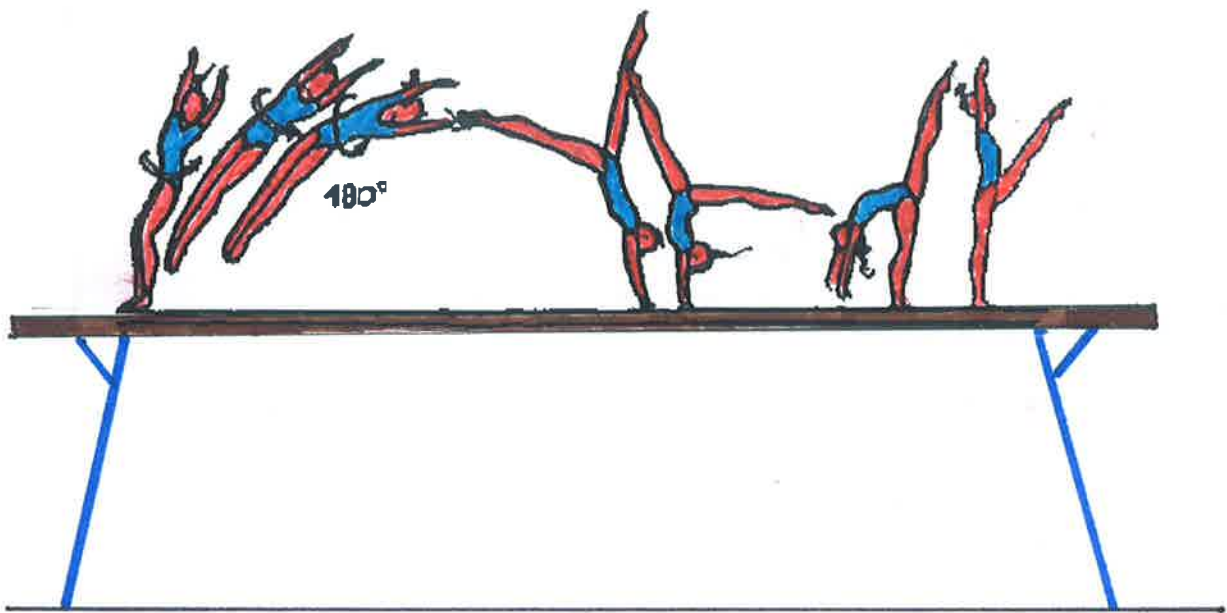




3) Eseguire il movimento alla trave alta con sopra un tappeto.



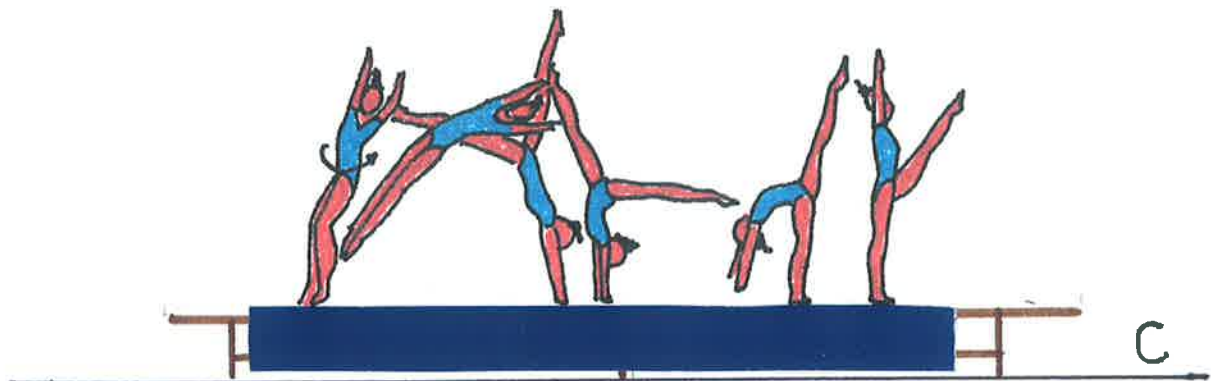
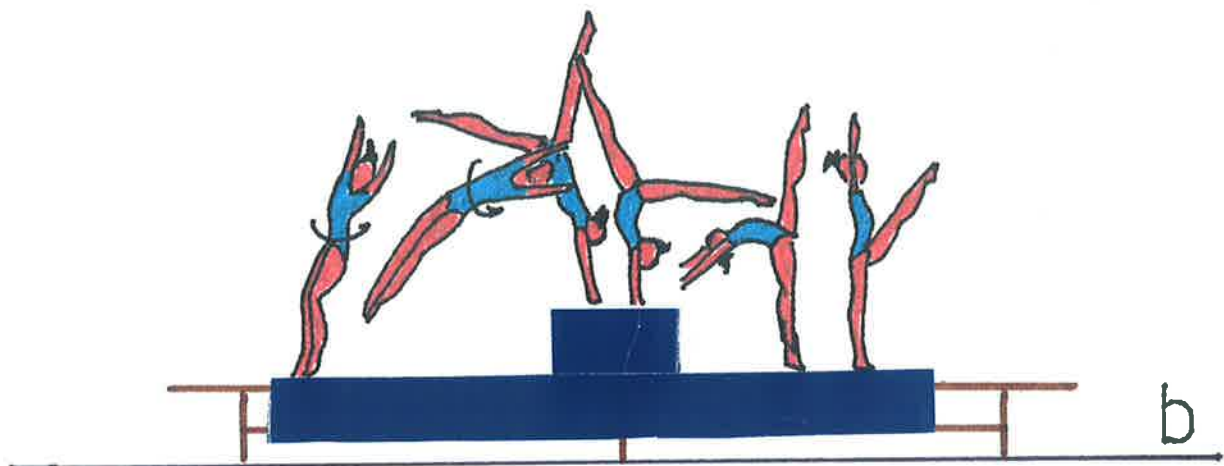
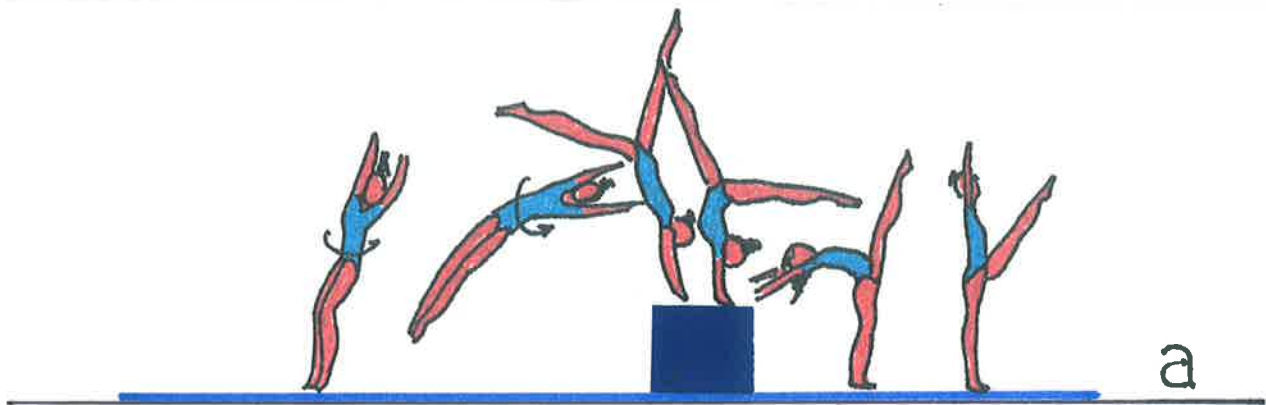
**N. 4: Compiere  $\frac{1}{2}$  giro e rovesciata avanti con arrivo in appoggio su un piede.**

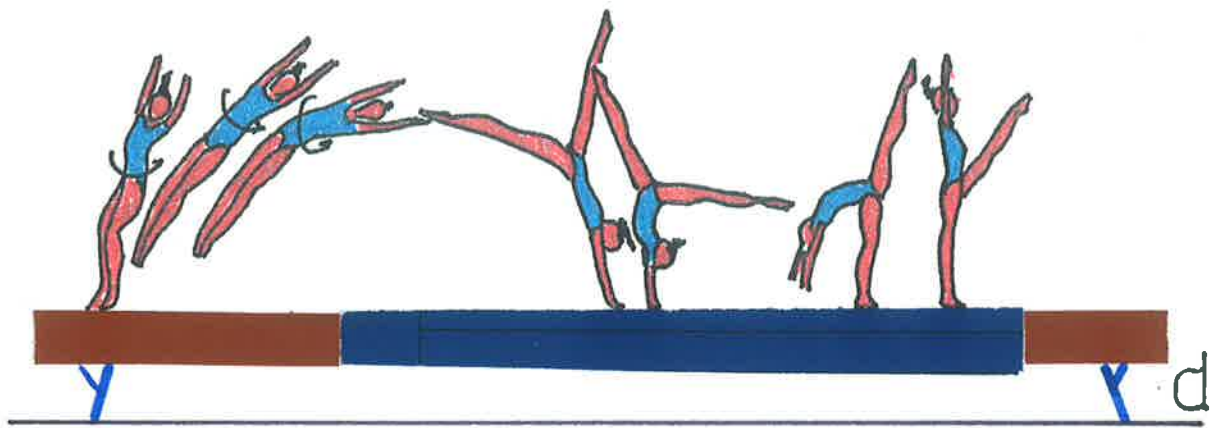


**Proposte didattiche:**

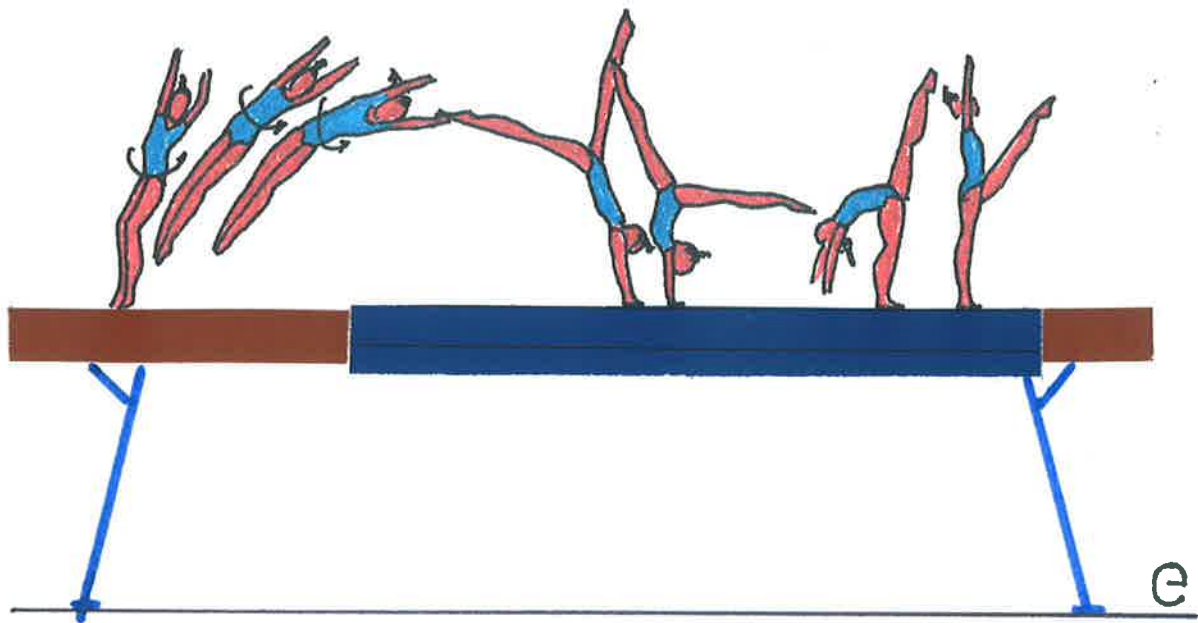
1) Eseguire il movimento al corpo libero.

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)

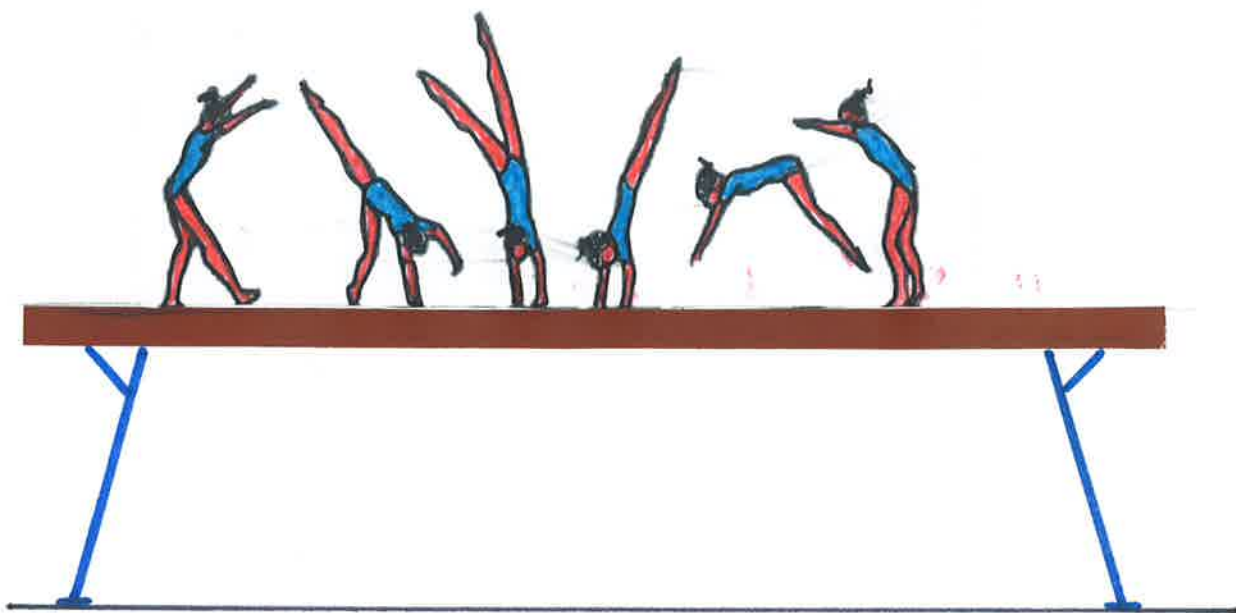




3) Eseguire il movimento alla trave alta con sopra un tappeto.



**N. 5: Rondada.**

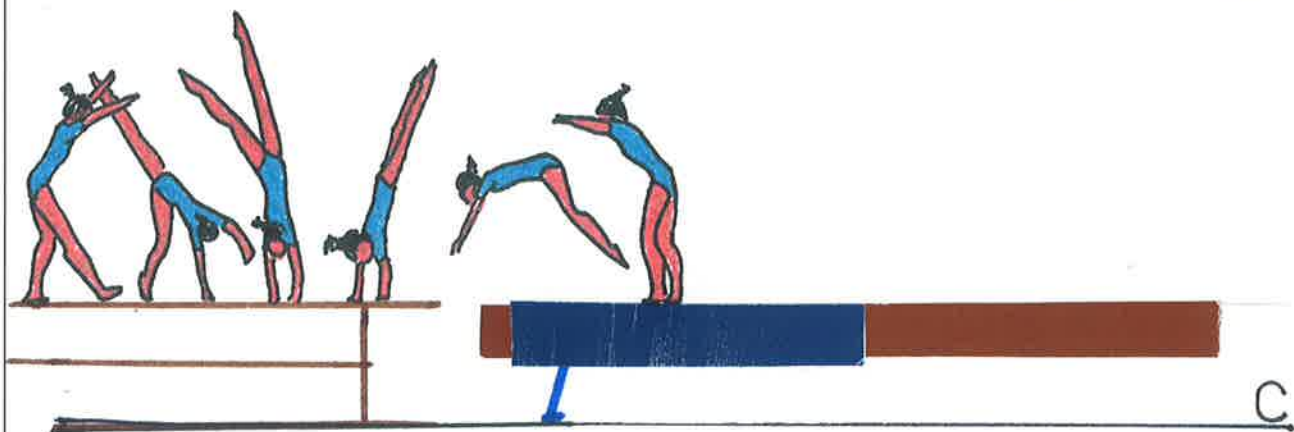
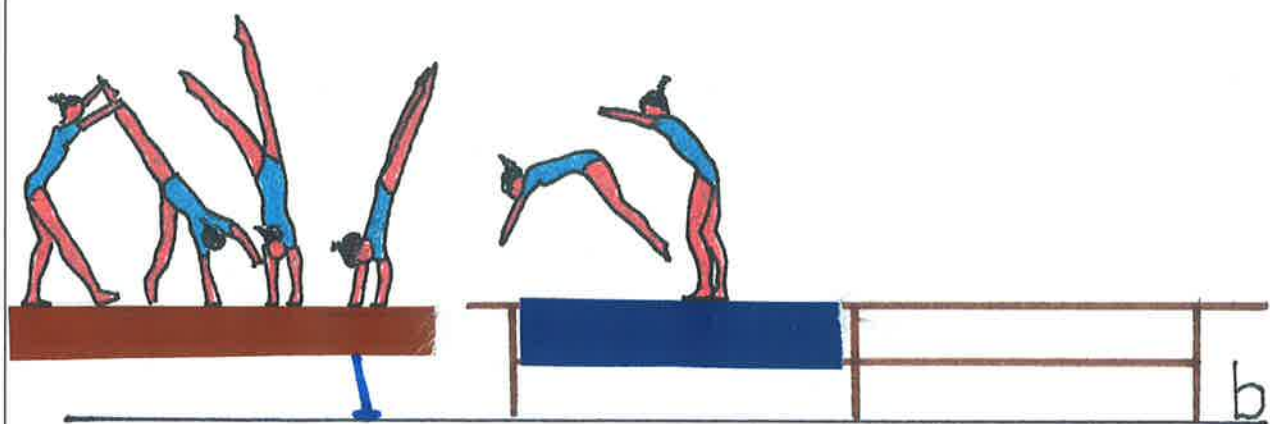
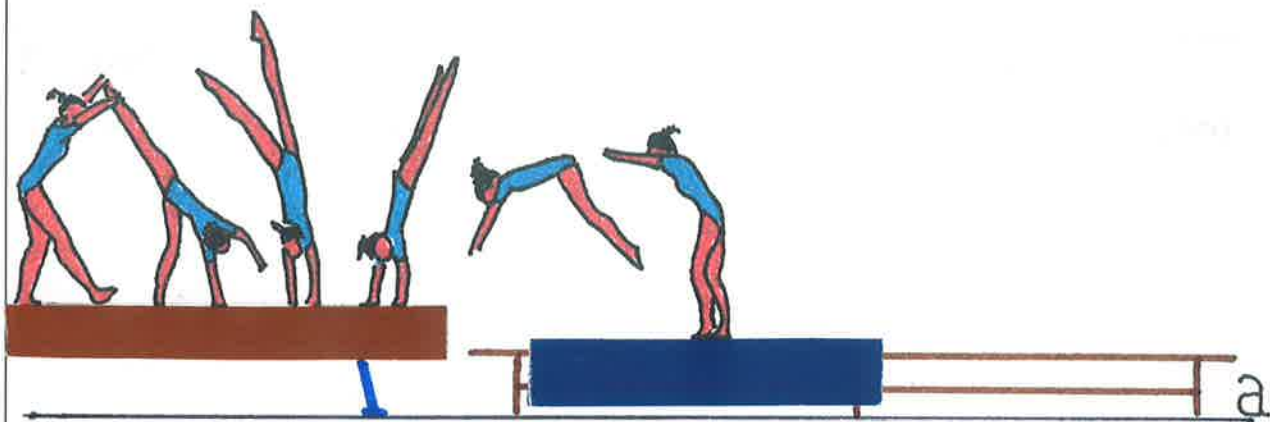


**Proposte didattiche:**

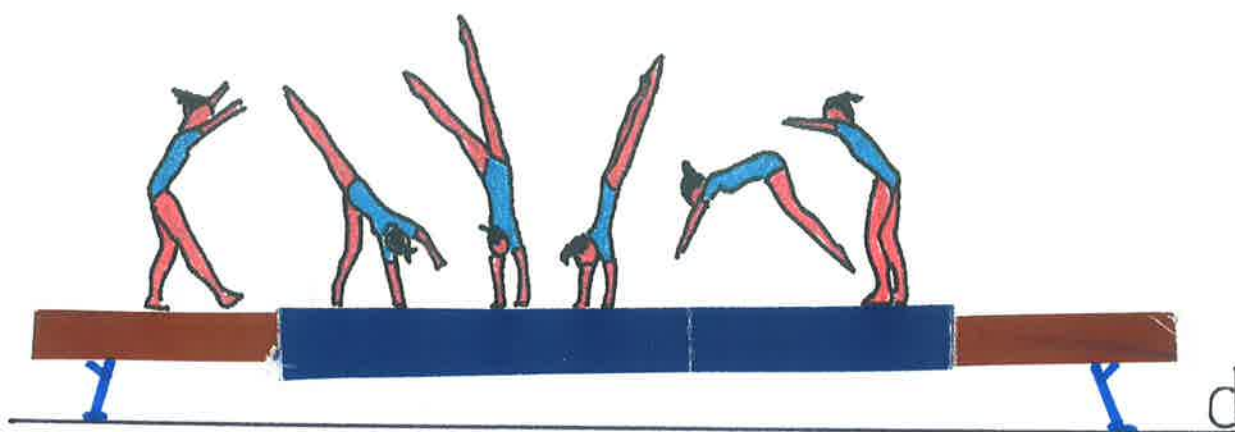
1) Utilizzare le metodologie per l'insegnamento della rondata a corpo libero.

(vedi schede tecniche di Franco Pistecchia.)

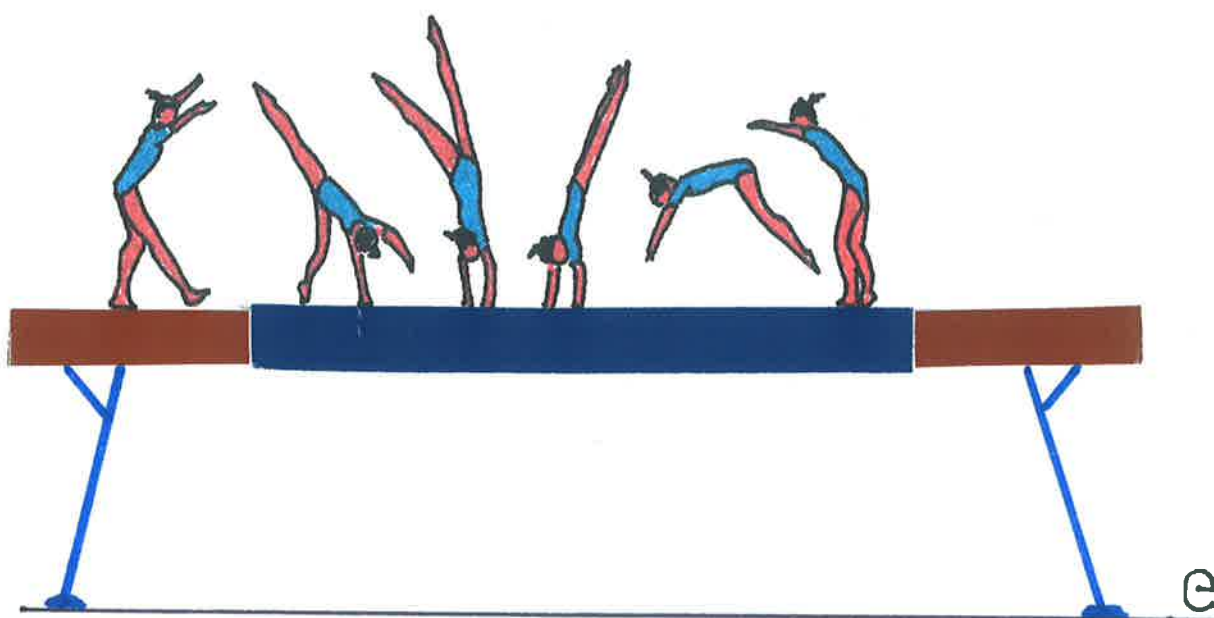
2) Utilizzare una trave bassa - e una panca (a)-e una panca o tappeti alla stessa altezza (b) -una panca e una trave bassa (c). Una trave bassa con un tappeto (d).



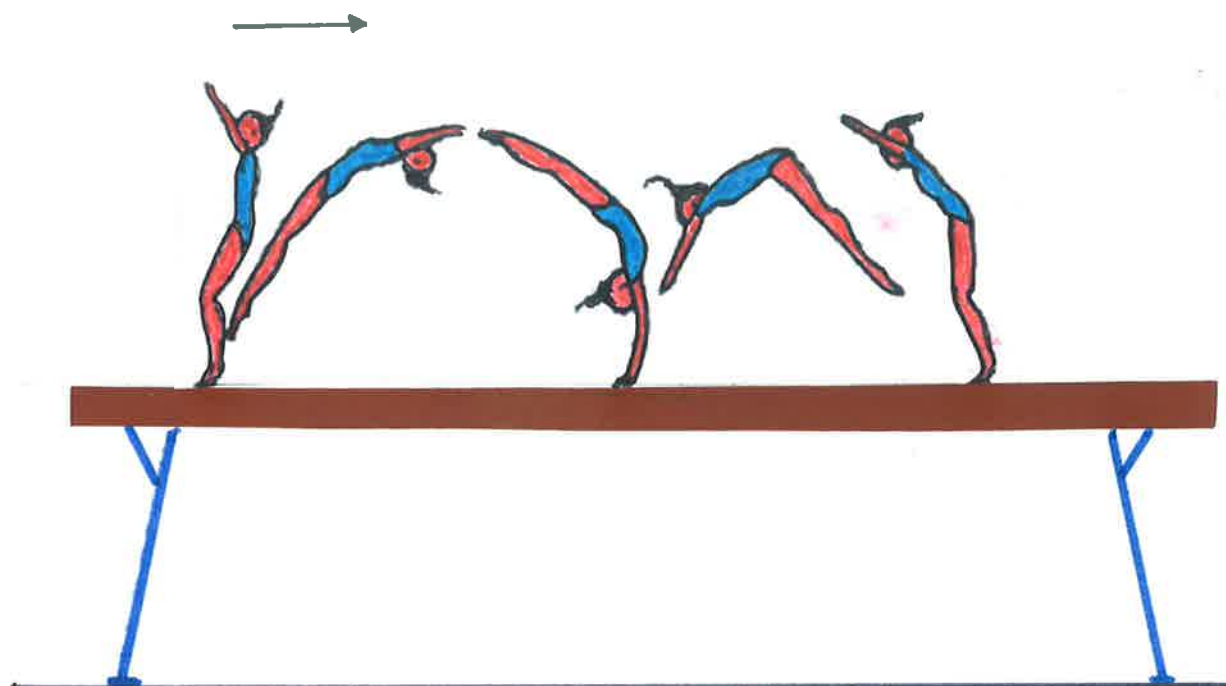




3) Eseguire il movimento alla trave alta con sopra un tappeto.



**N. 6: Flic-flac indietro.**

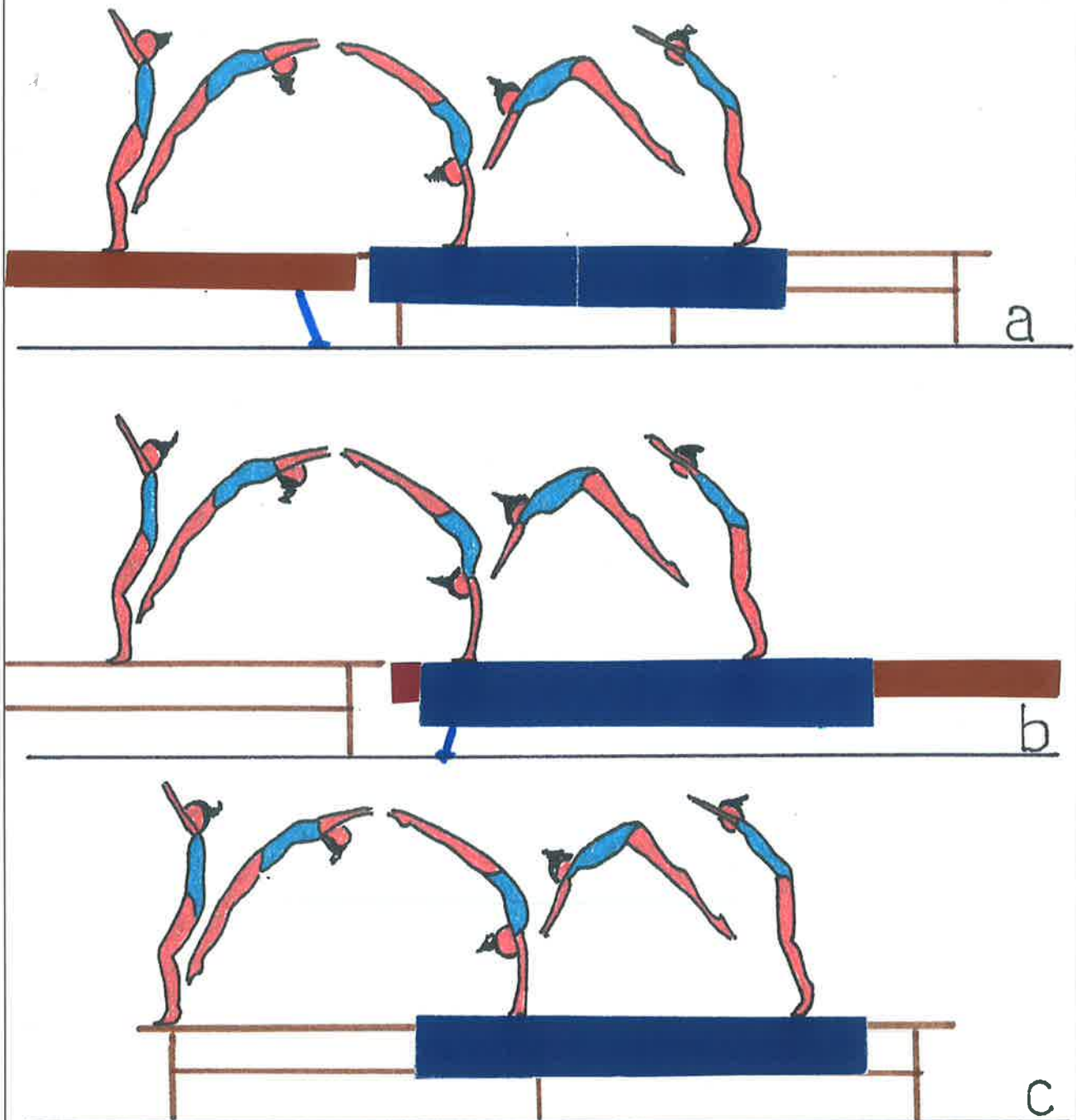


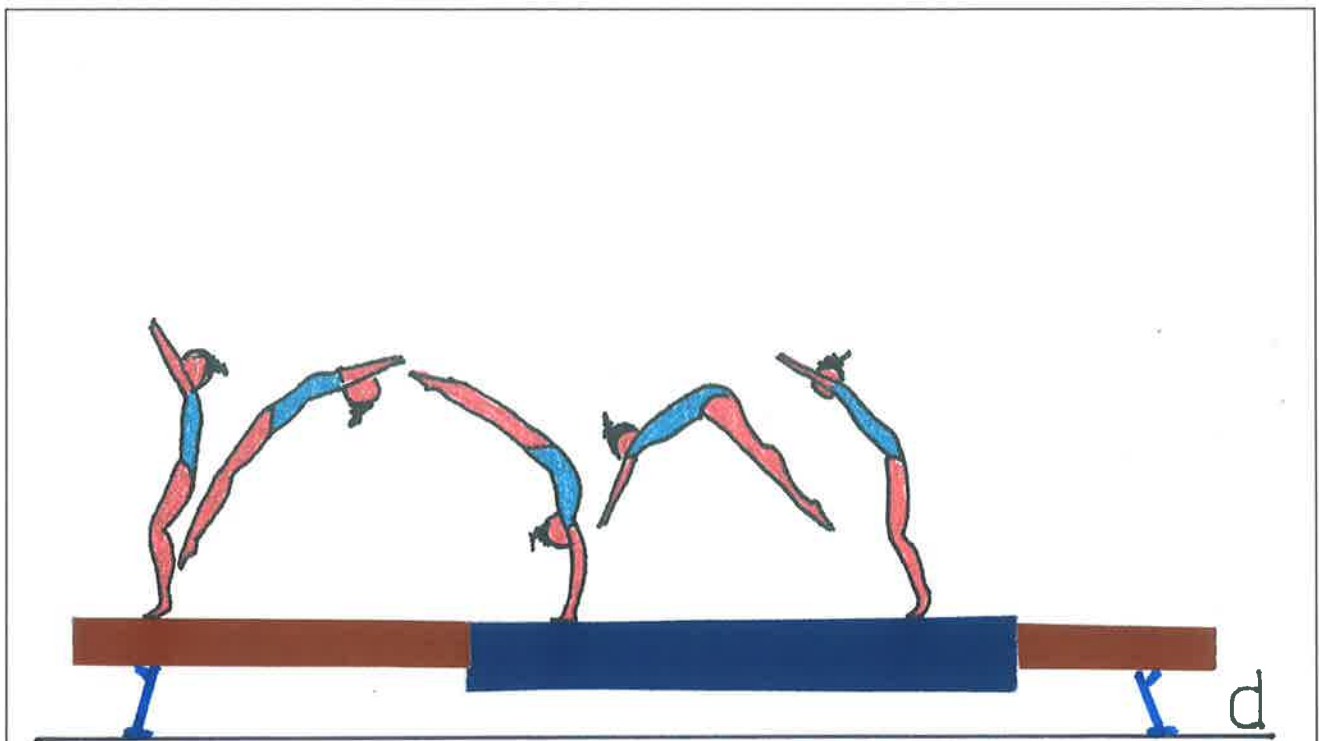
**Proposte didattiche:**

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

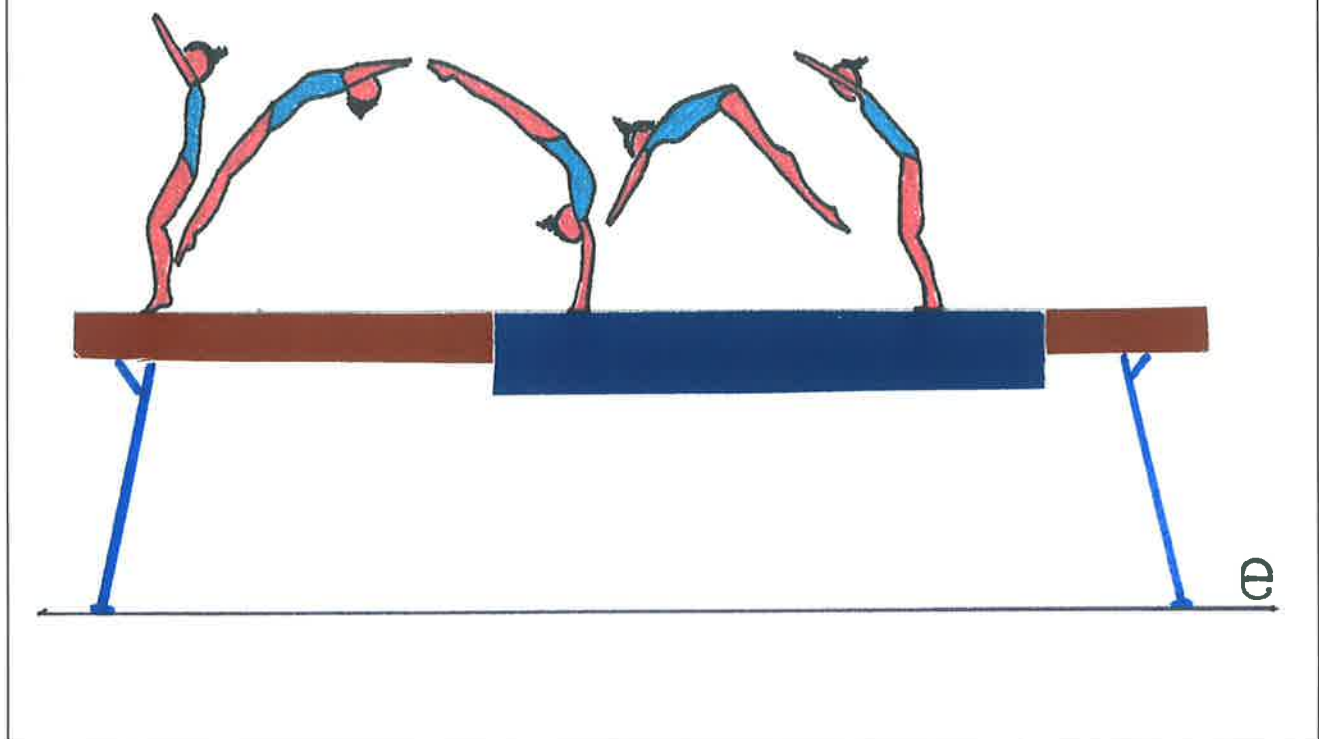
(vedi schede tecniche di Franco Pistecchia.)

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).

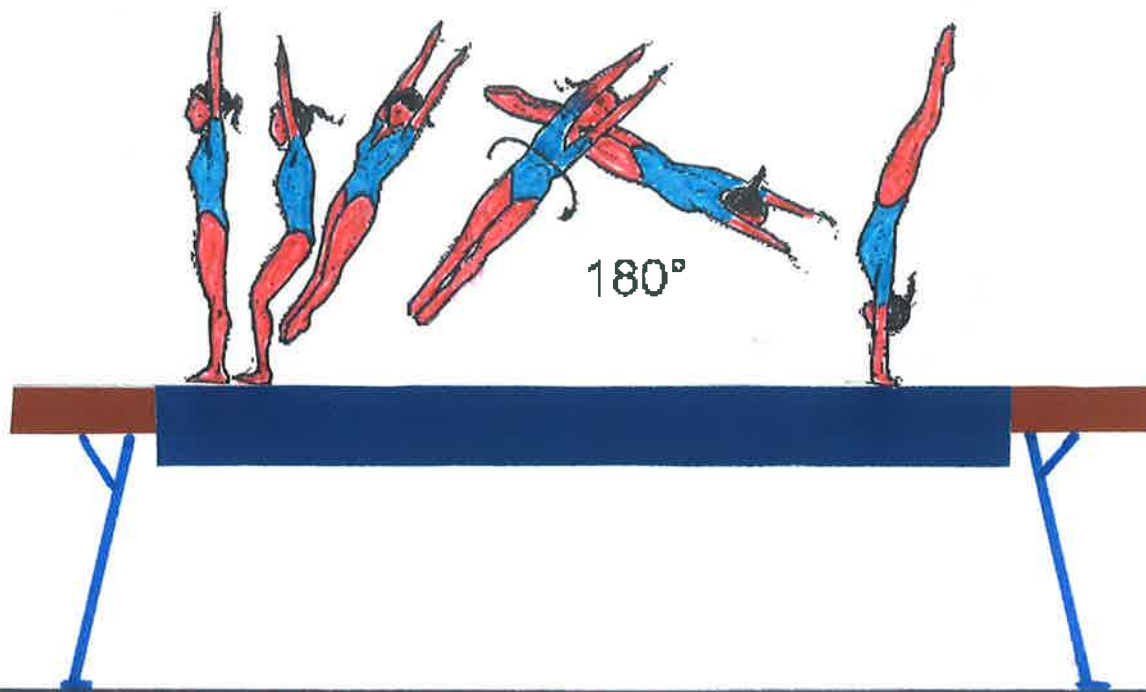




3) Eseguire il movimento alla trave alta con sopra un tappeto.

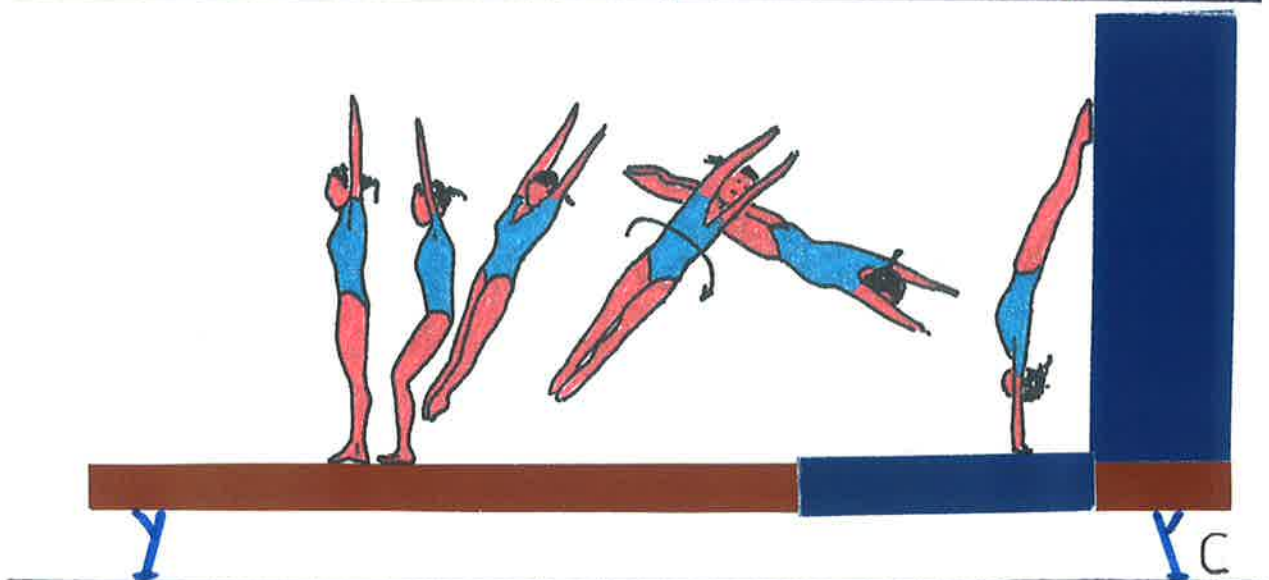
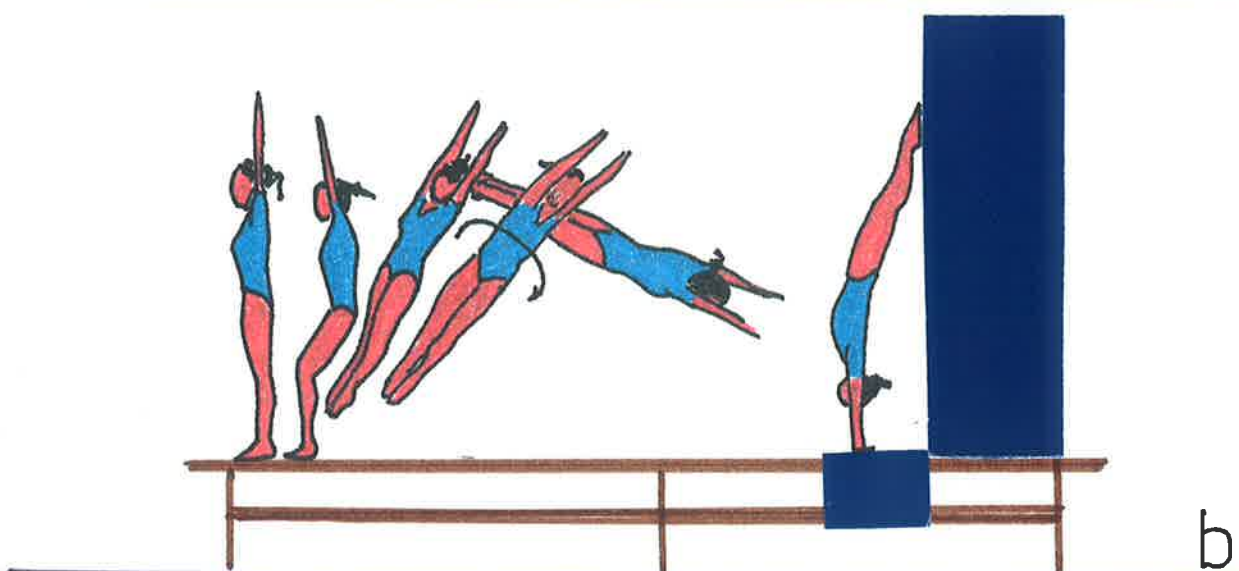
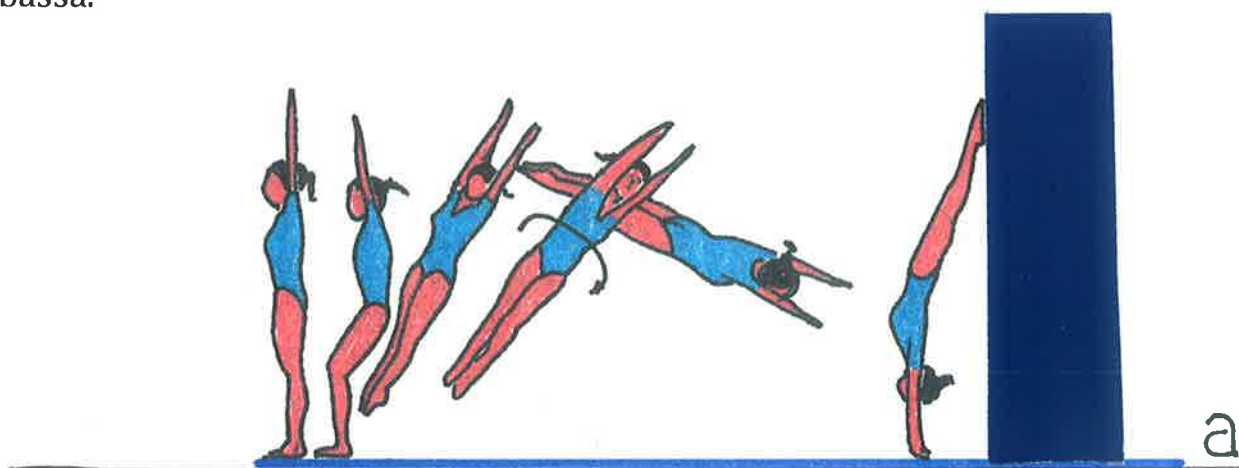


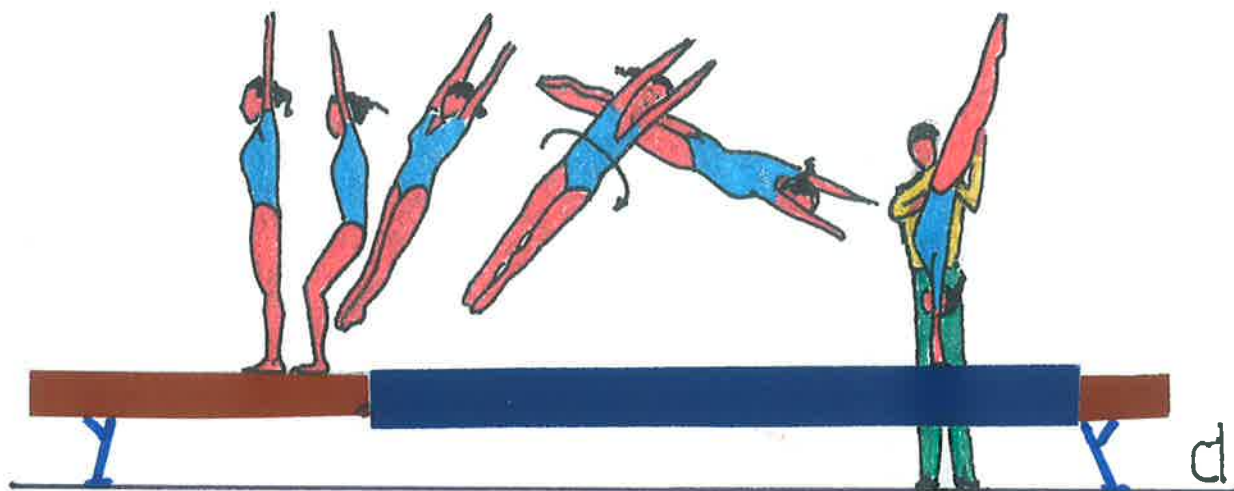
**N. 7: Flic-flac indietro con  $\frac{1}{2}$  giro e arrivo alla verticale ritta rovesciata.**



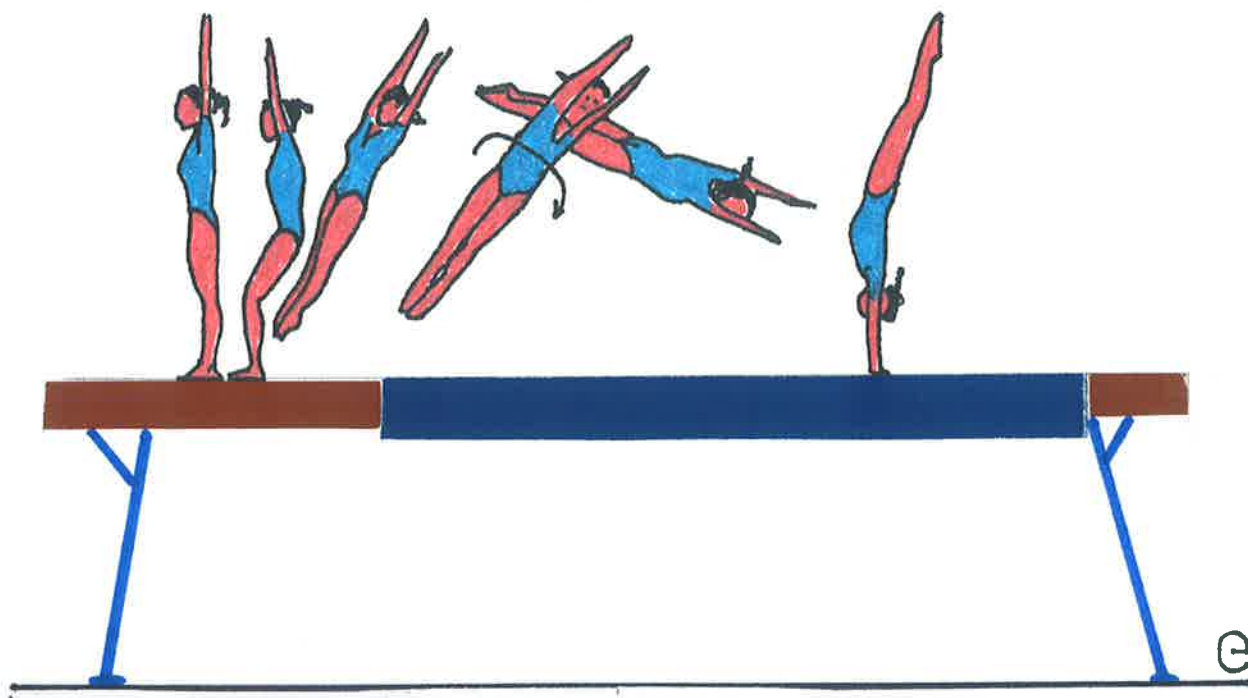
**Proposte didattiche:**

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

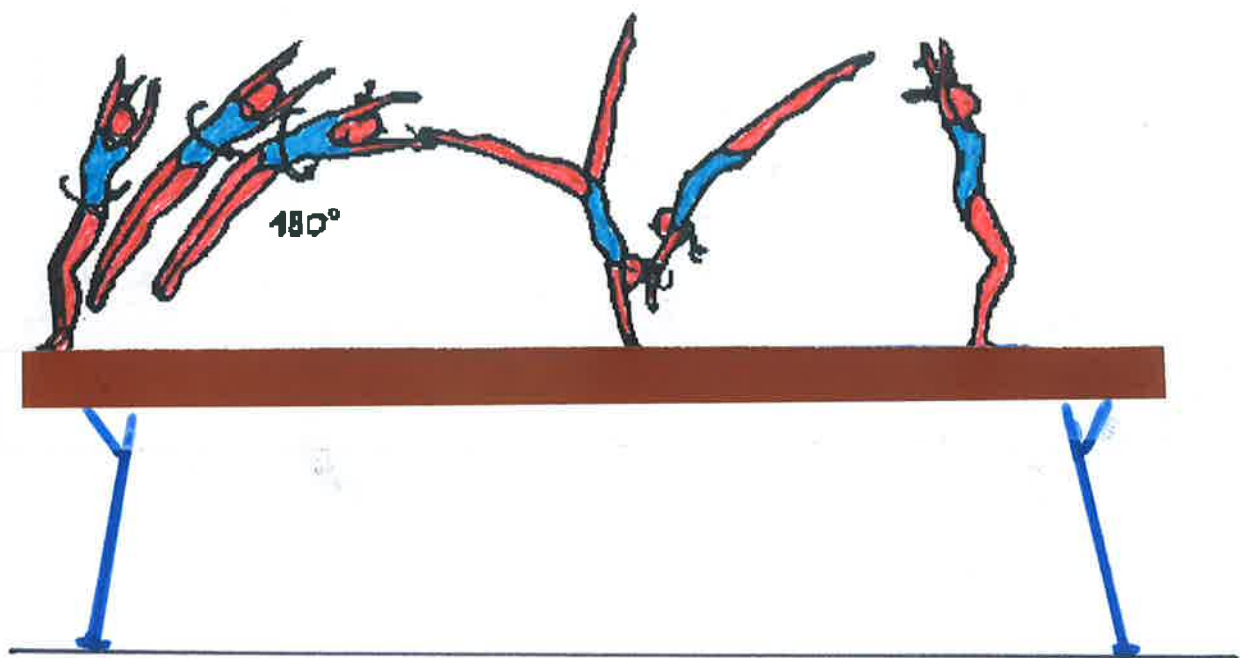




3) Eseguire il movimento alla trave alta con sopra un tappeto.



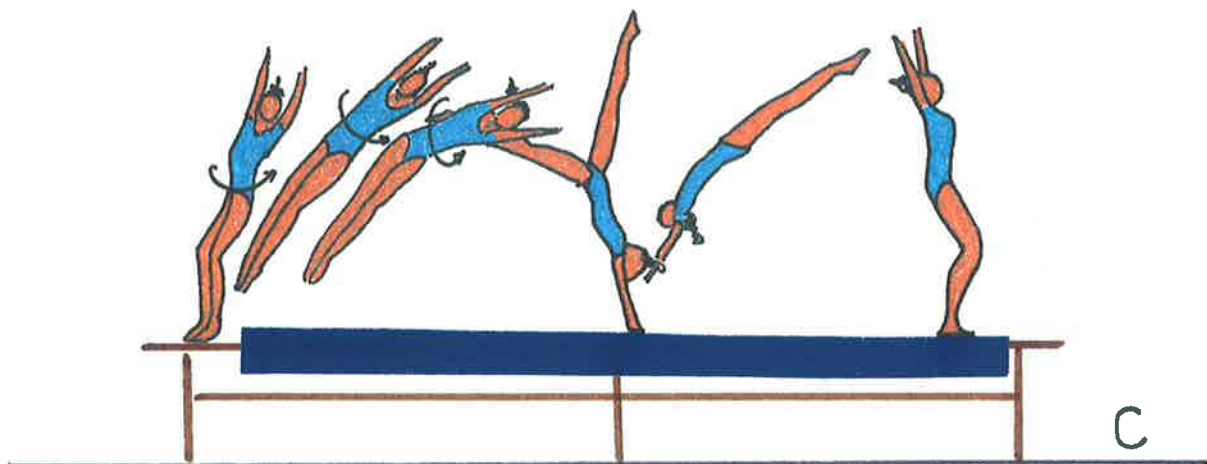
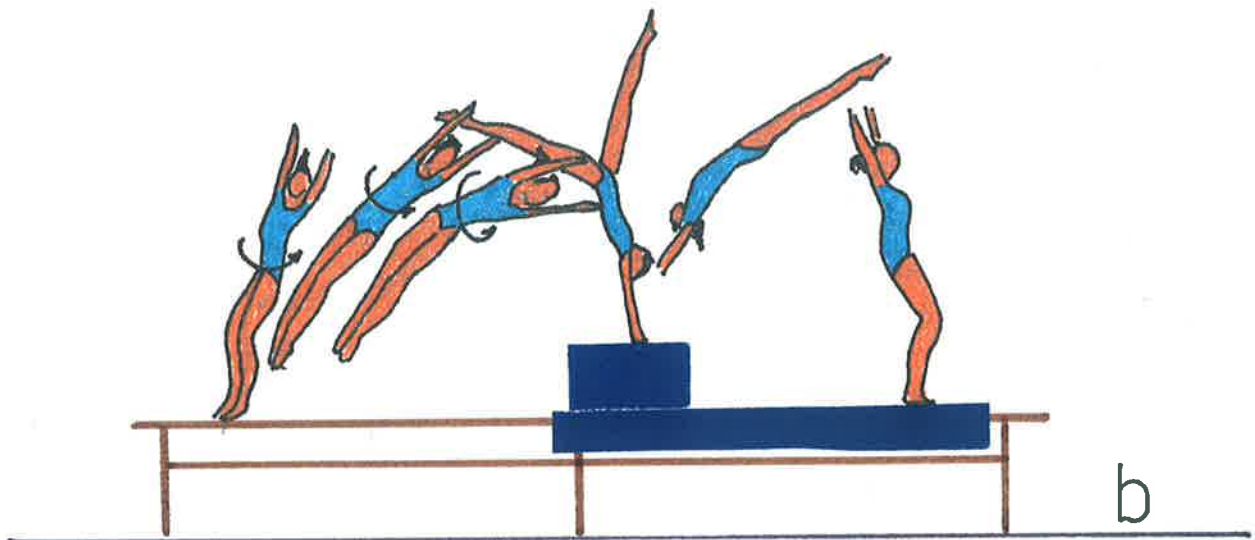
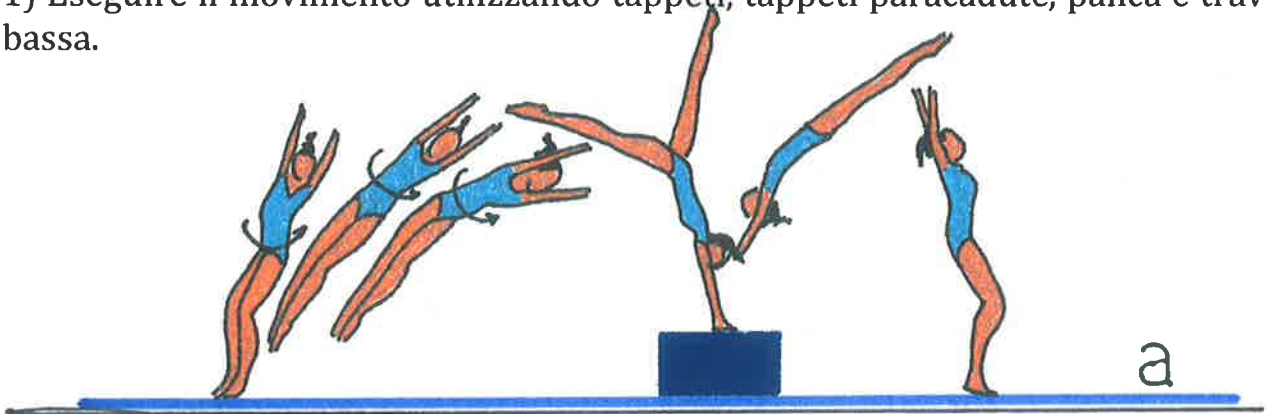
**N.8: Flic-flac indietro con ½ giro e ribaltata avanti.**

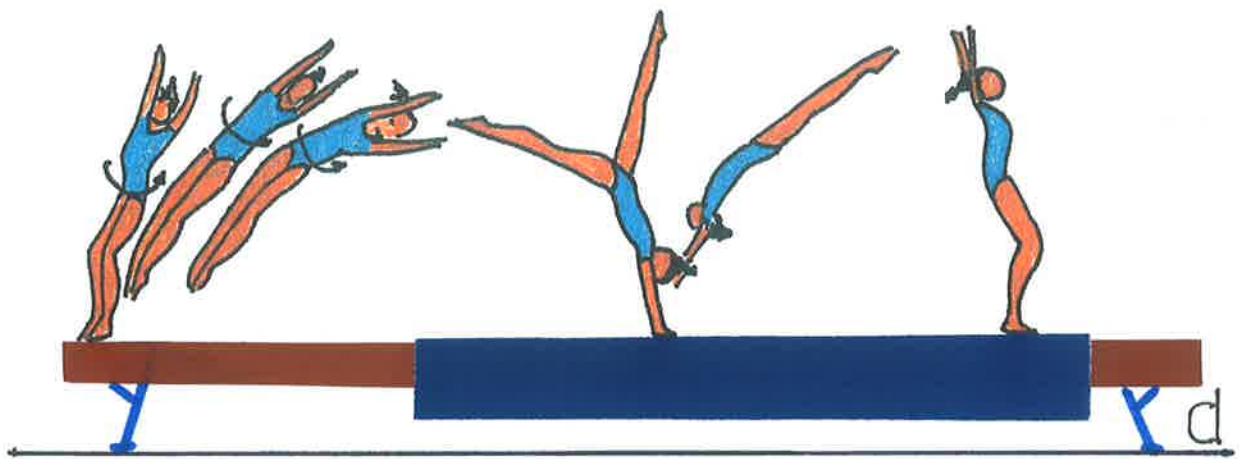




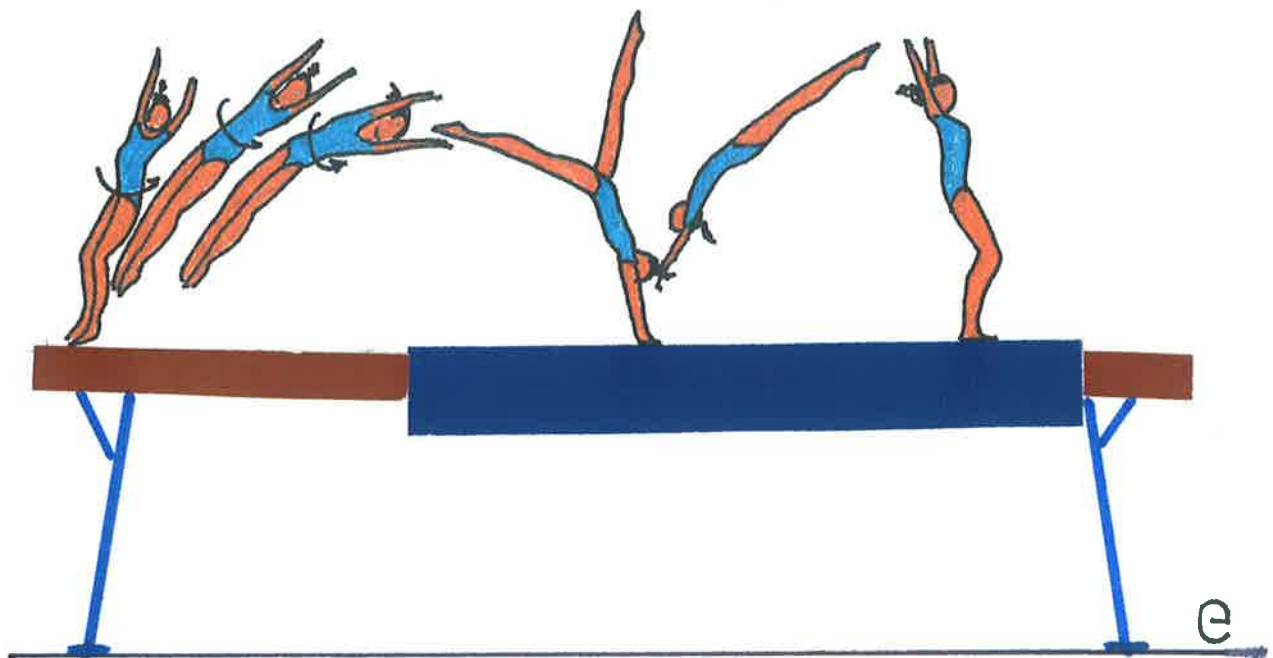
**Proposte didattiche:**

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

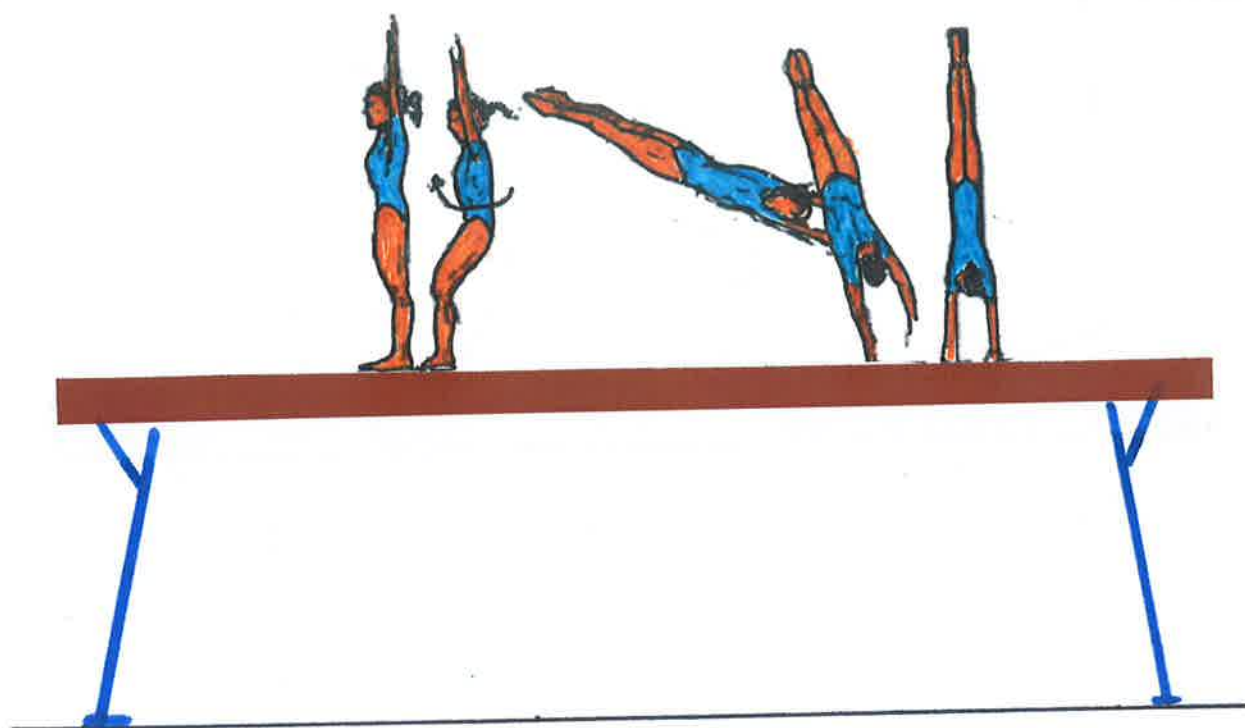




3) Eseguire il movimento alla trave alta con sopra un tappeto.

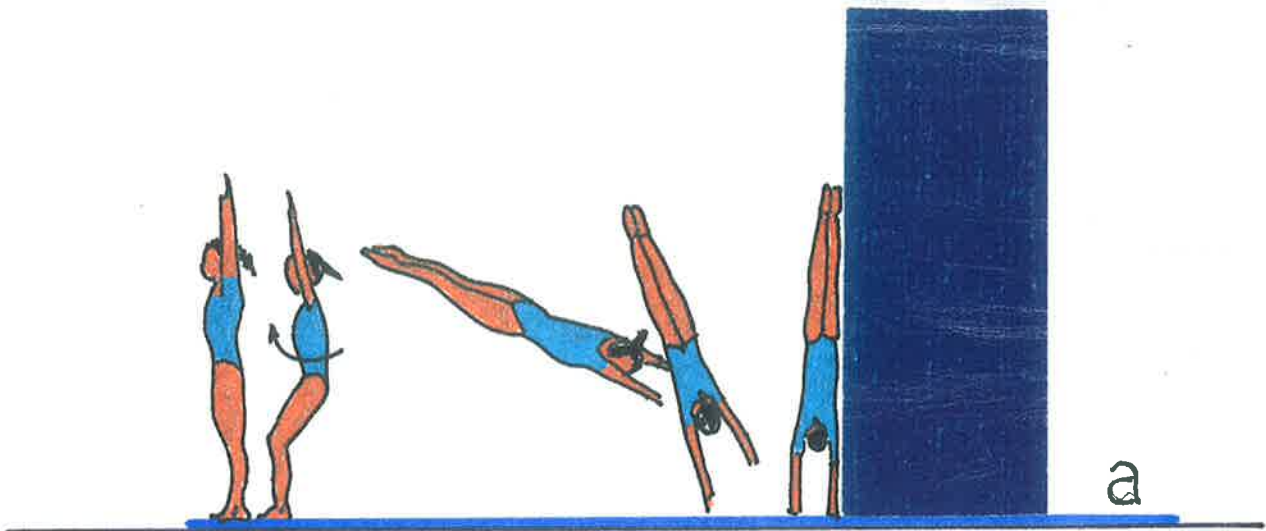


**N.9: Flic-flac con un  $\frac{1}{4}$  di giro e arrivo alla verticale ritta rovesciata.**

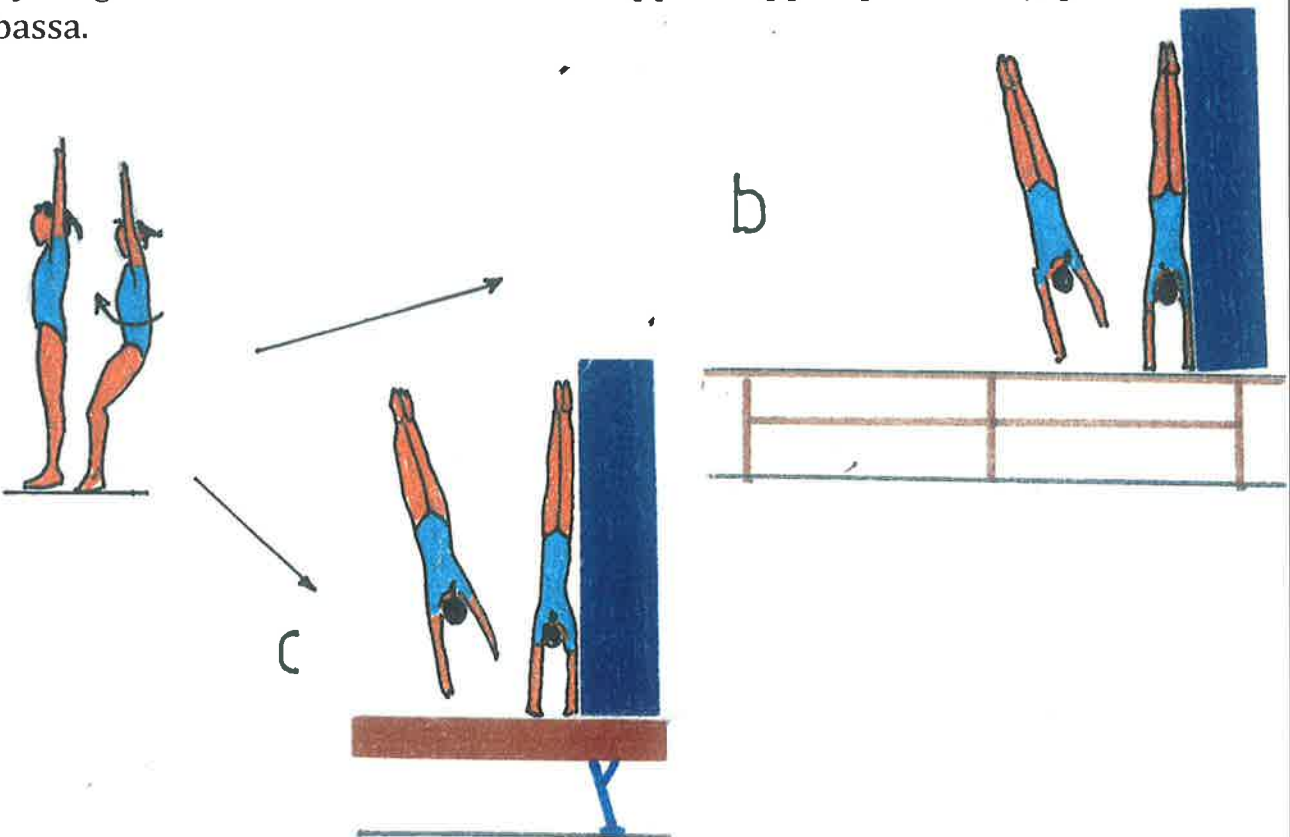


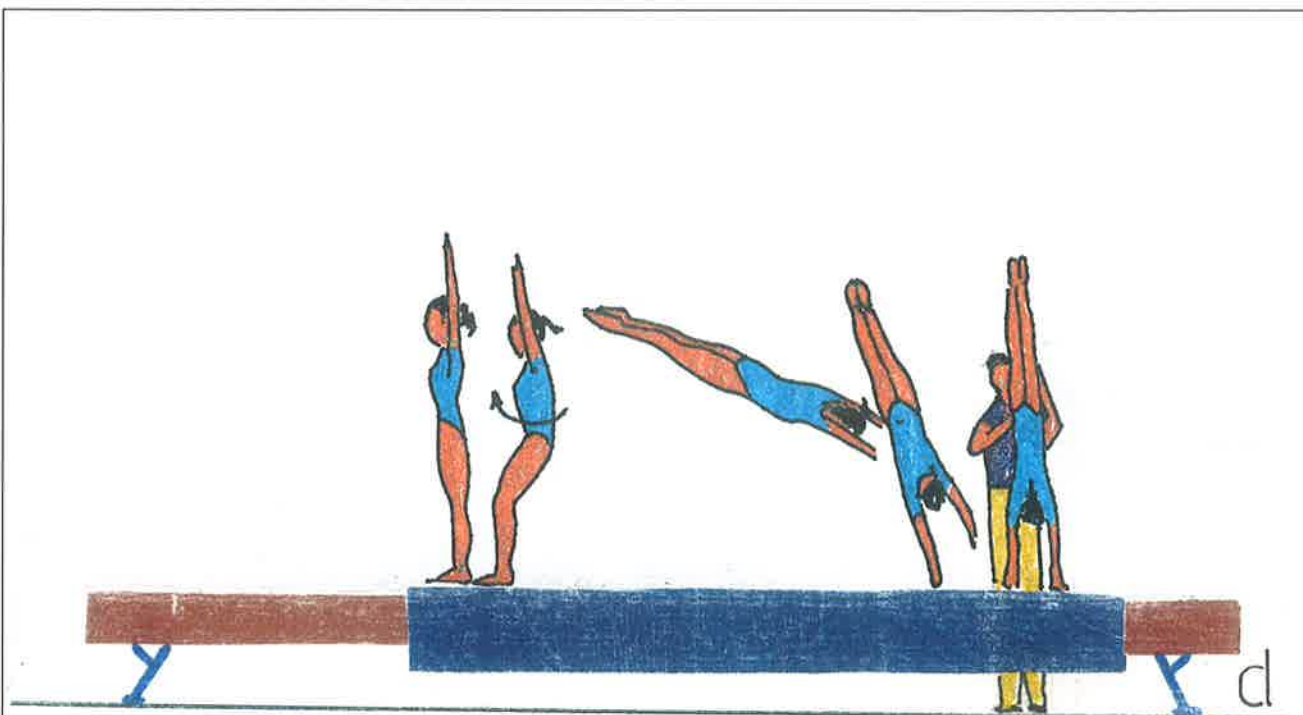
**Proposte didattiche:**

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

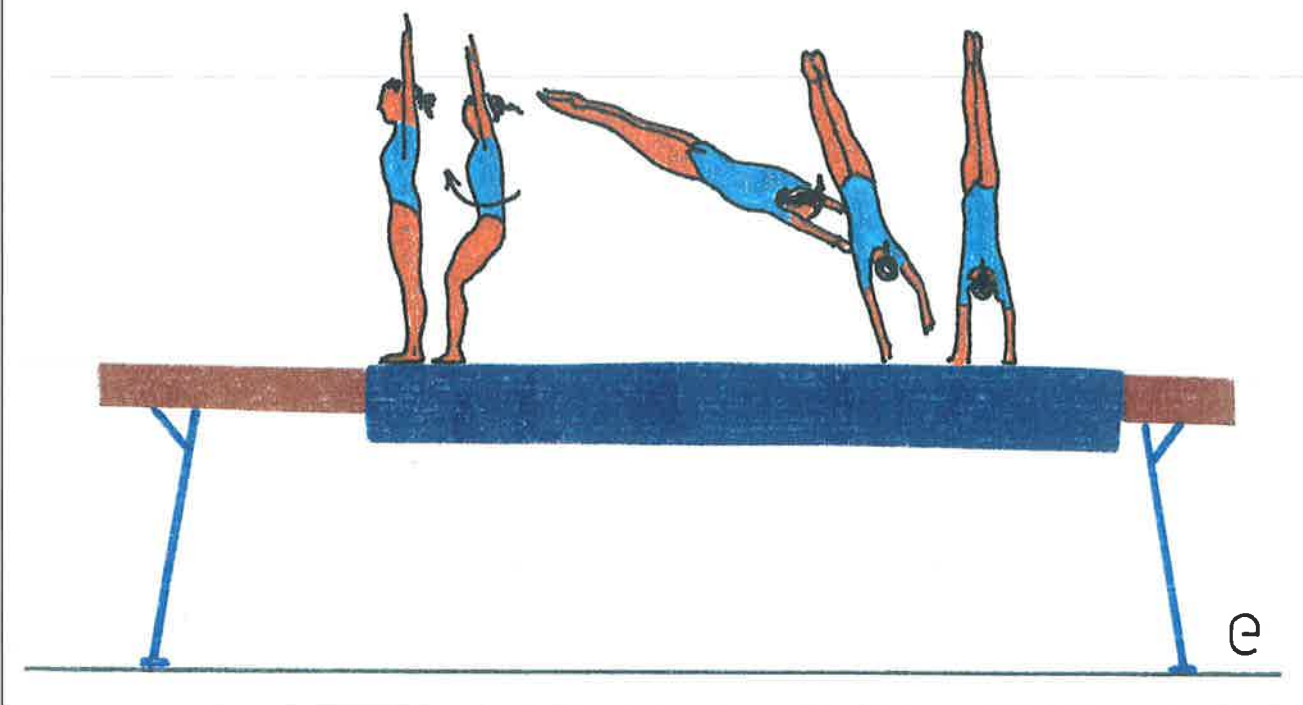


2) Eseguire il movimento utilizzando tappeti, tappeti paracadute, panca e trave bassa.

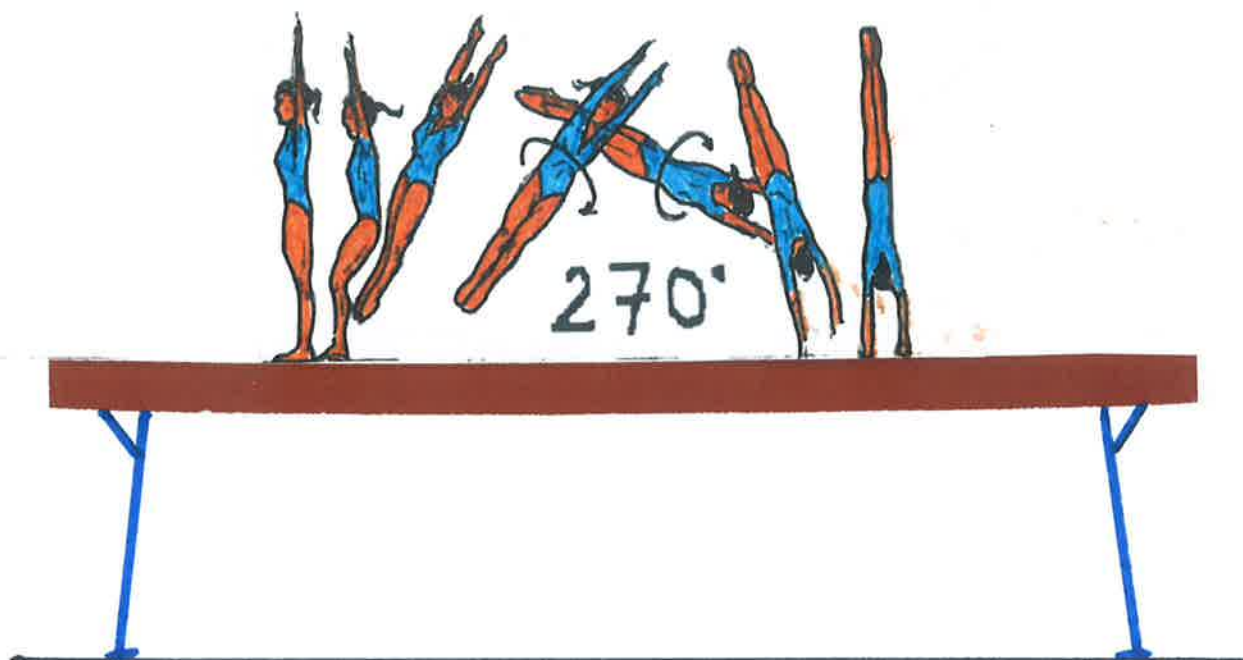




3) Eseguire il movimento alla trave alta con sopra un tappeto

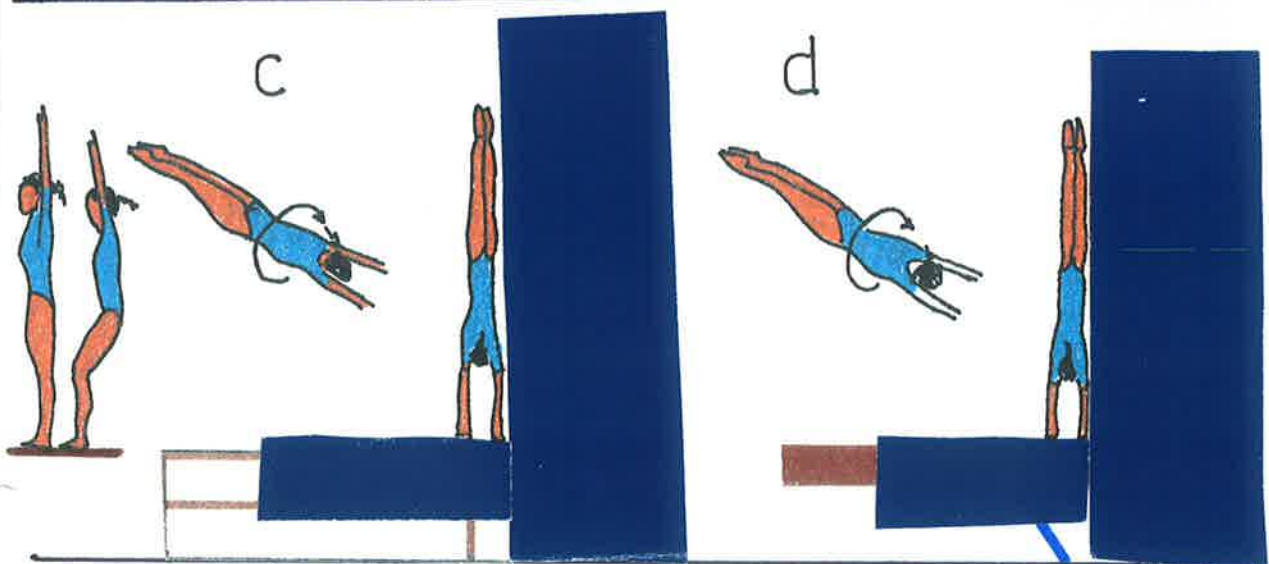
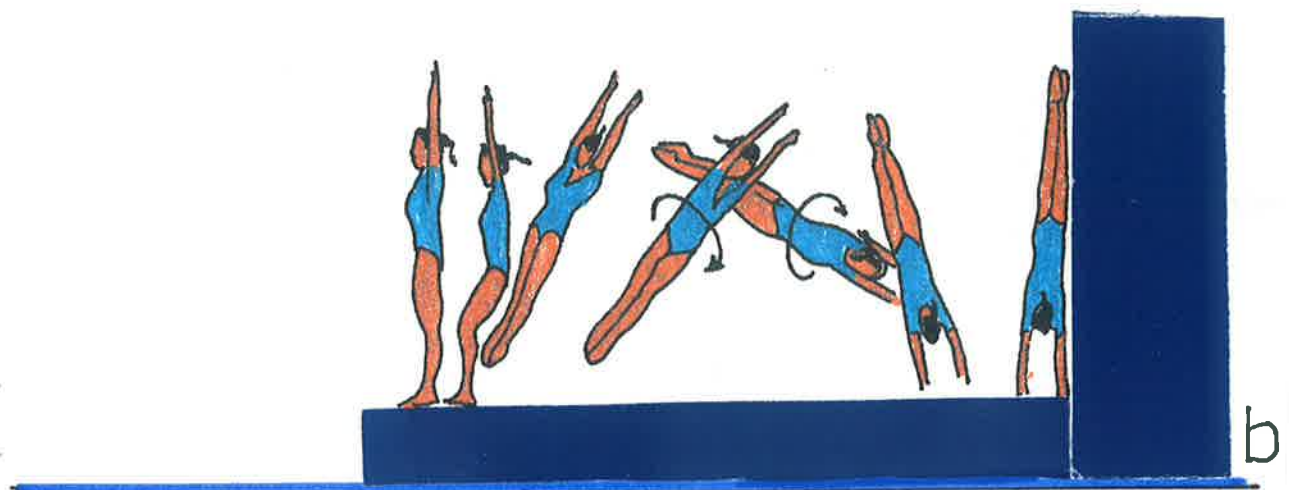
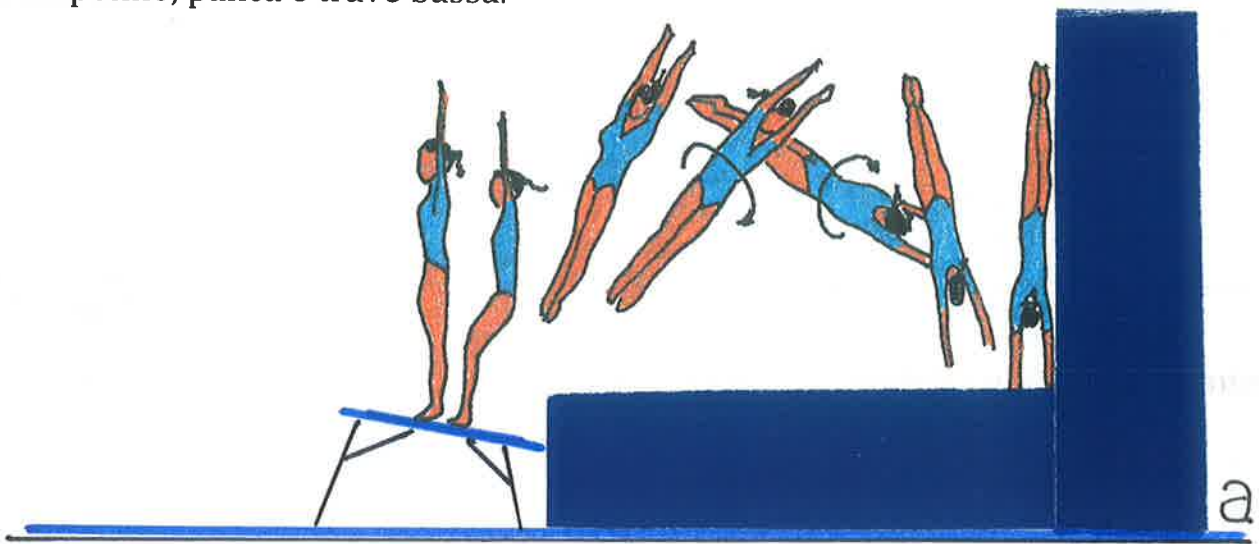


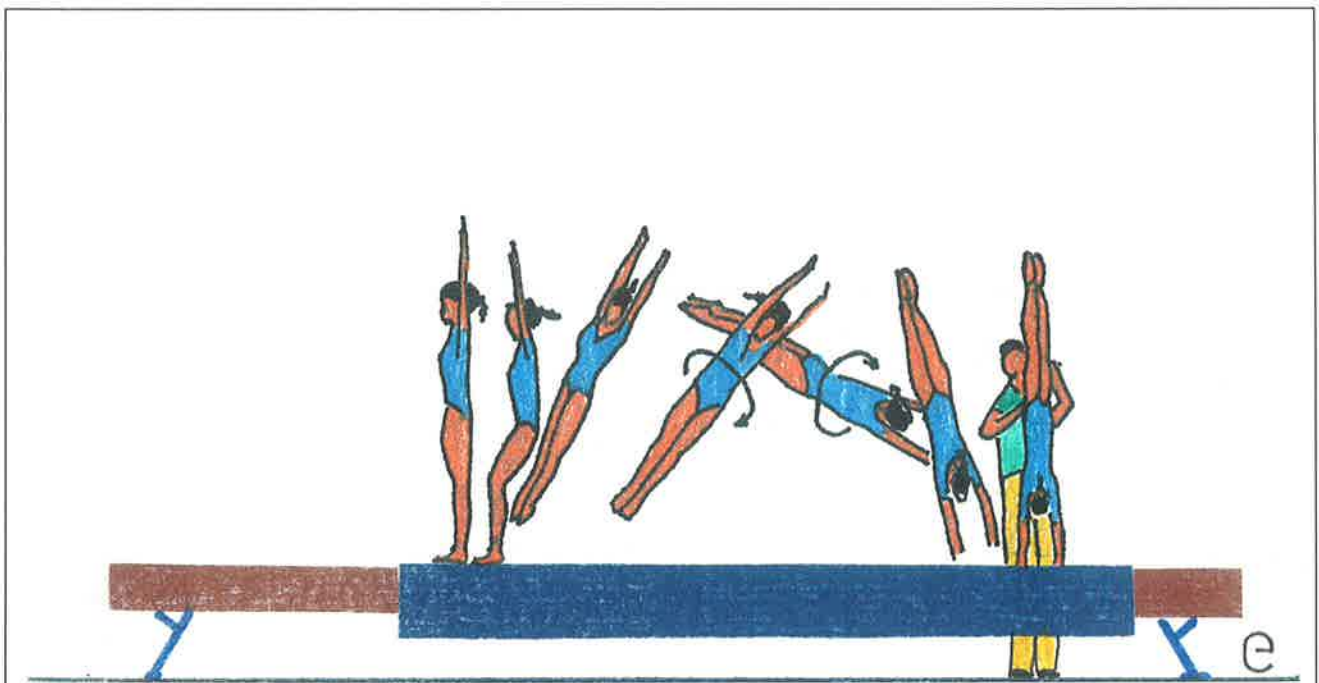
**N.10: Flic-flac con un giro di 270° e arrivo alla verticale ritta rovesciata.**



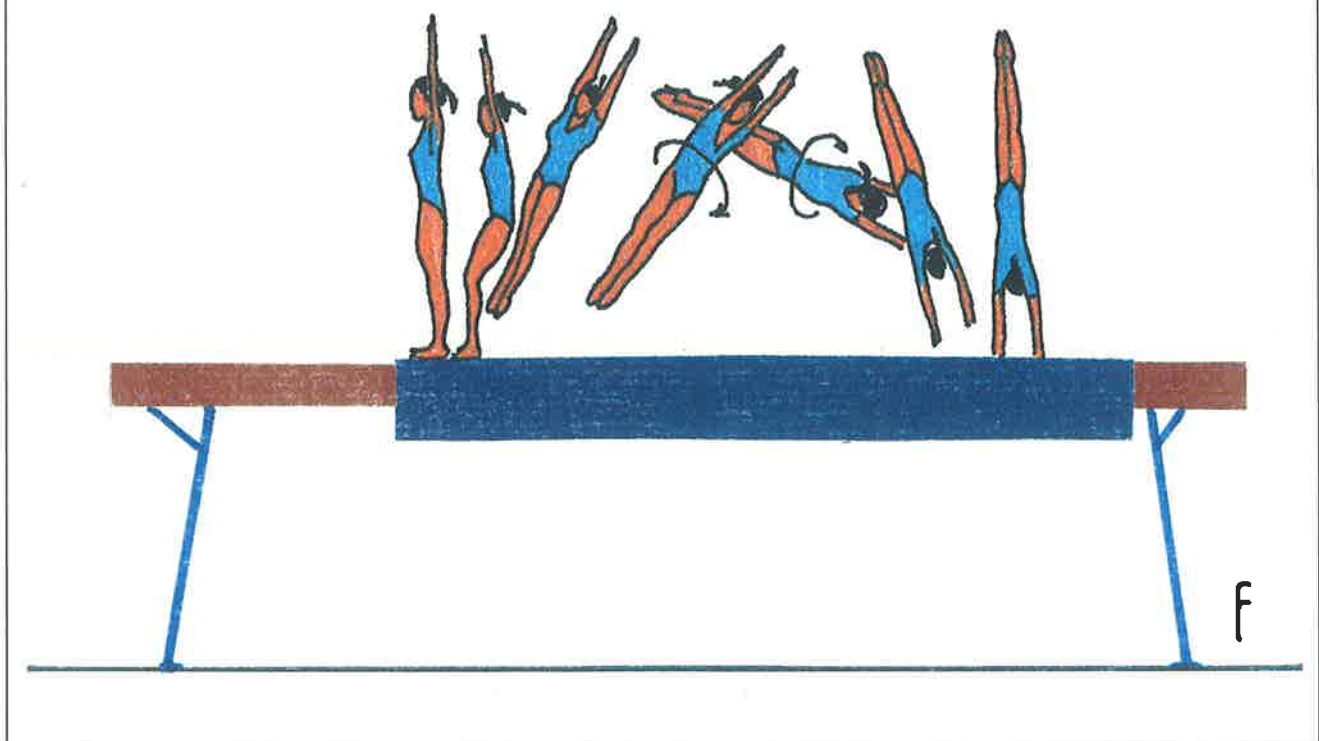
**Proposte didattiche:**

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



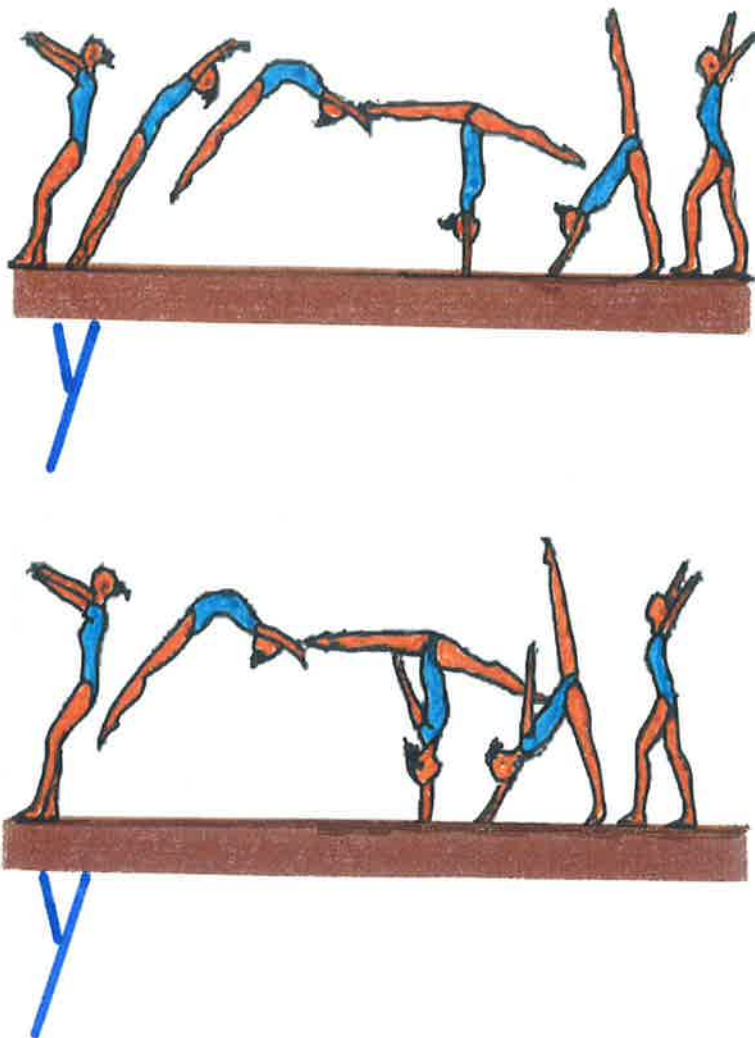


2) Eseguire il movimento alla trave alta con sopra un tappeto



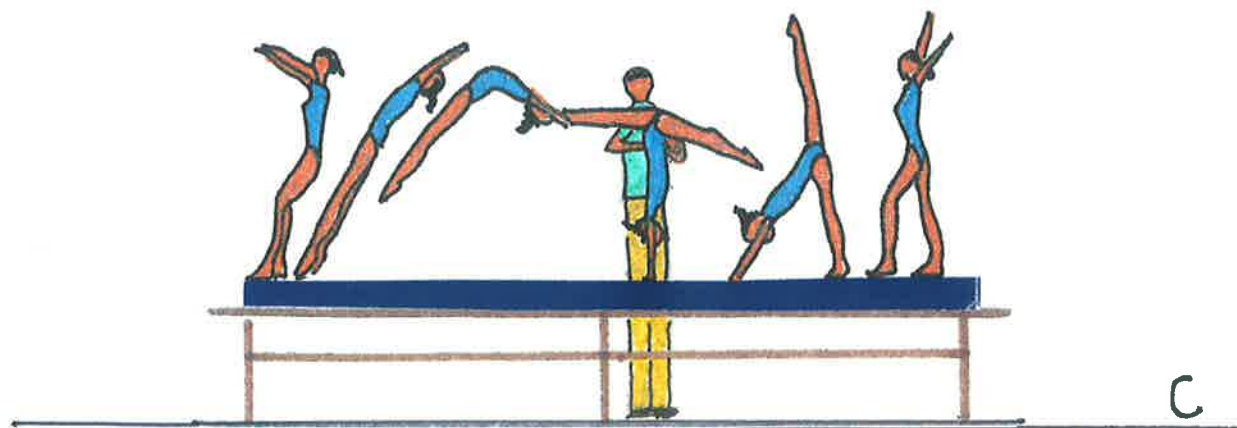
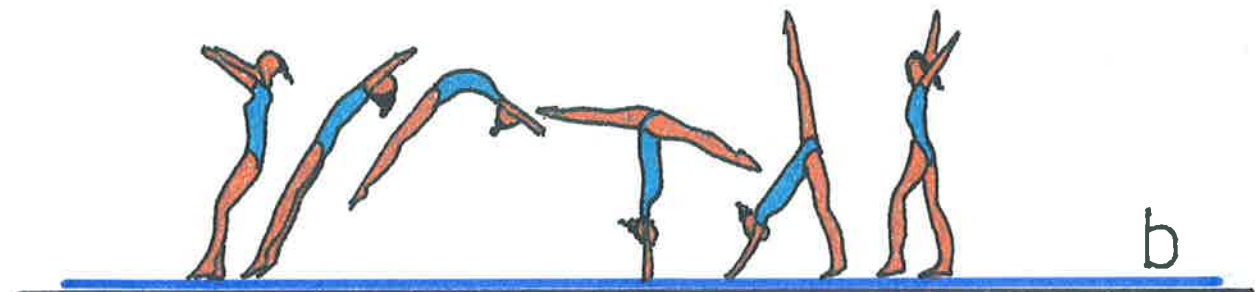
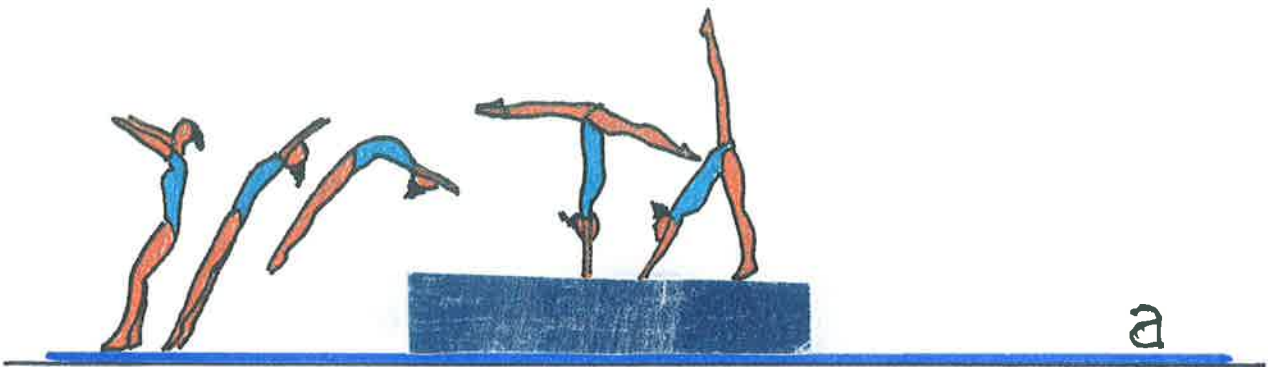


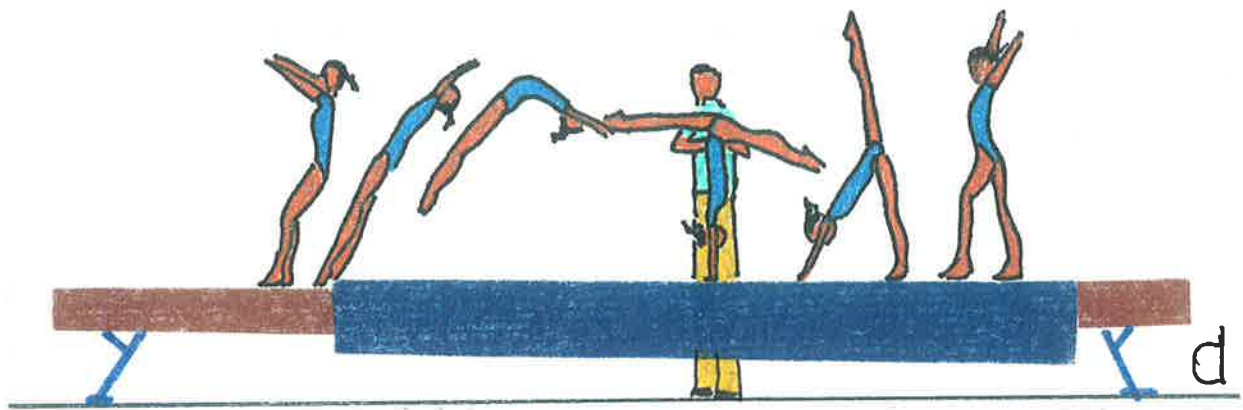
**N.11: Flic-flac con passaggio alla verticale ritta rovesciata (anche su un braccio) a gambe divaricate.**



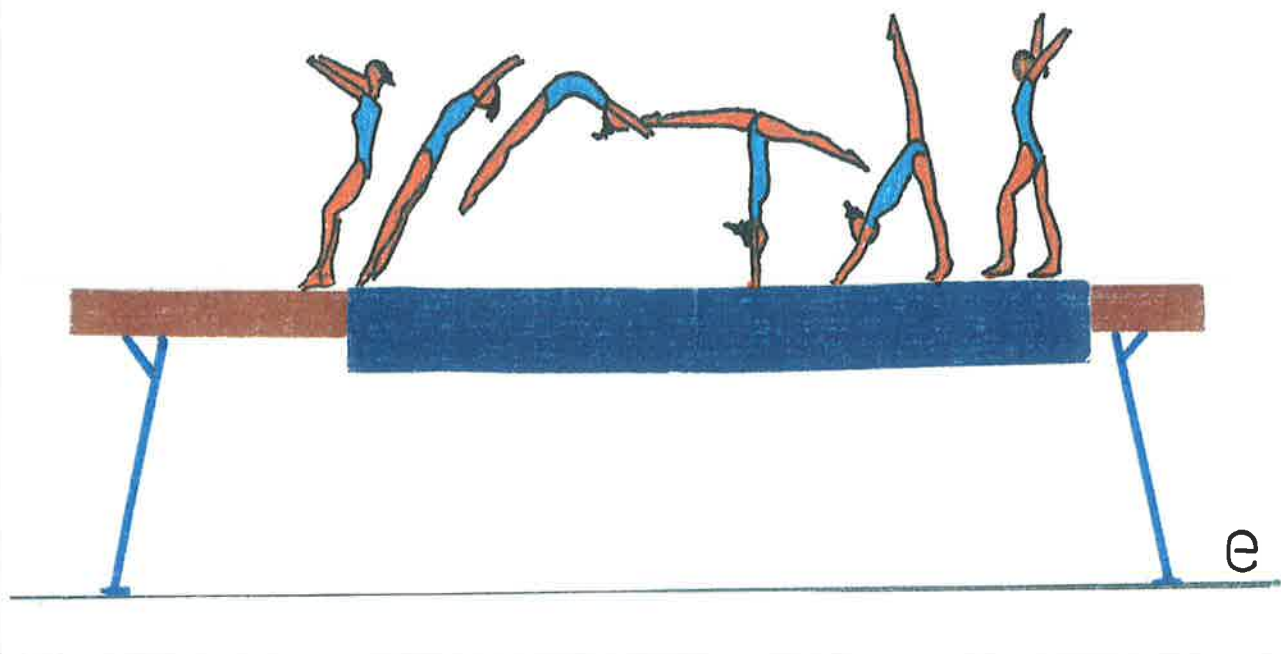
**Proposte didattiche:**

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

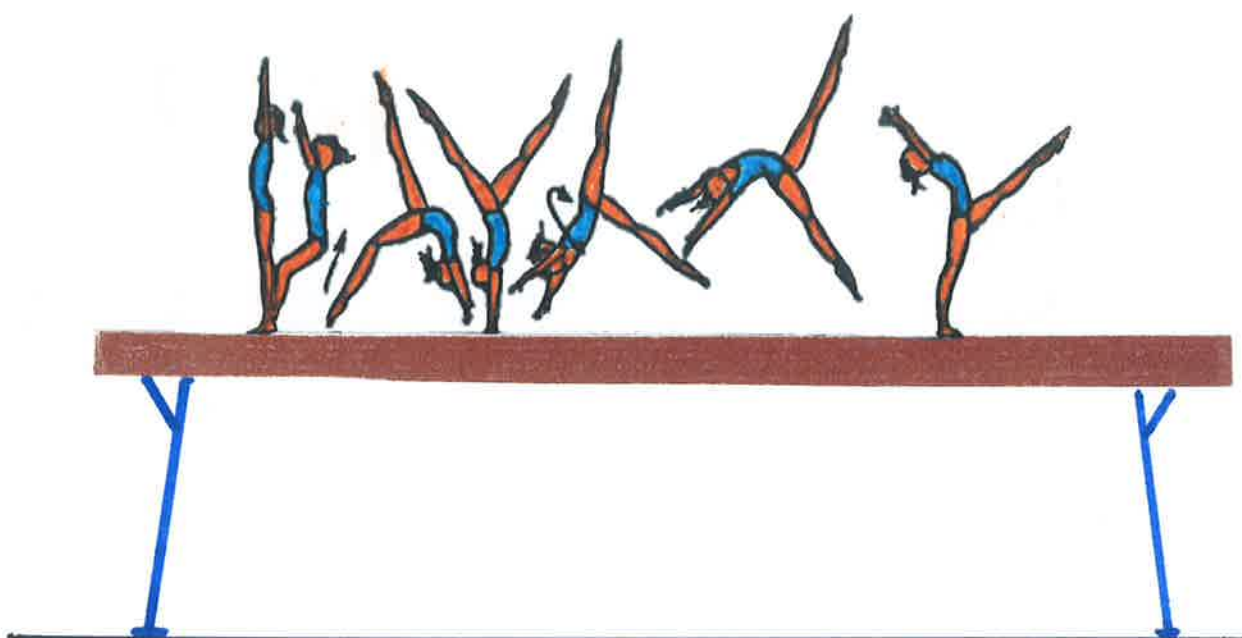




2) Eseguire il movimento alla trave alta con sopra un tappeto

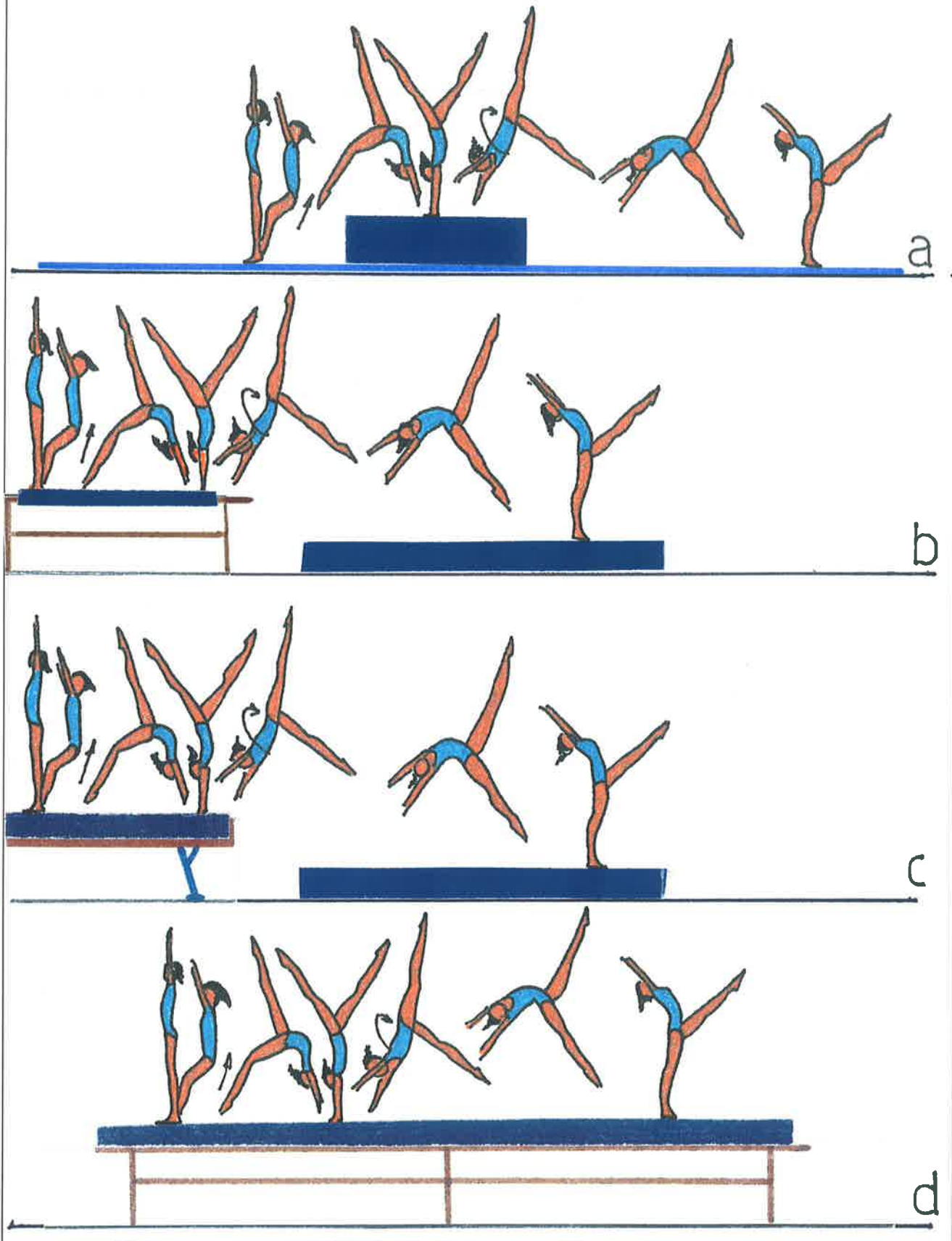


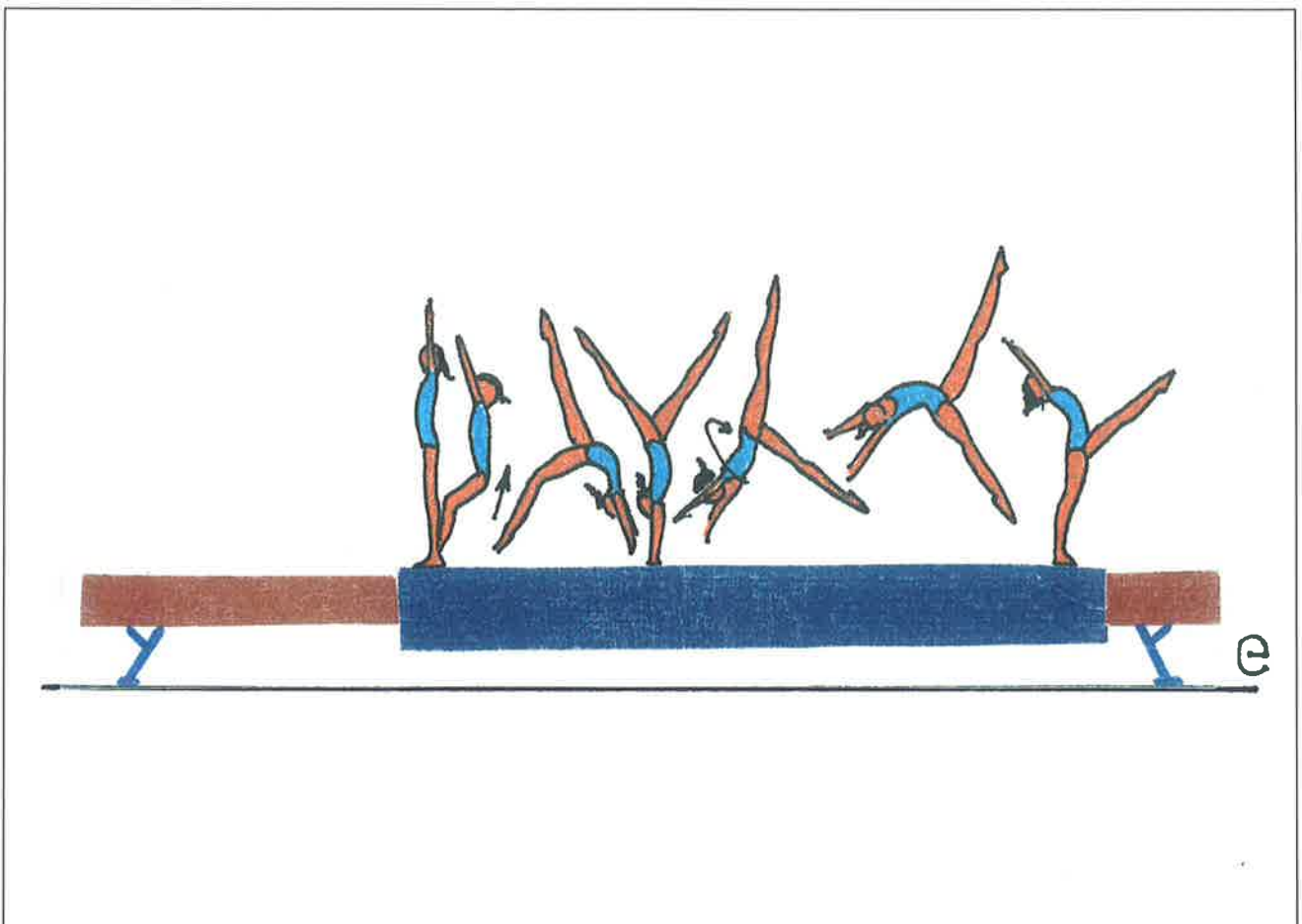
**N.12: Flic-flac con passaggio alla verticale rovesciata a gambe divaricate, courbette con  $\frac{1}{2}$  giro e arrivo in appoggio su un arto inferiore.**



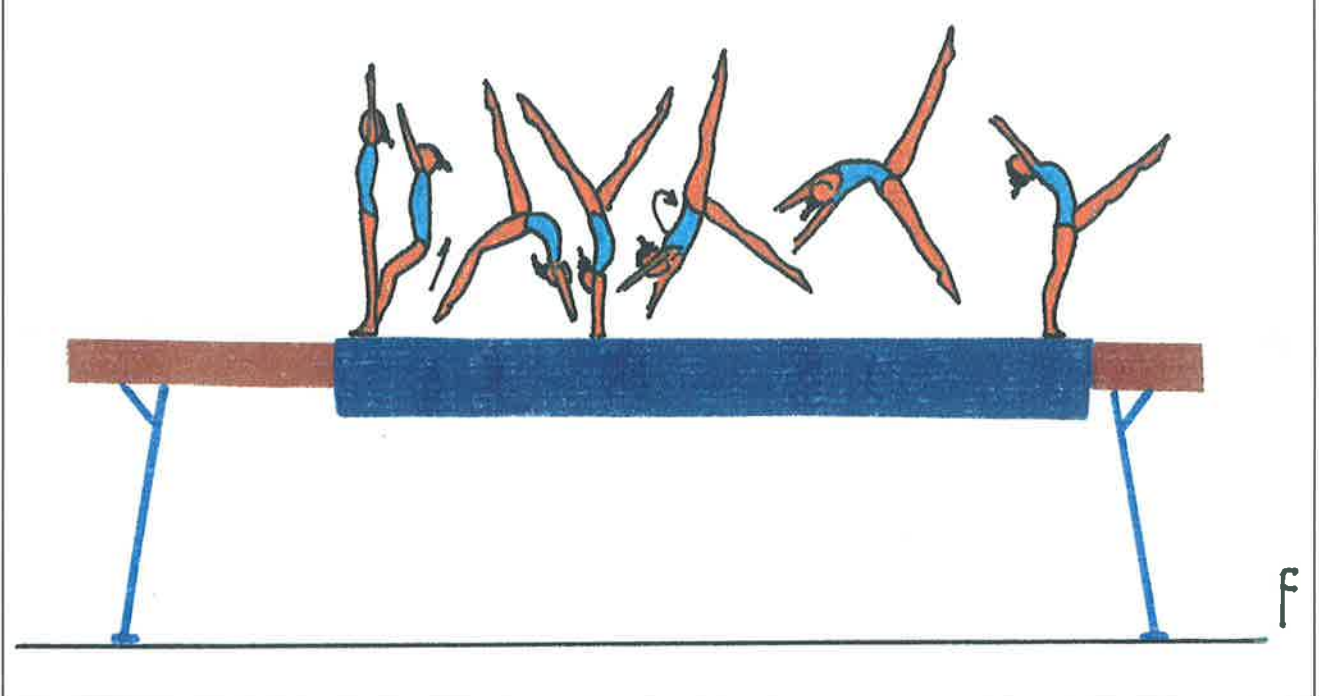
**Proposte didattiche:**

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

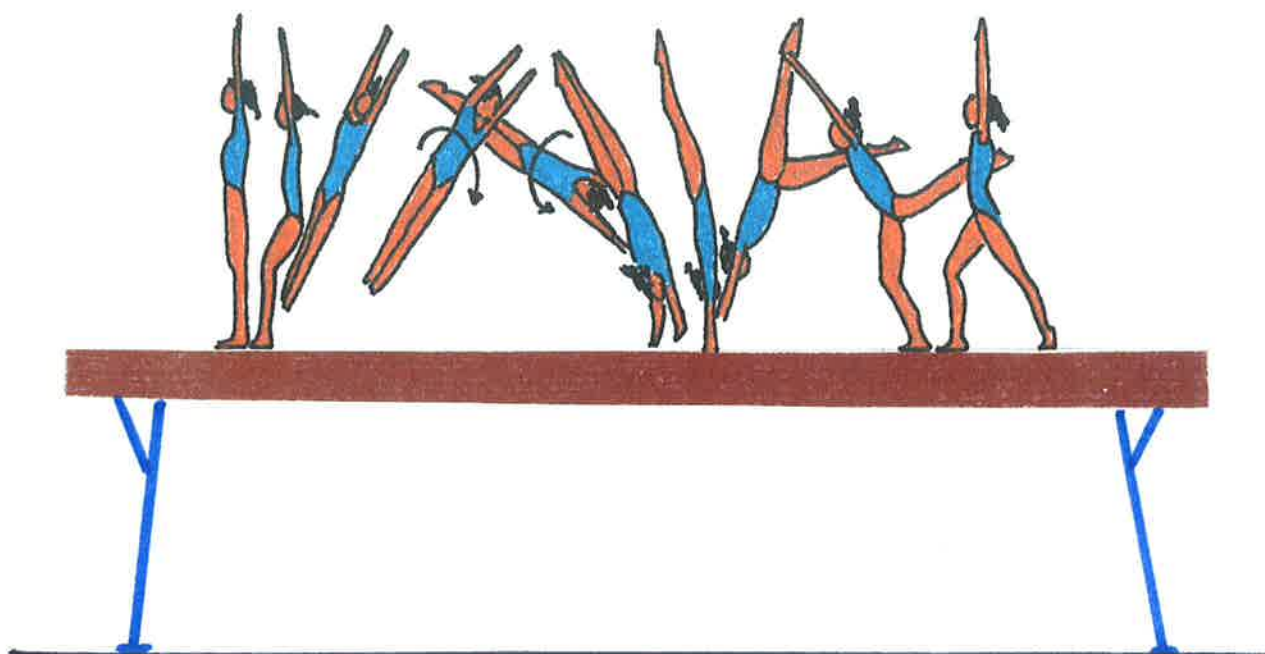




2) Eseguire il movimento alla trave alta con sopra un tappeto

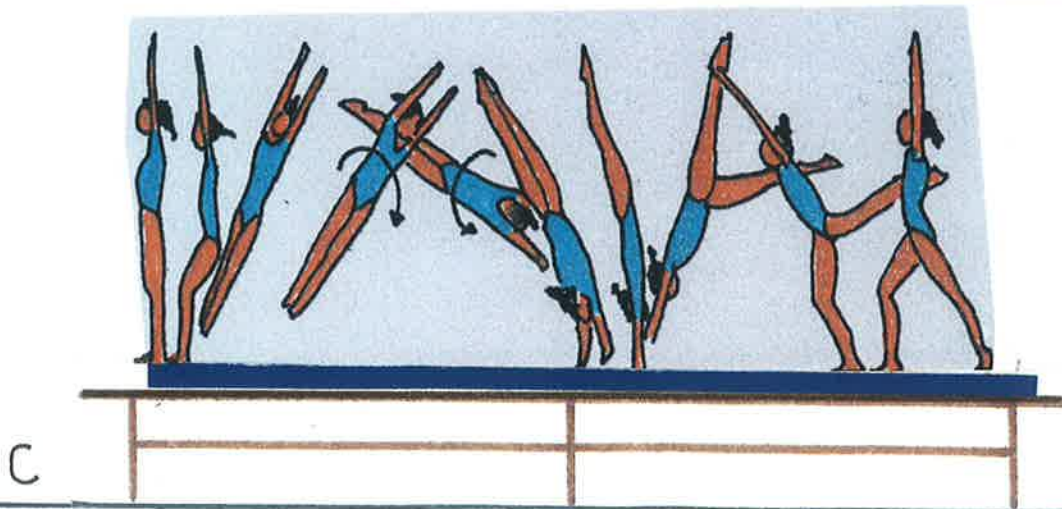
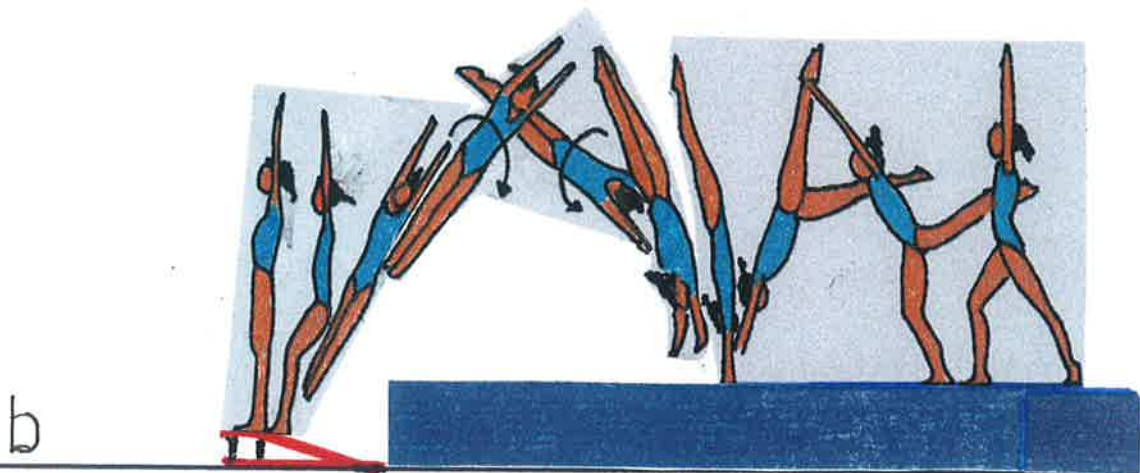
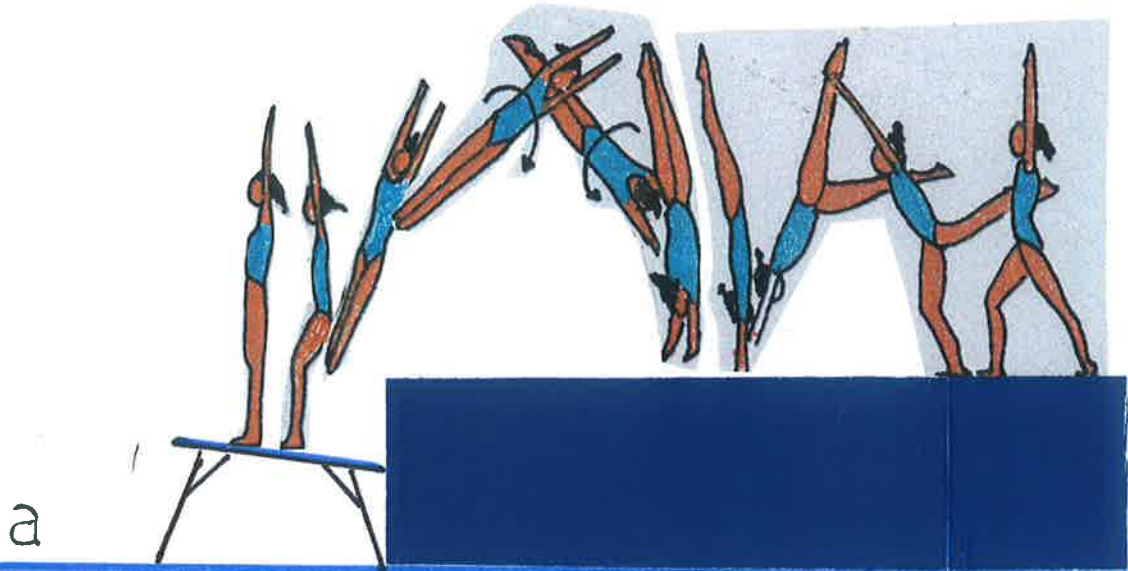


**N.13: Flic-flac con 360° di rotazione del corpo sull'asse longitudinale, prima di appoggiare le mani sulla trave.**

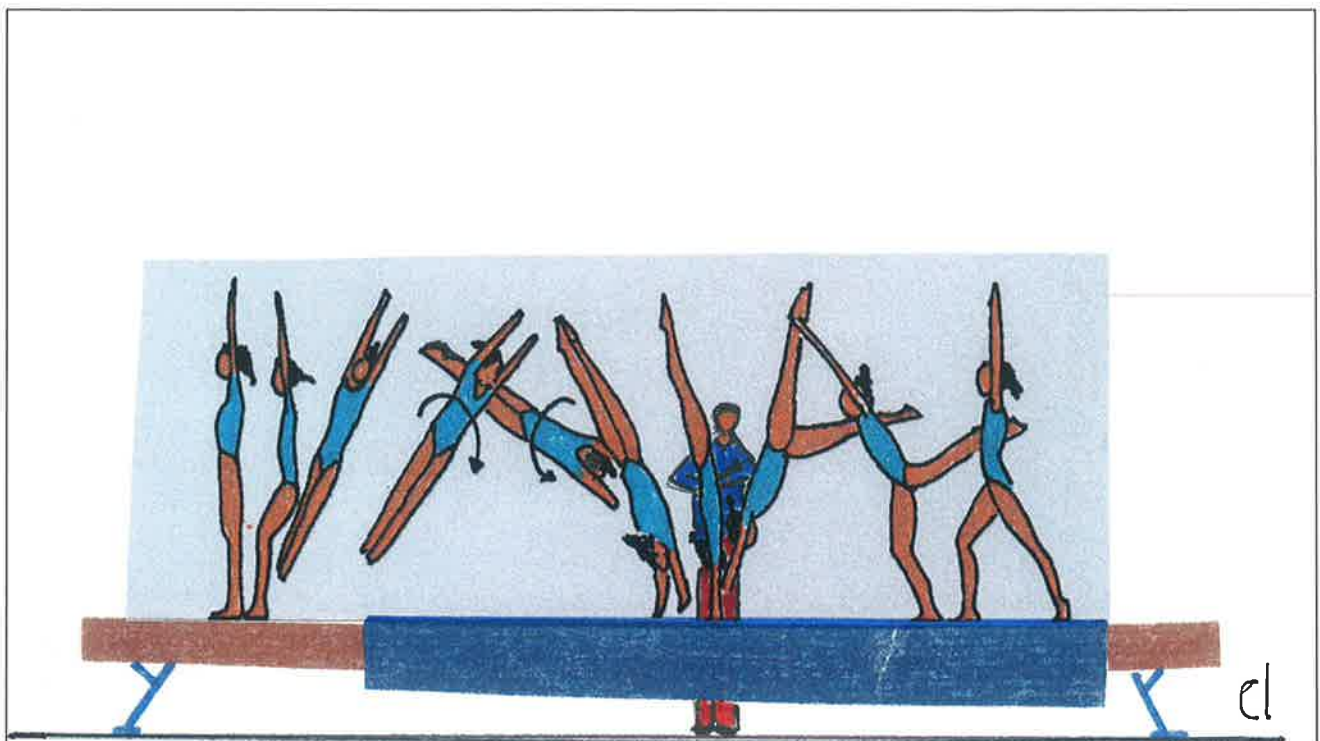


**Proposte didattiche:**

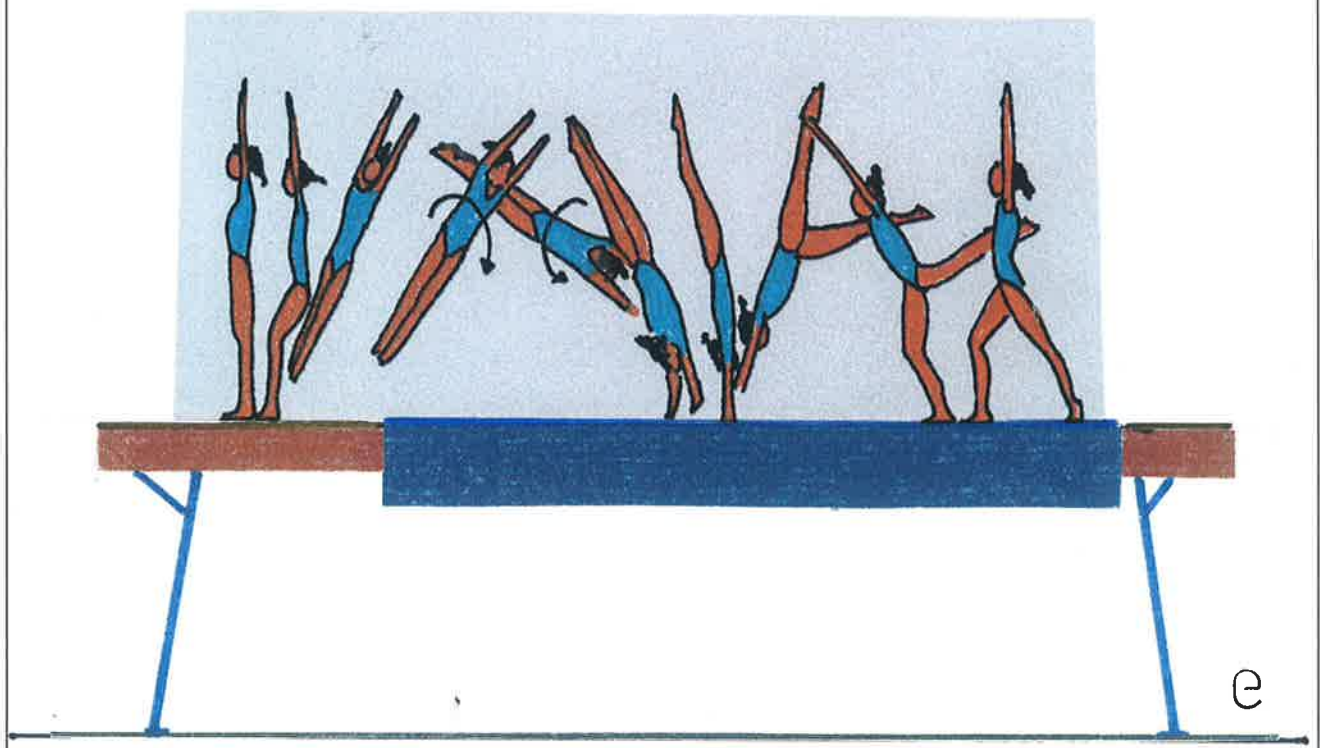
1) Eseguire il movimento utilizzando tappeti, tappeti paracadute, mini trampolino, pedana elastica, panca e trave bassa.



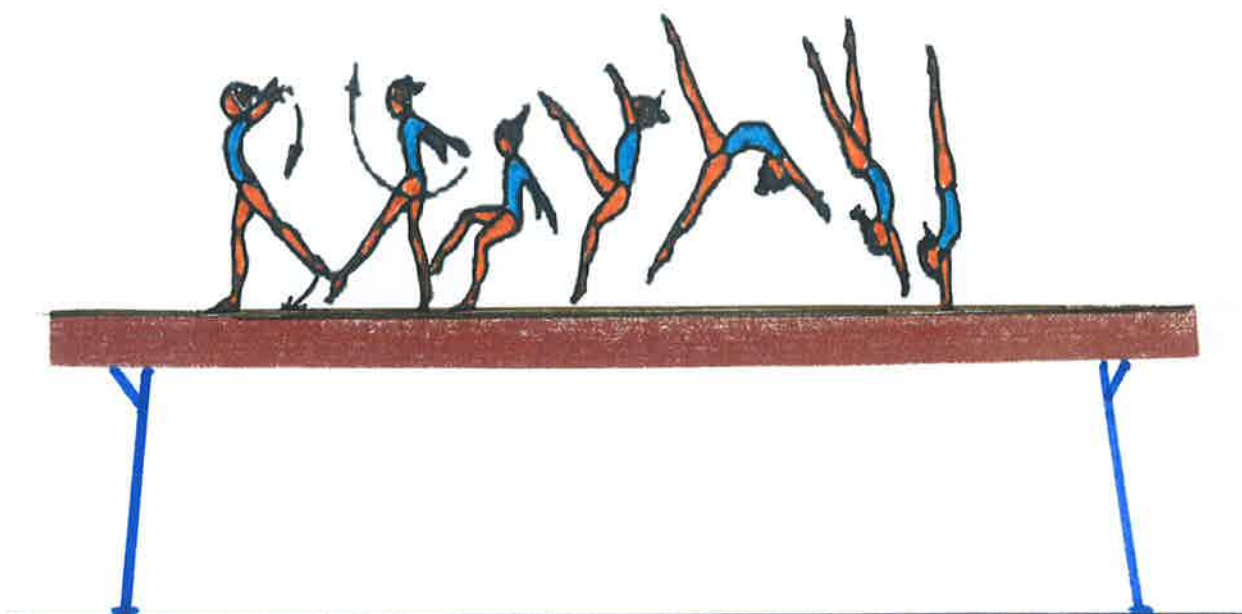




2) Eseguire il movimento alla trave alta con sopra un tappeto

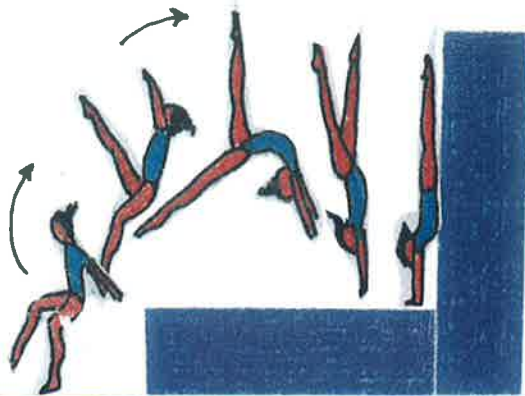


**N.14: Eseguire il movimento di flic flac con la spinta su un arto inferiore e slancio degli arti superiori e l'altra gamba a verso l'alto arrivando alla verticale ritta rovesciata.**



**Proposte didattiche:**

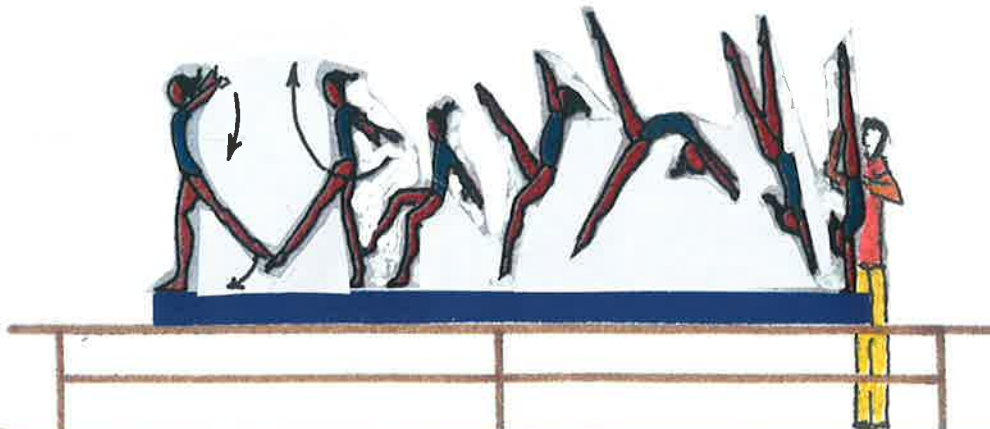
1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando tappeti e tappeti paracadute.



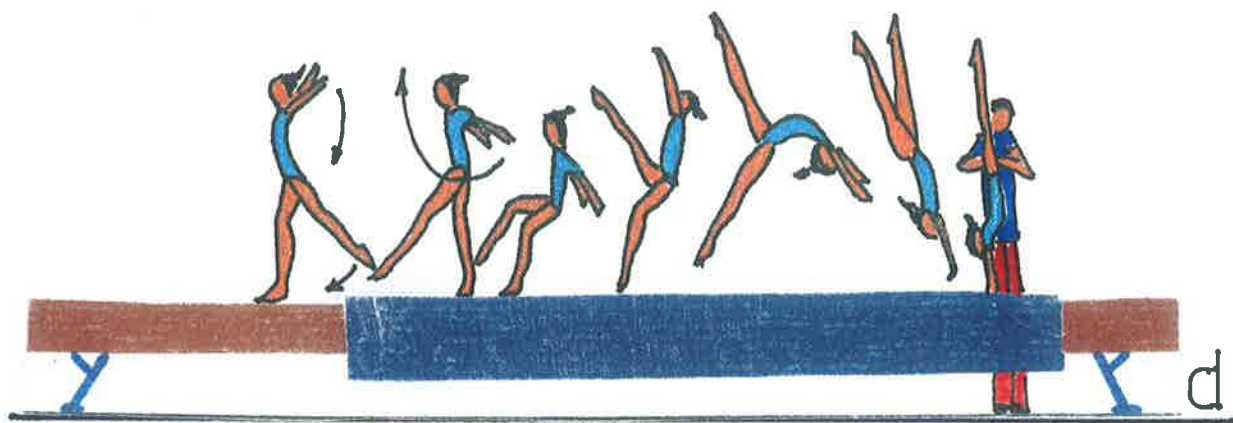
a



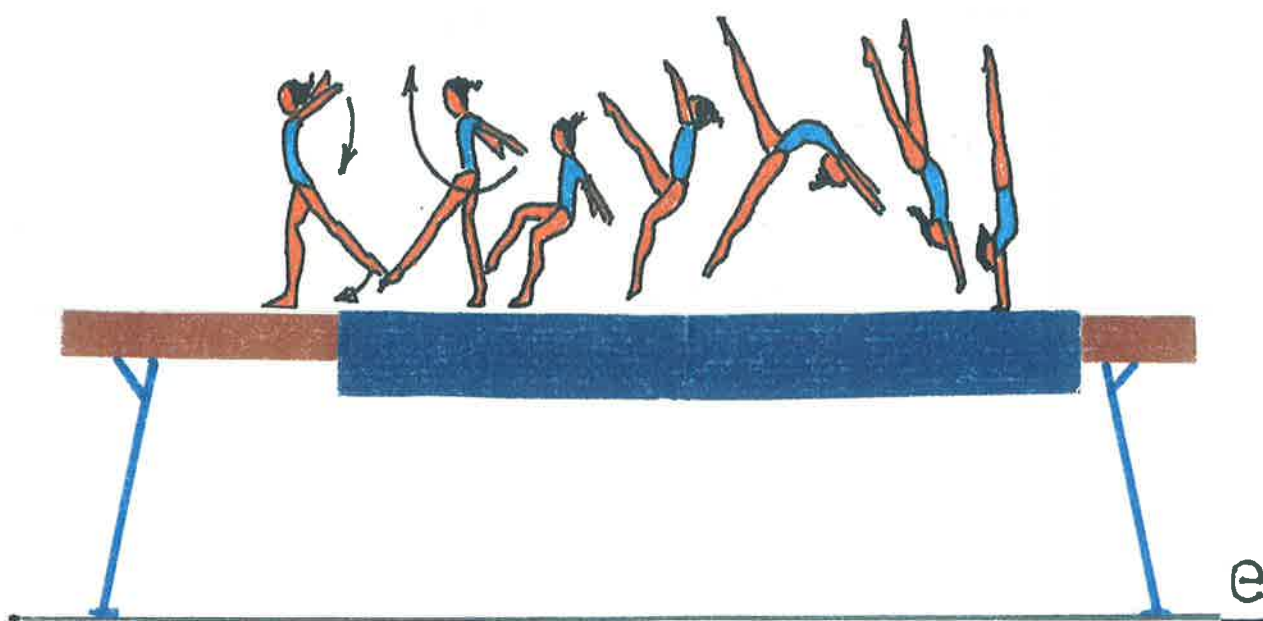
b



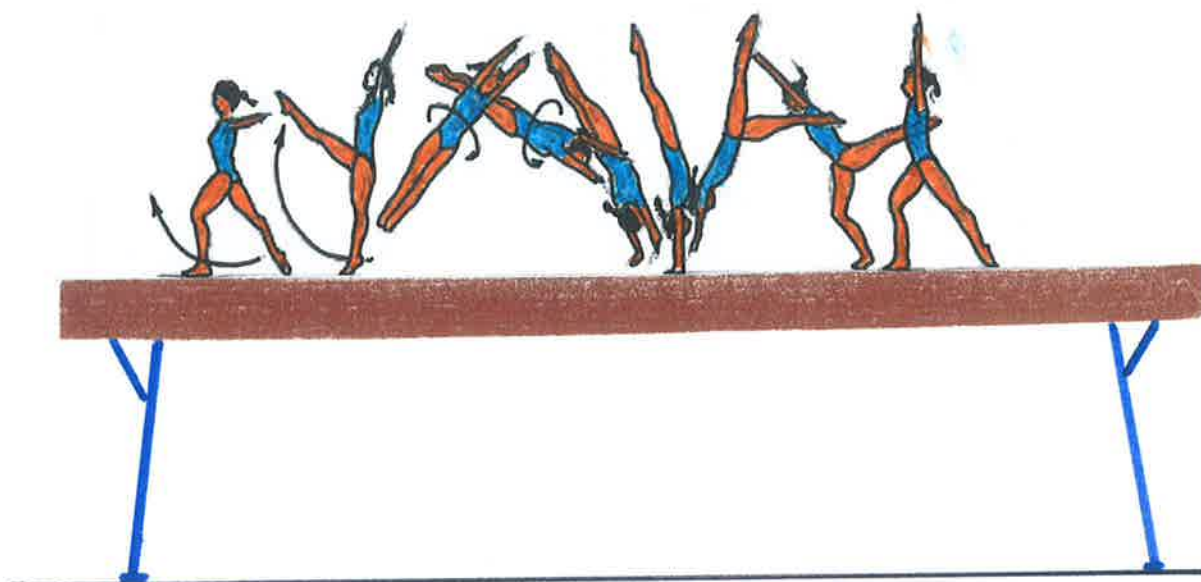
c



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

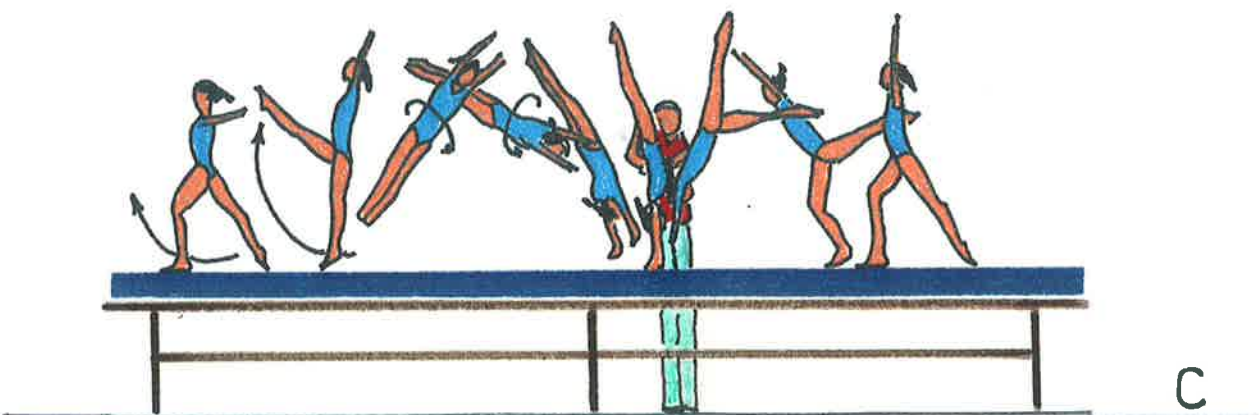
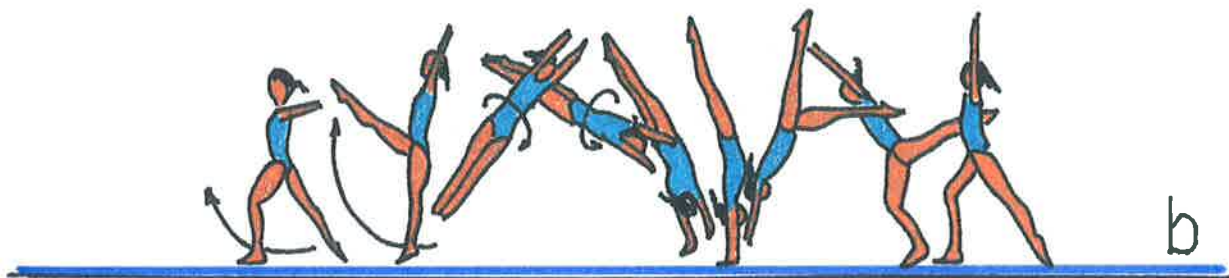
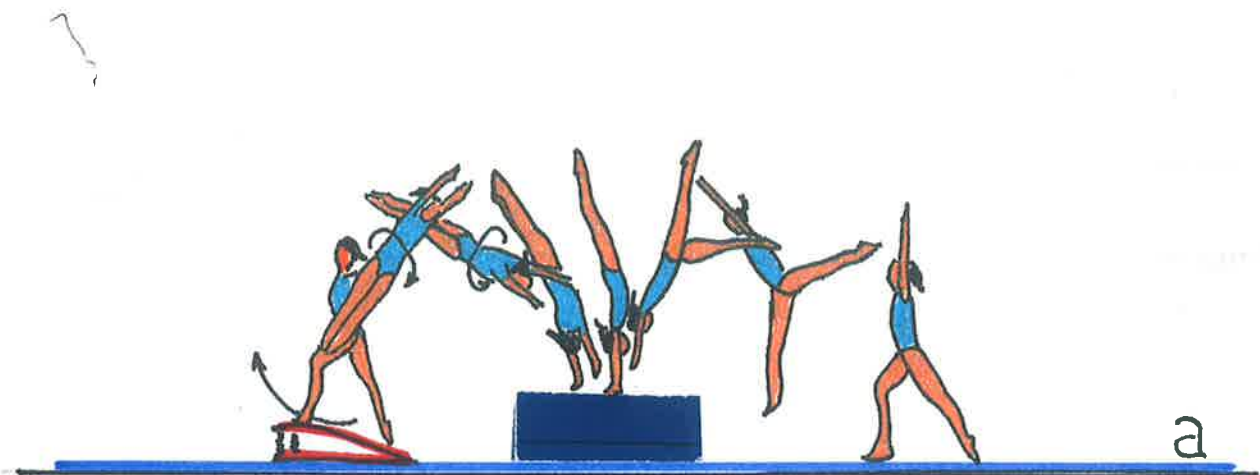


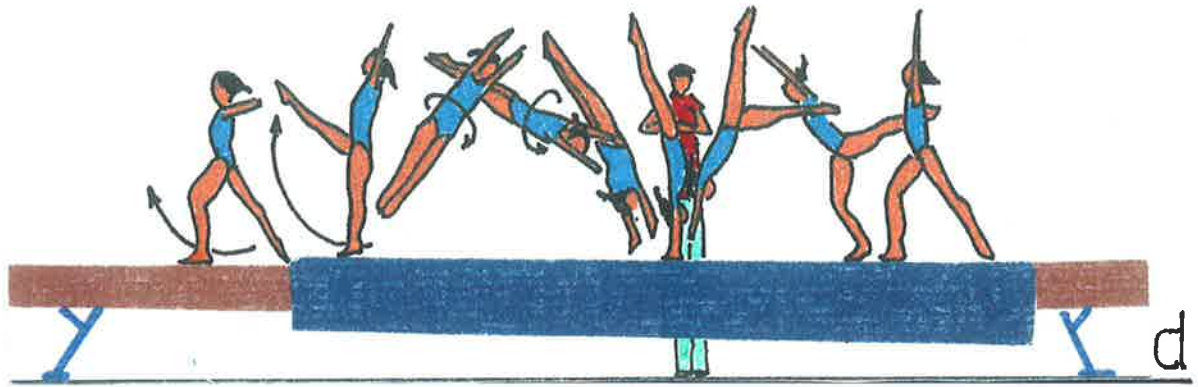
**N.15: Eseguire un flic-flac con la spinta su un arto inferiore, slancio degli arti superiori e dell'altra gamba verso l'alto, compiendo un avvitamento sull'asse longitudinale prima dell'appoggio sulle mani.**



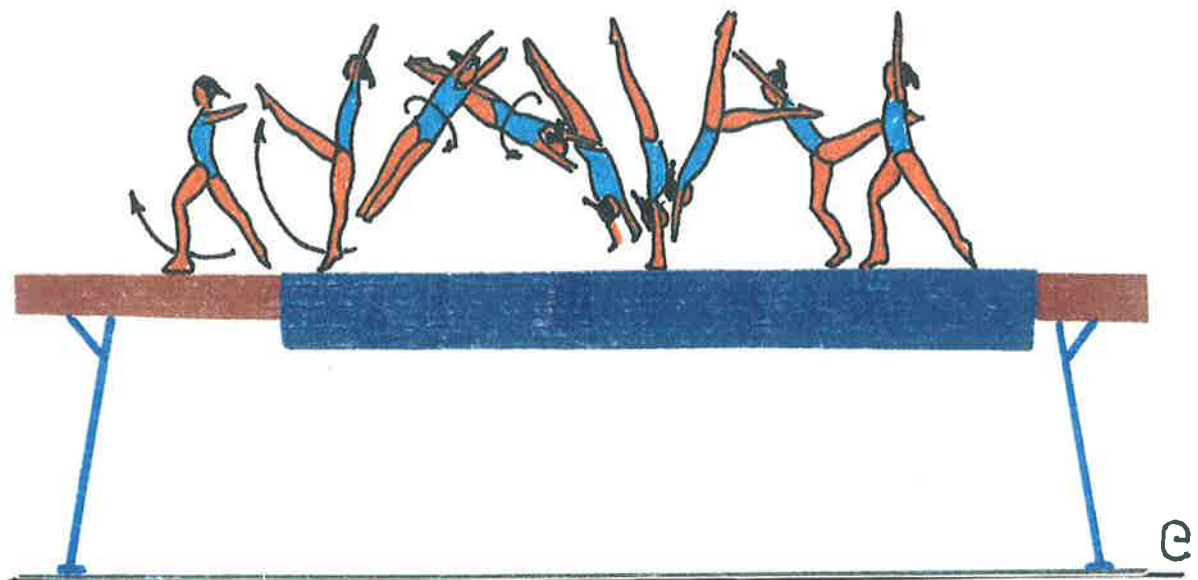
**Proposte didattiche:**

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

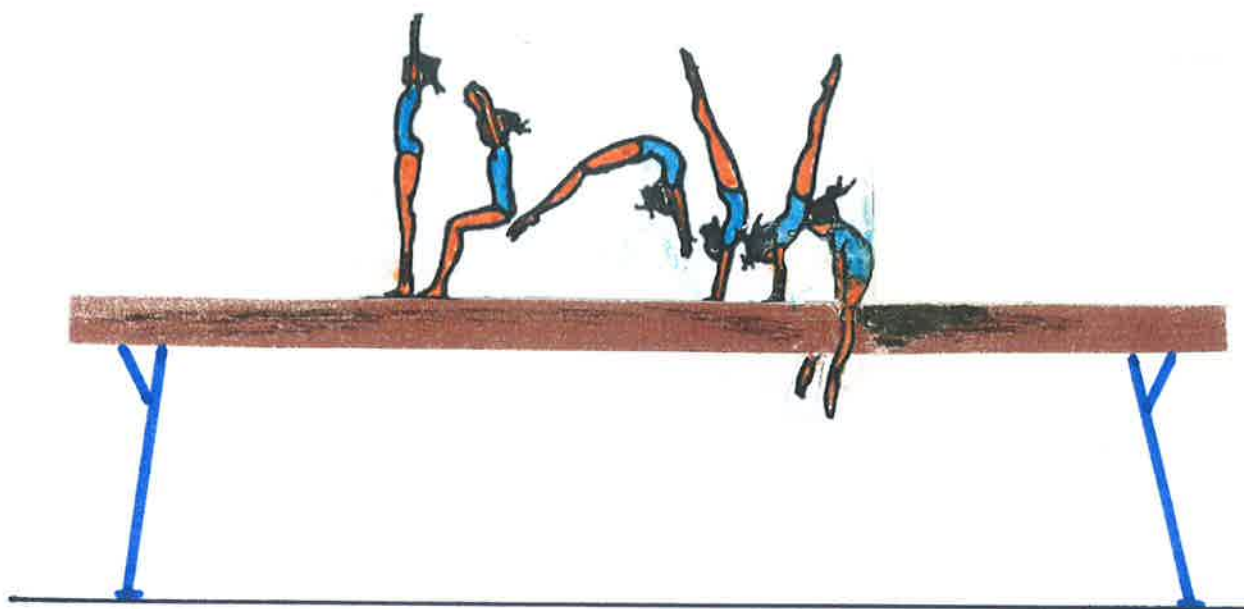




2) Eseguire il movimento alla trave alta con sopra un tappeto.



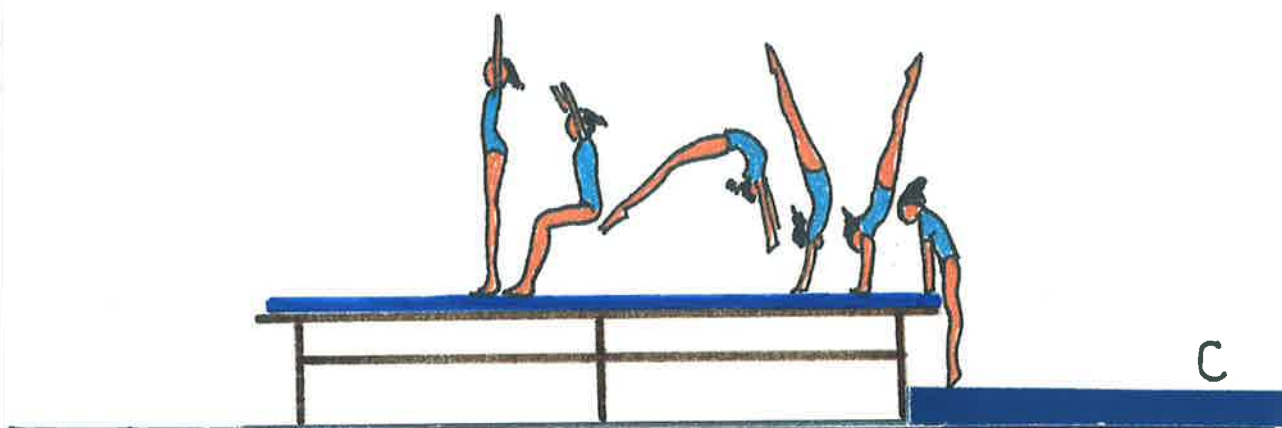
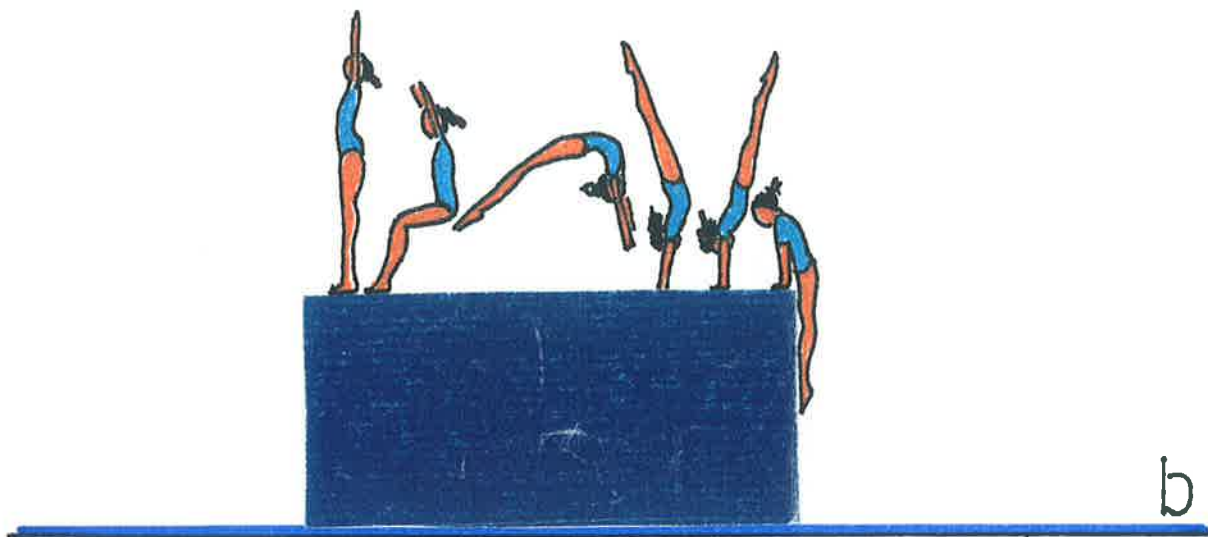
**N.16: Flic-flac con arrivo "in seduta" a gambe divaricate.**

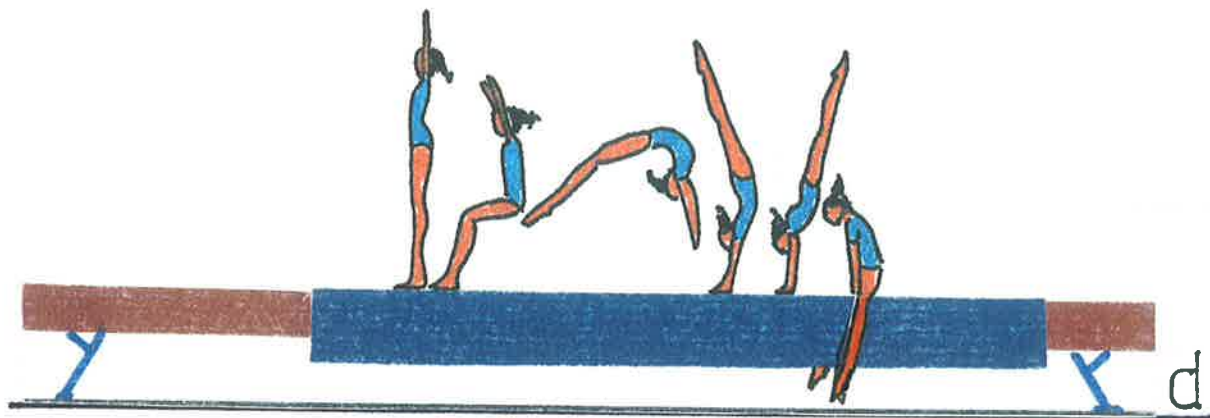




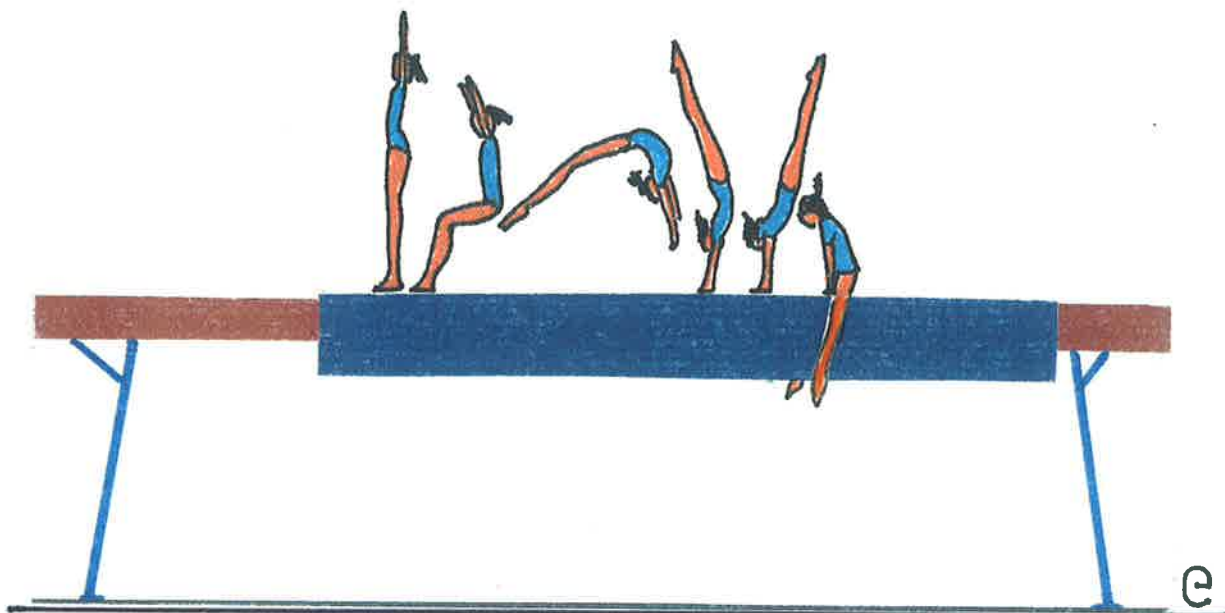
**Proposte didattiche:**

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

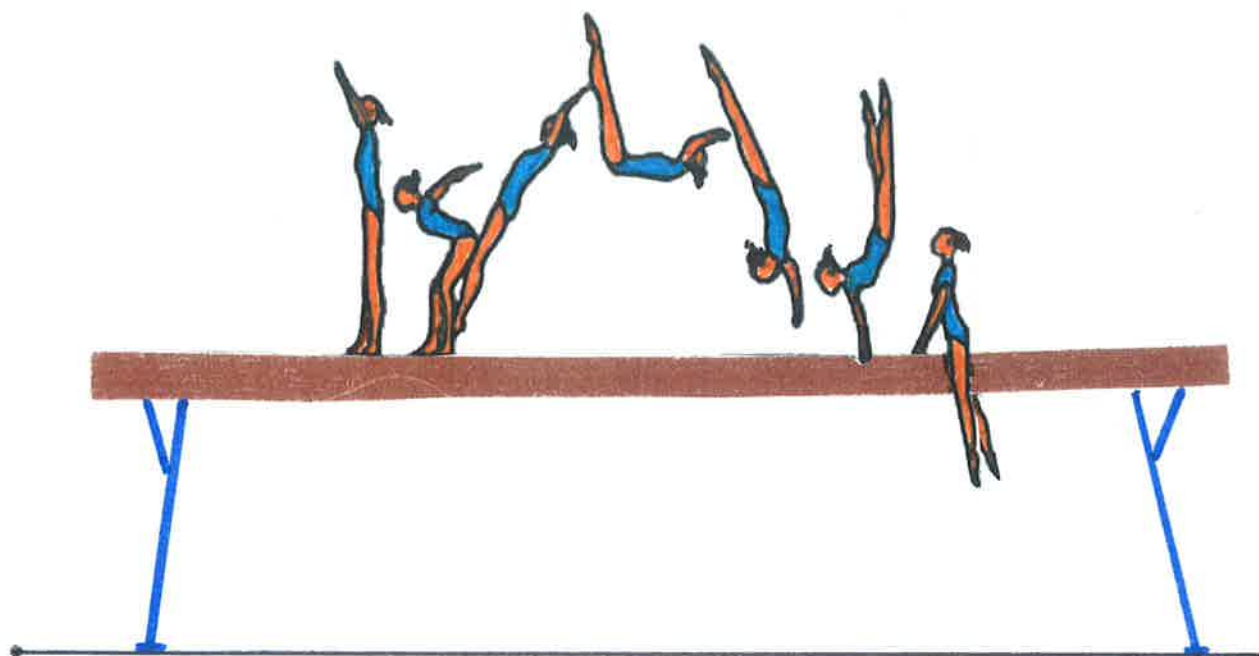




2) Eseguire il movimento alla trave alta con sopra un tappeto.

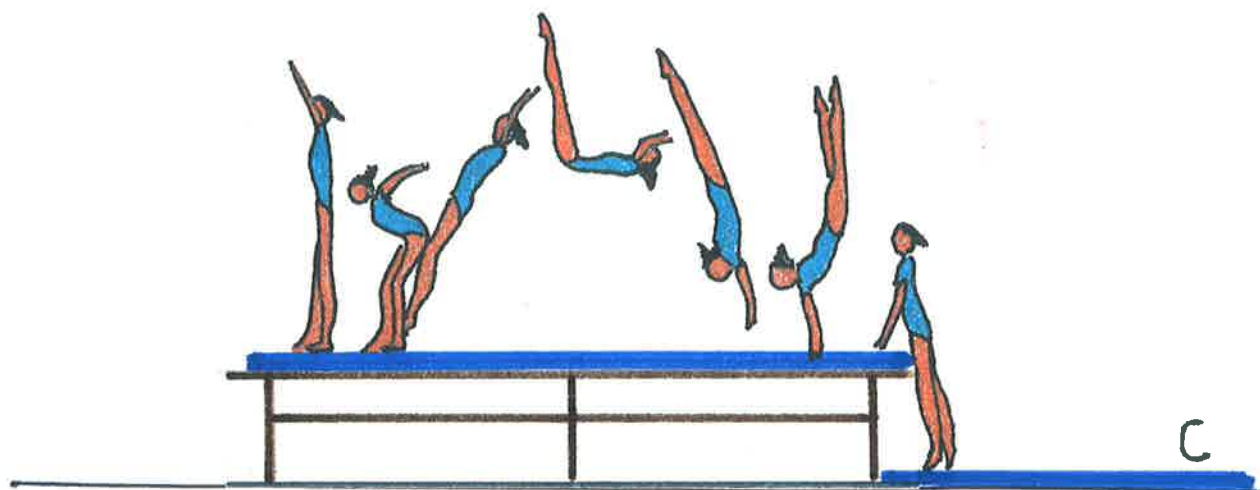
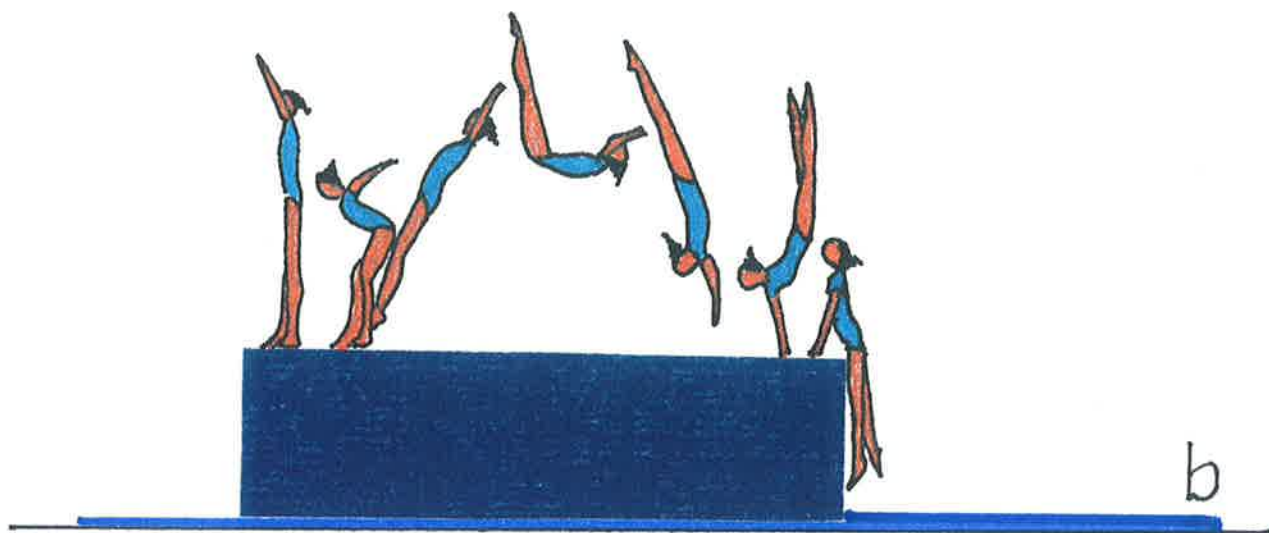
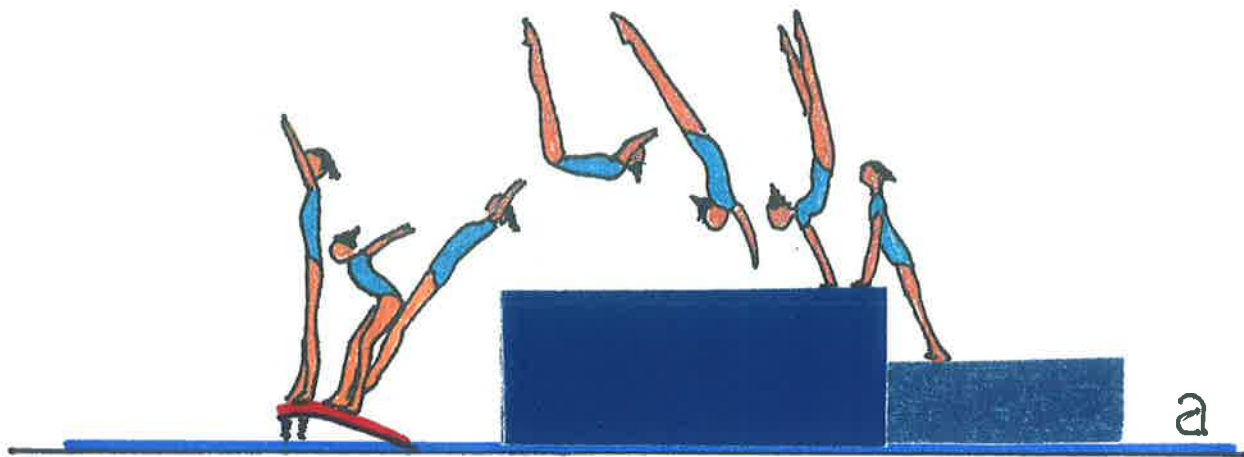


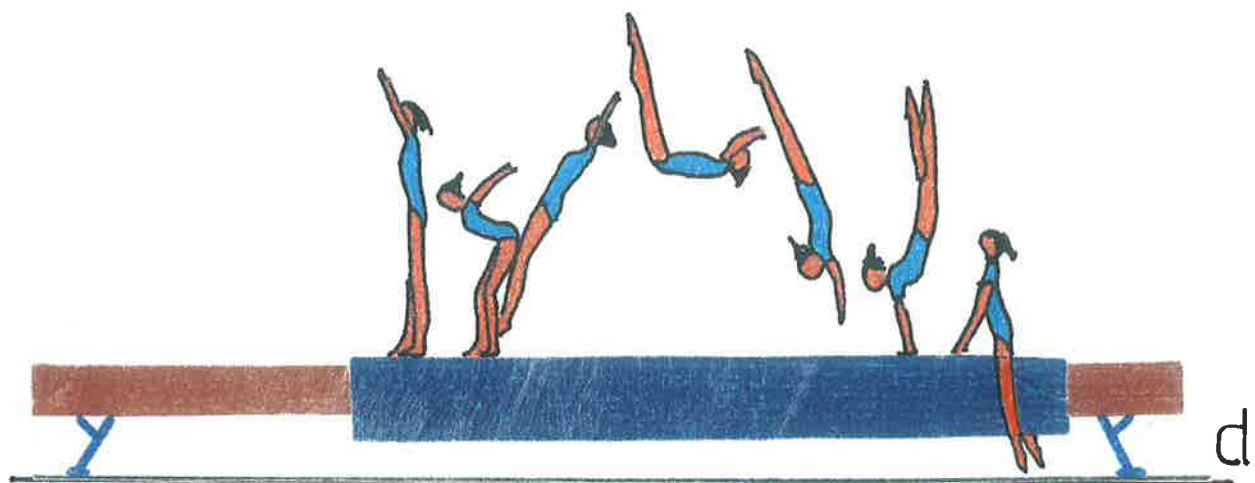
**N.17: Flic-flac con accentuata fase di volo e arrivo seduti a gambe divaricate.**



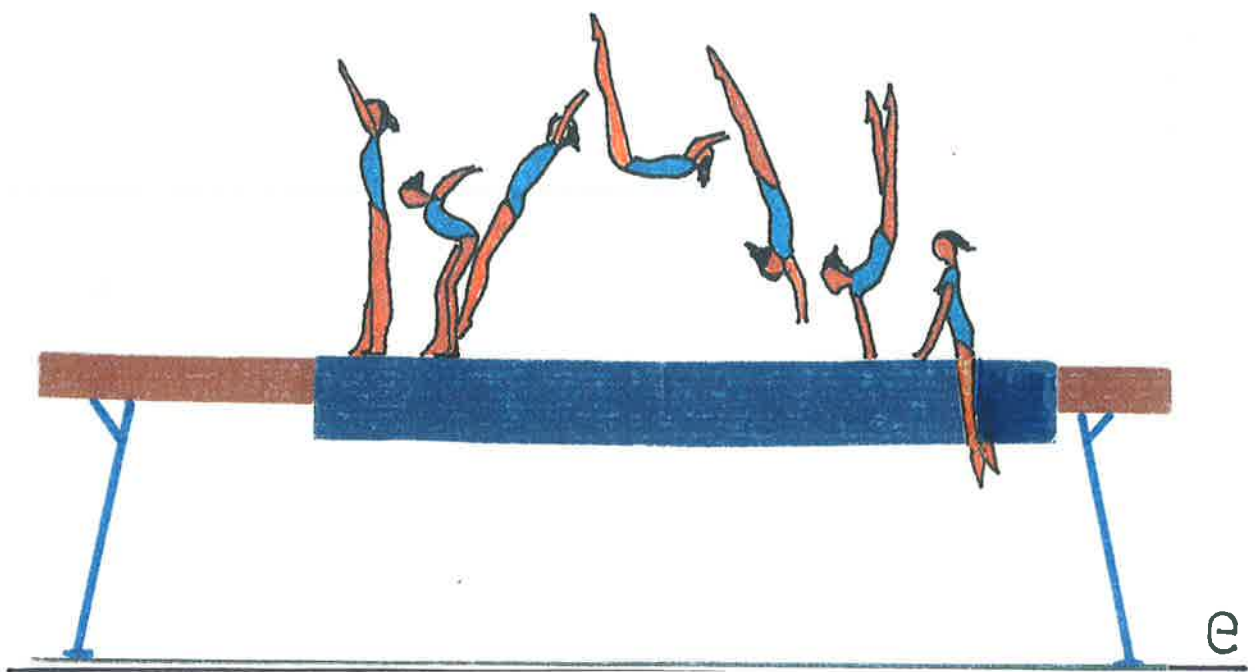
**Proposte didattiche:**

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

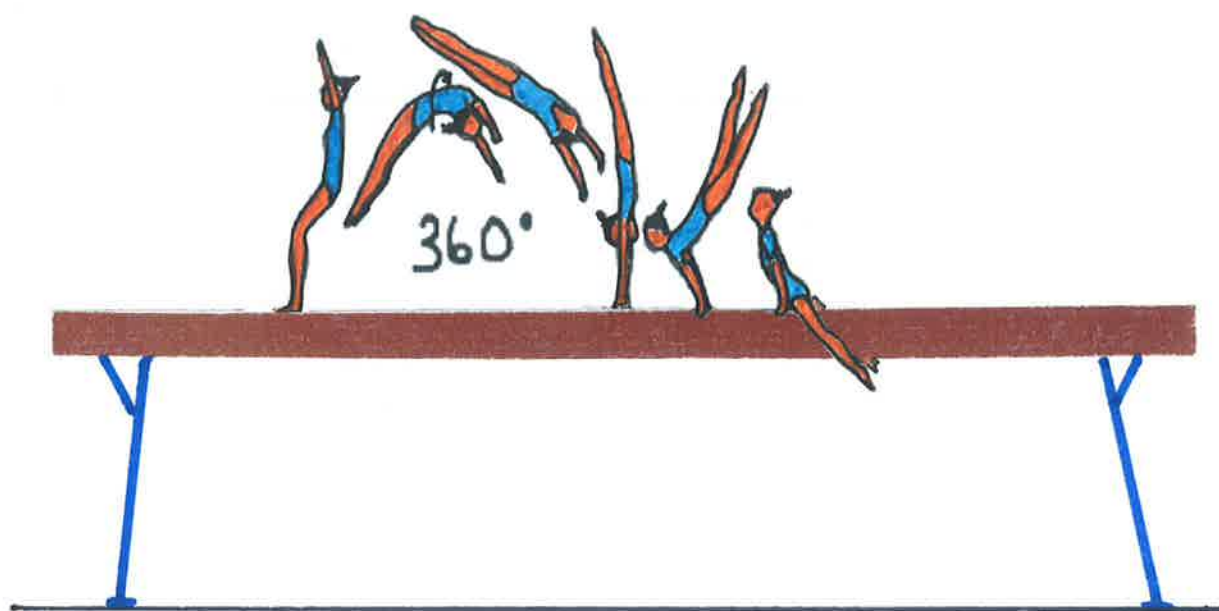




2) Eseguire il movimento alla trave alta con sopra un tappeto.

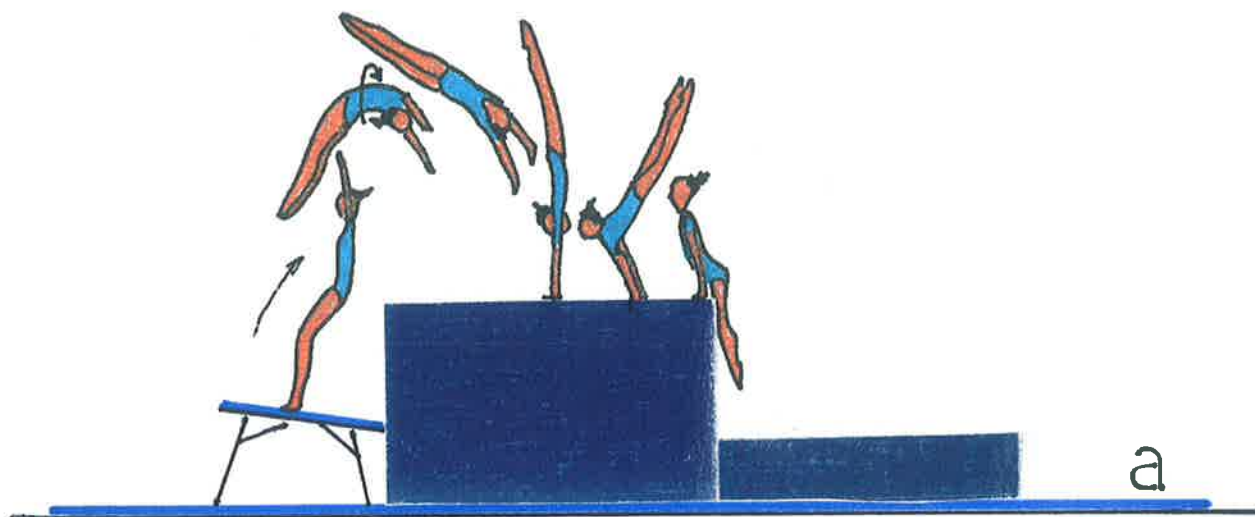


**N.18: Flic-flac con avvitemento di 360° sull'asse longitudinale e arrivo seduti a gambe divaricate.**

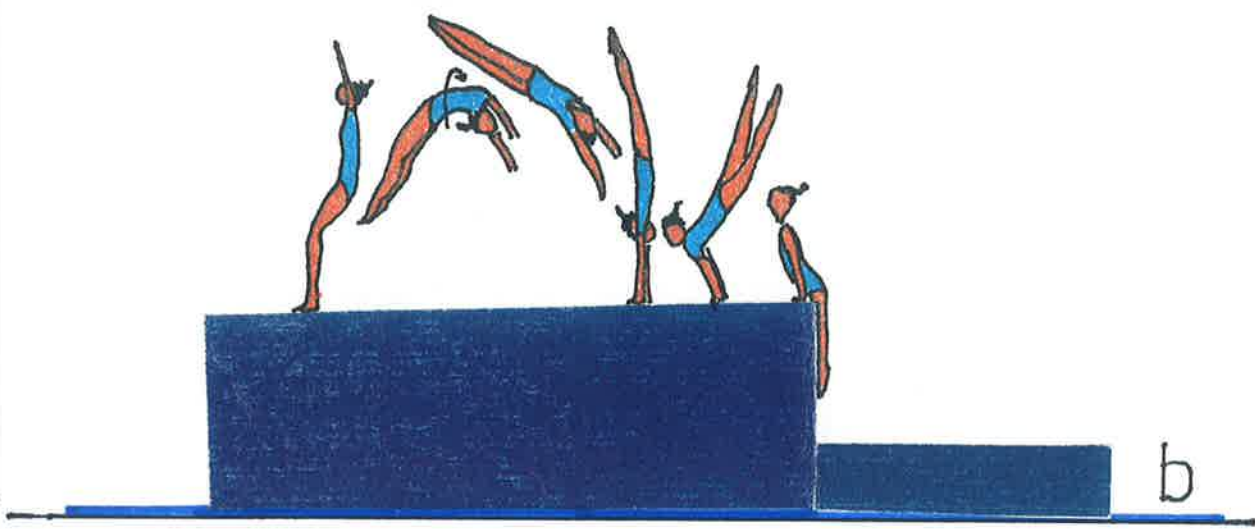


**Proposte didattiche:**

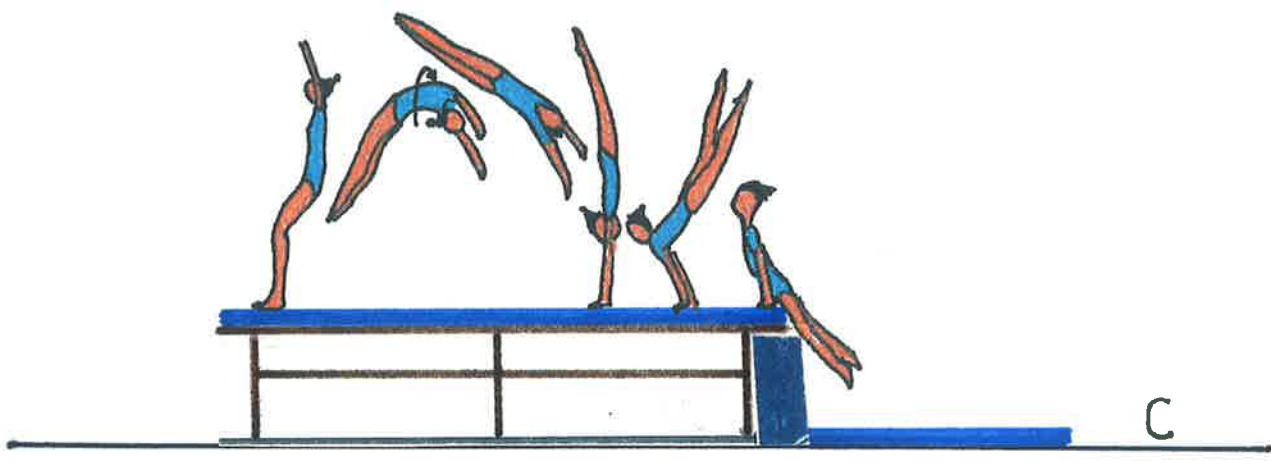
1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione.



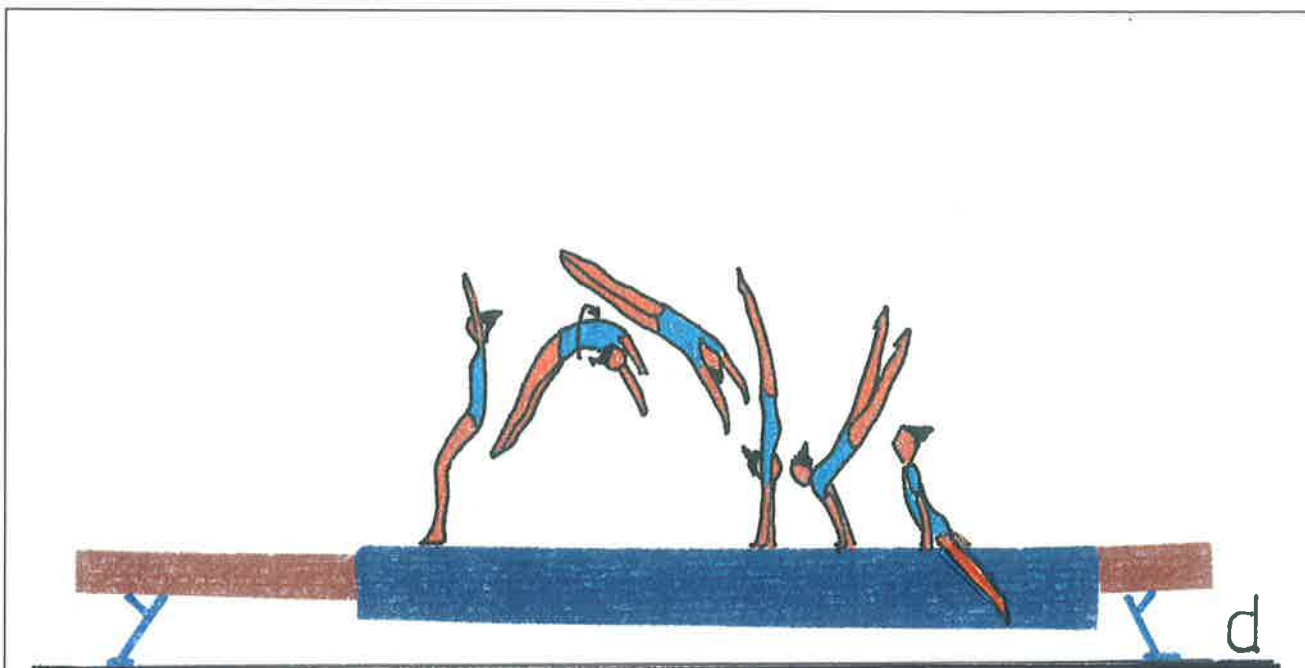
a



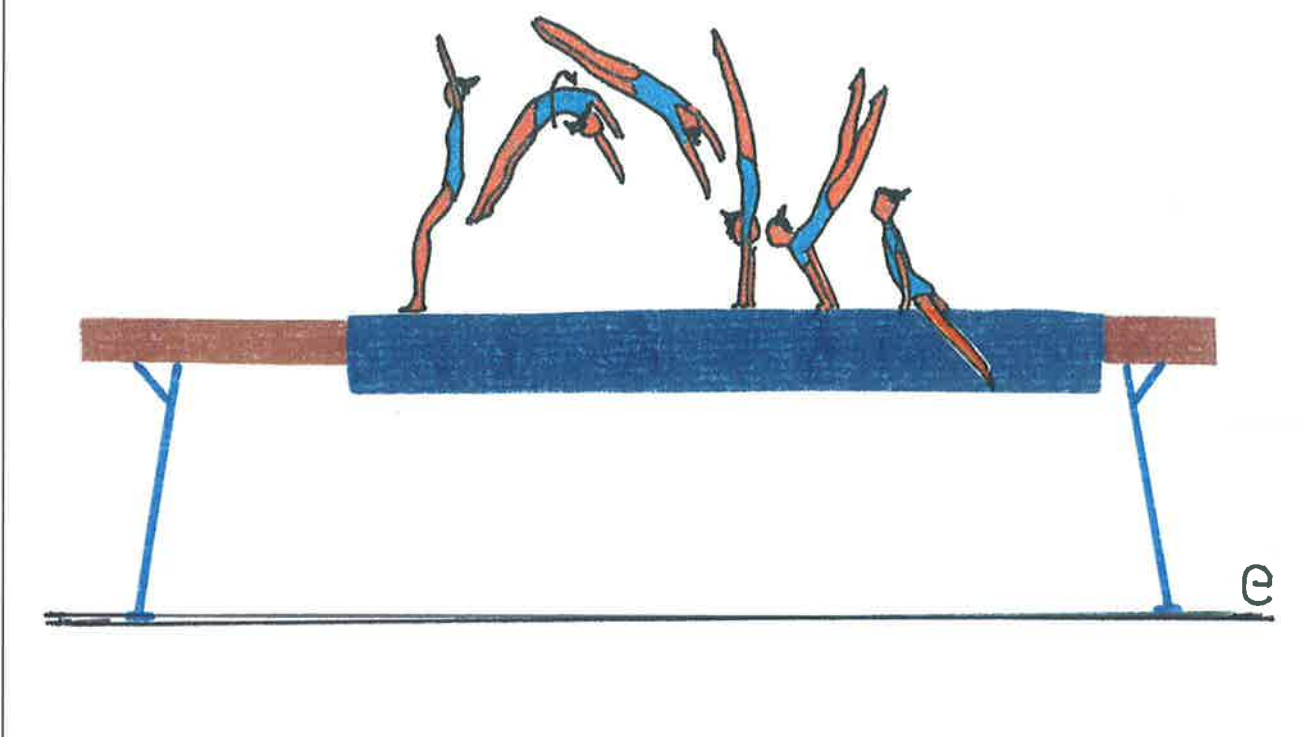
b



c

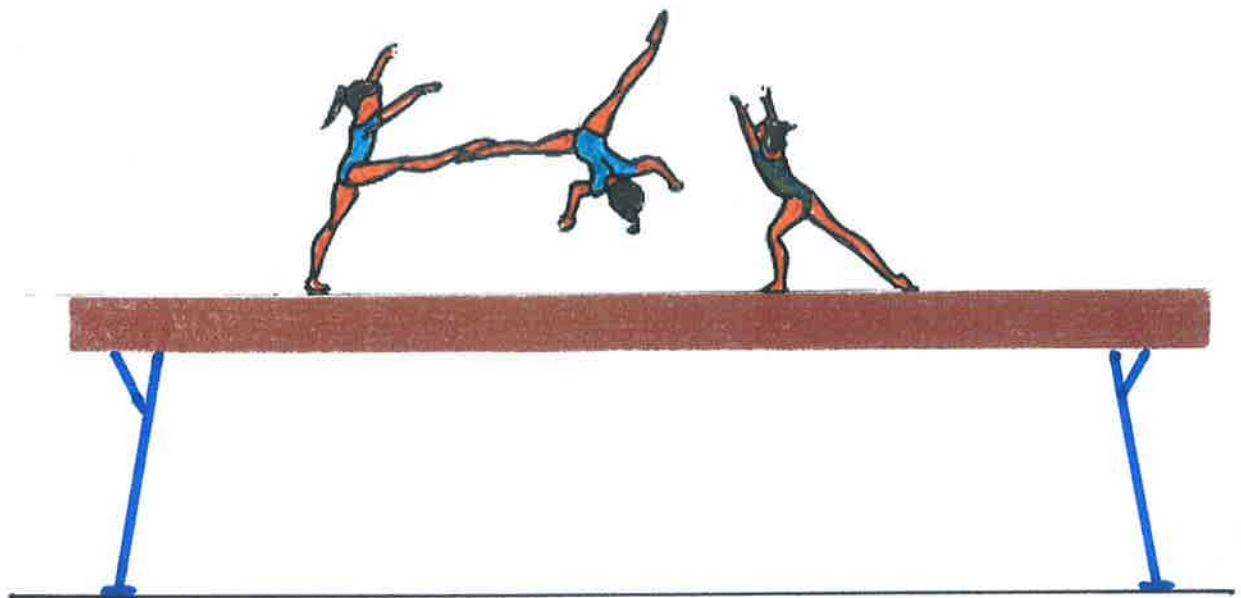


2) Eseguire il movimento alla trave alta con sopra un tappeto.



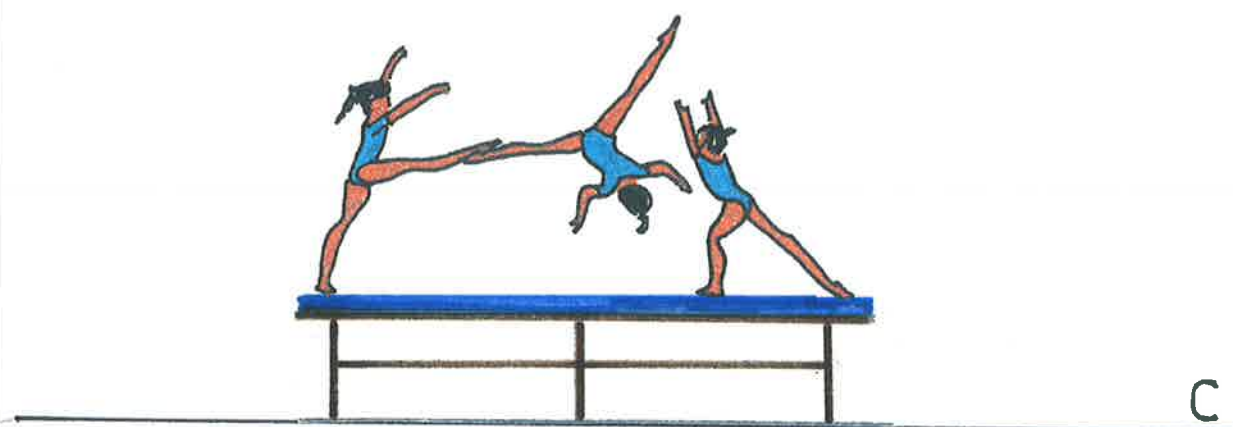
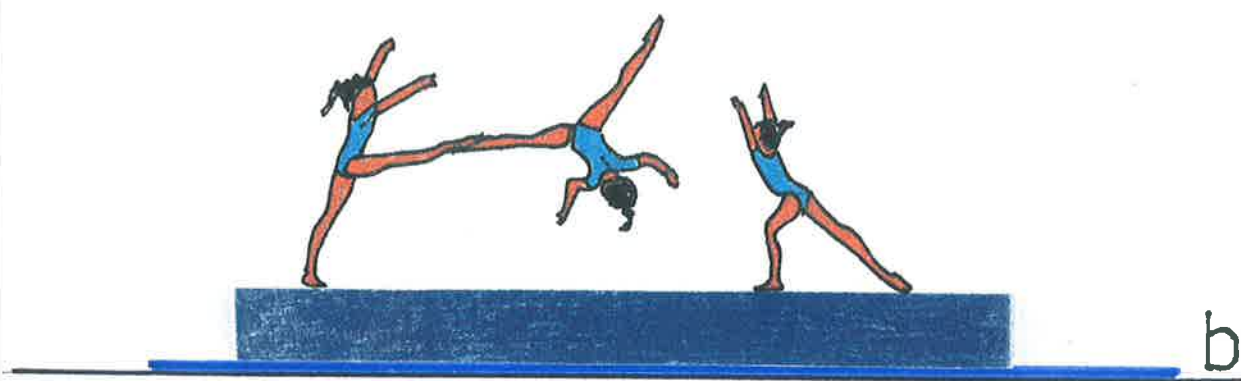
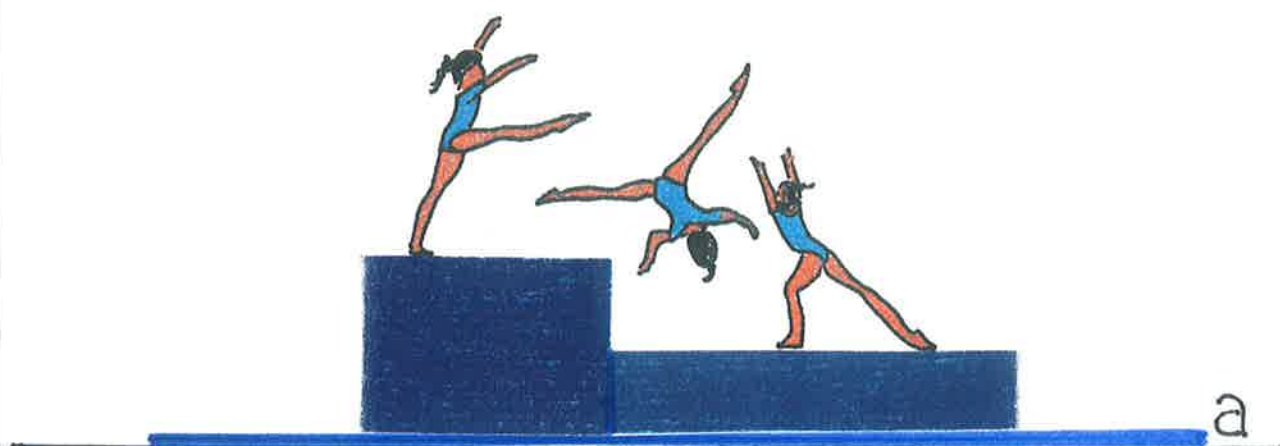


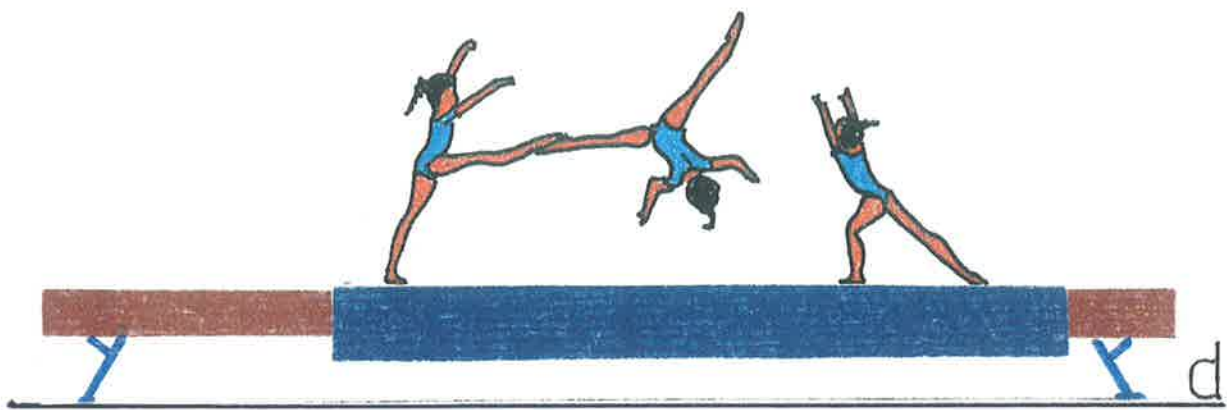
**N.19: Salto laterale a corpo teso e gambe divaricate.**



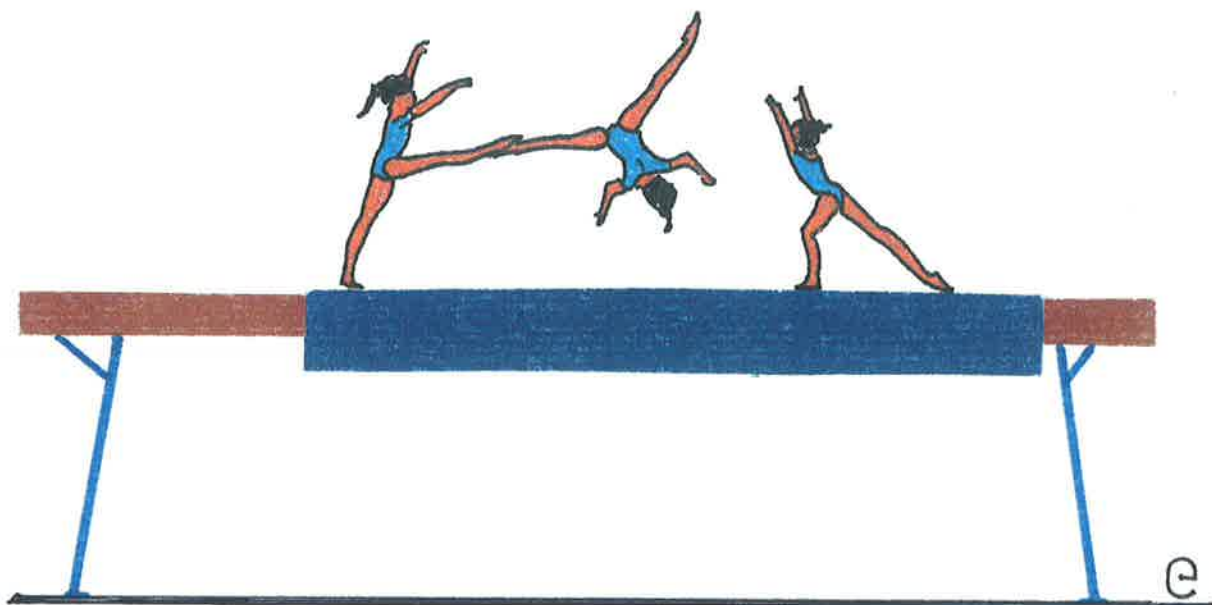
**Proposte didattiche:**

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

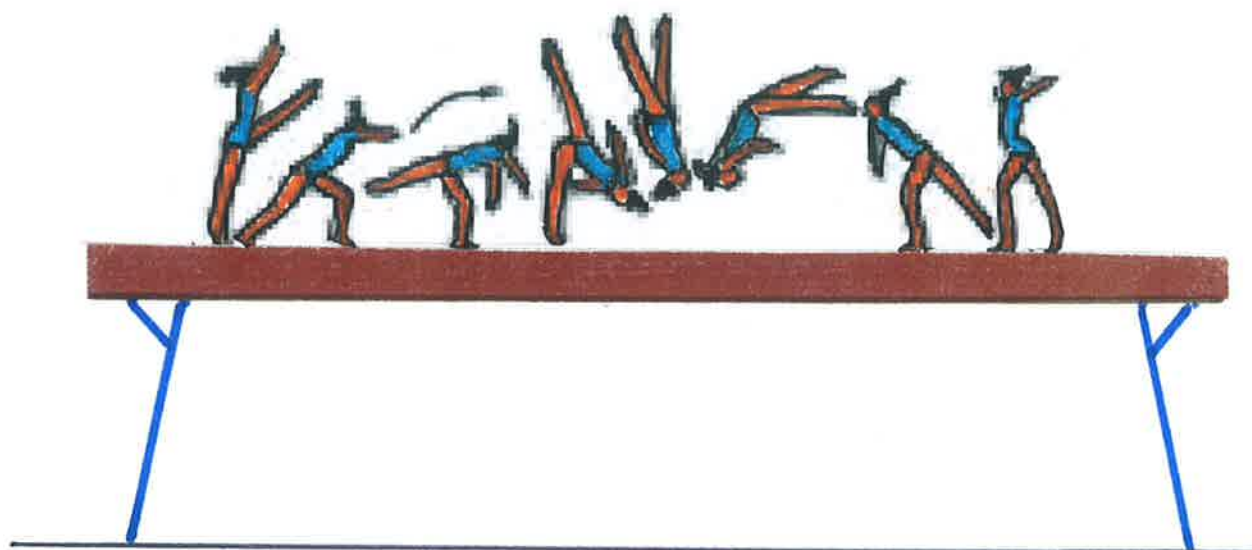




2) Eseguire il movimento alla trave alta con sopra un tappeto.

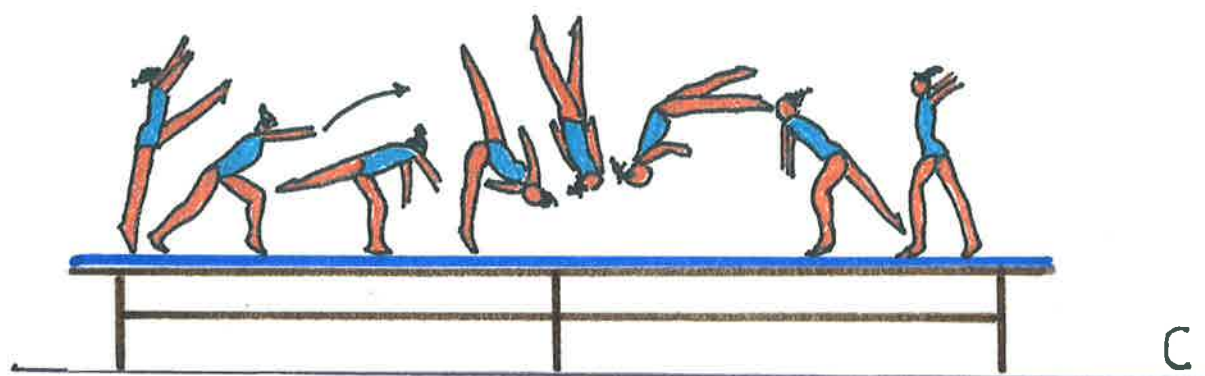
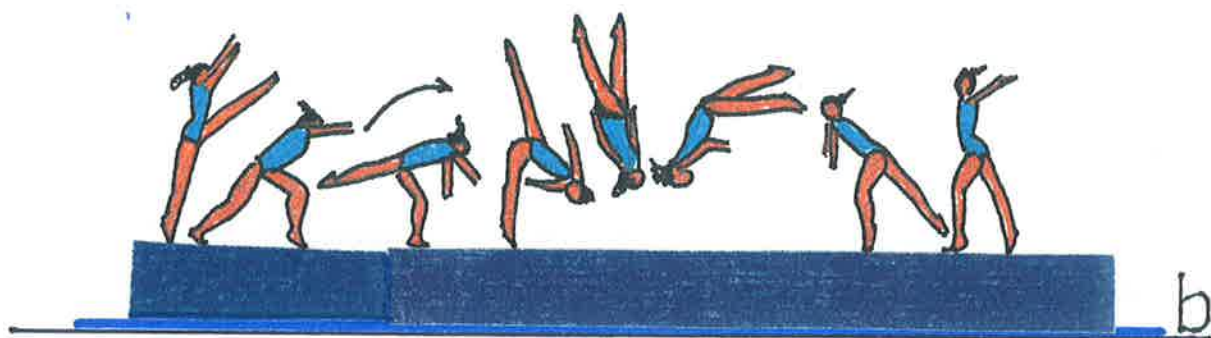
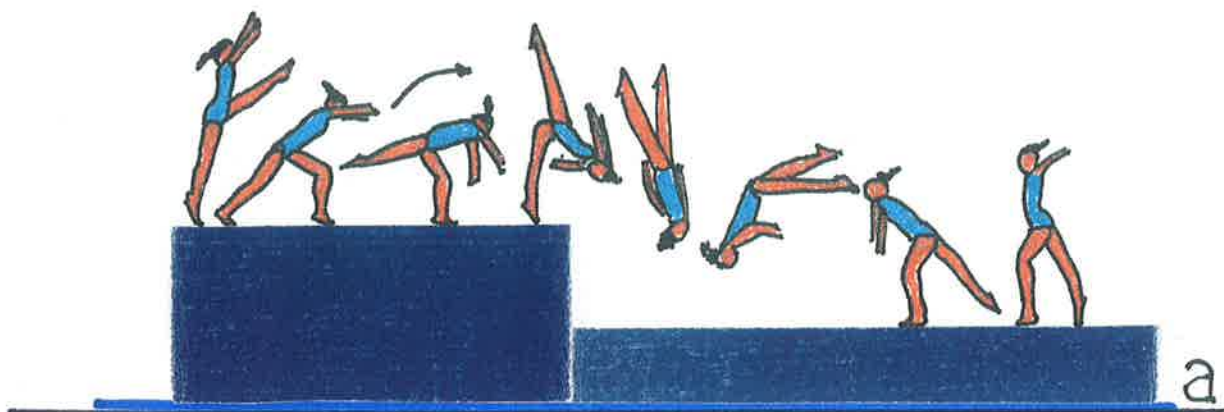


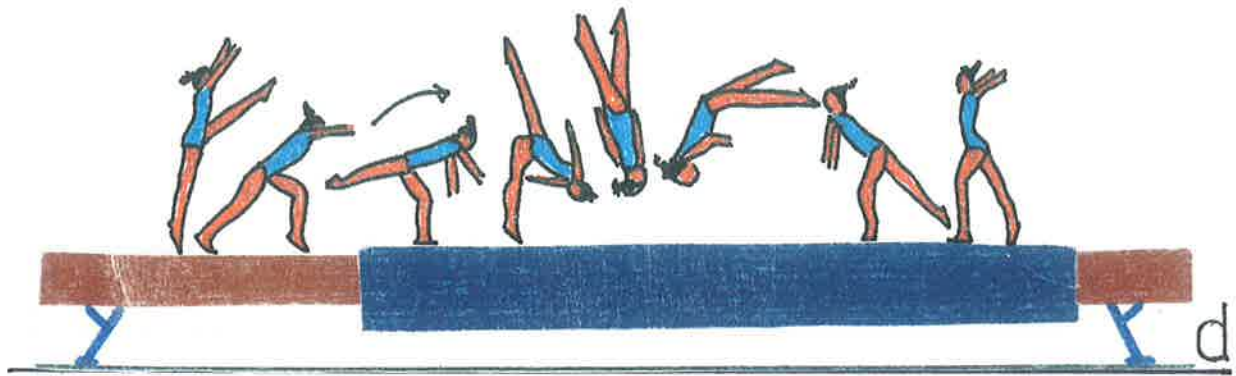
**N.20: Salto laterale a corpo teso con cambio gamba.**



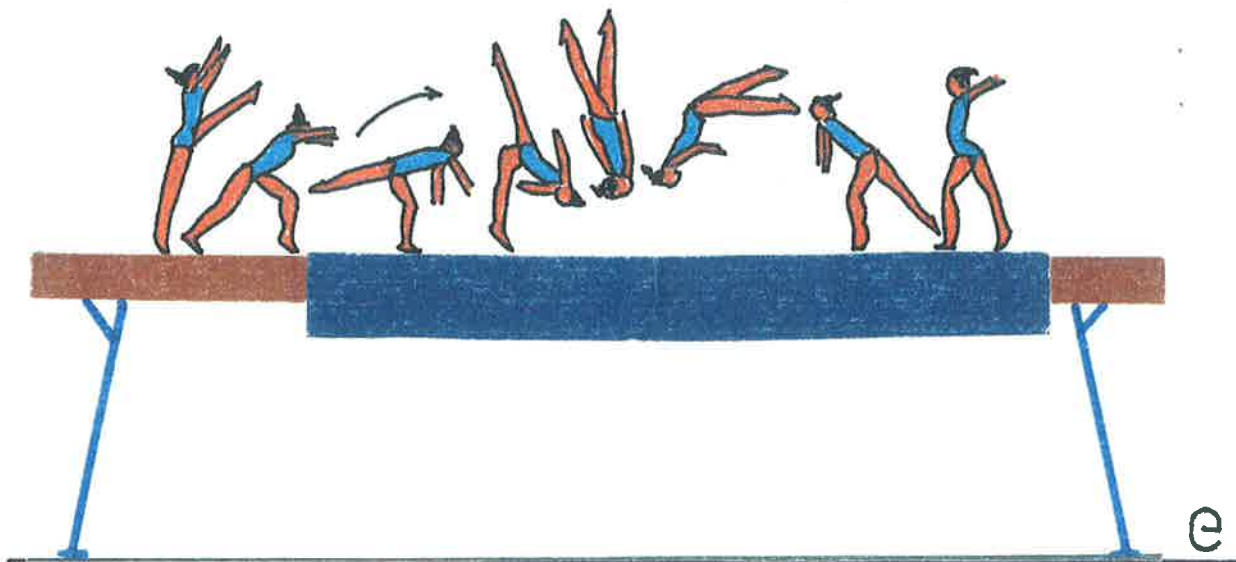
**Proposte didattiche:**

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

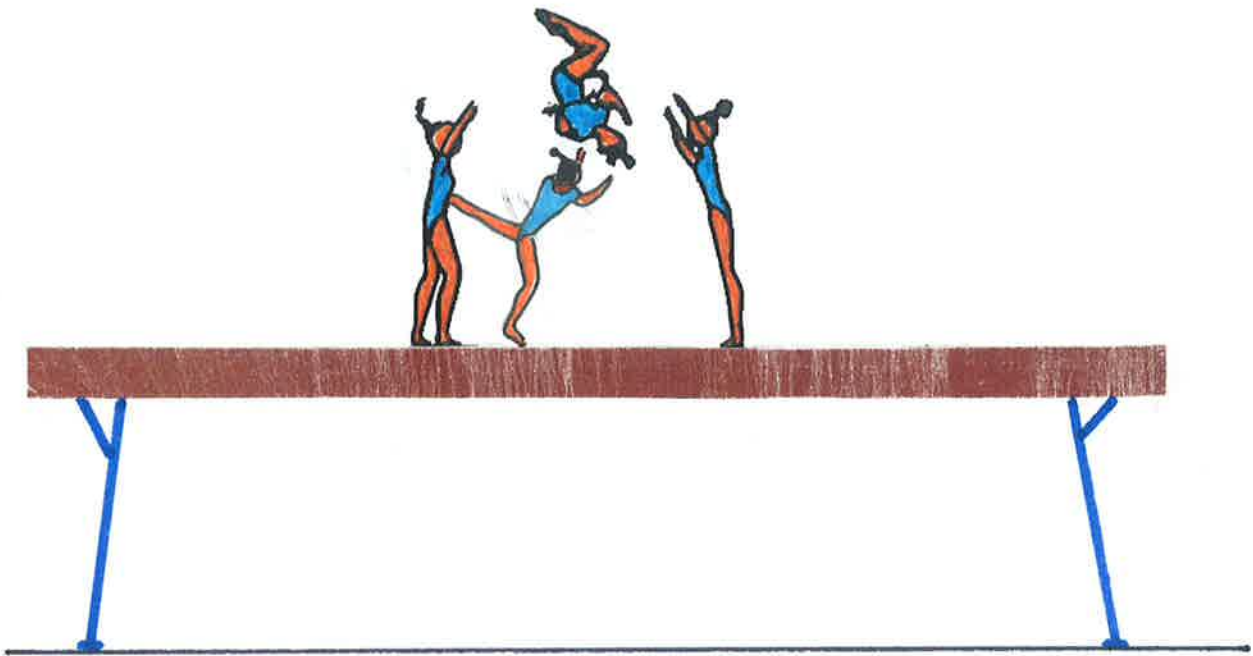




2) Eseguire il movimento alla trave alta con sopra un tappeto.

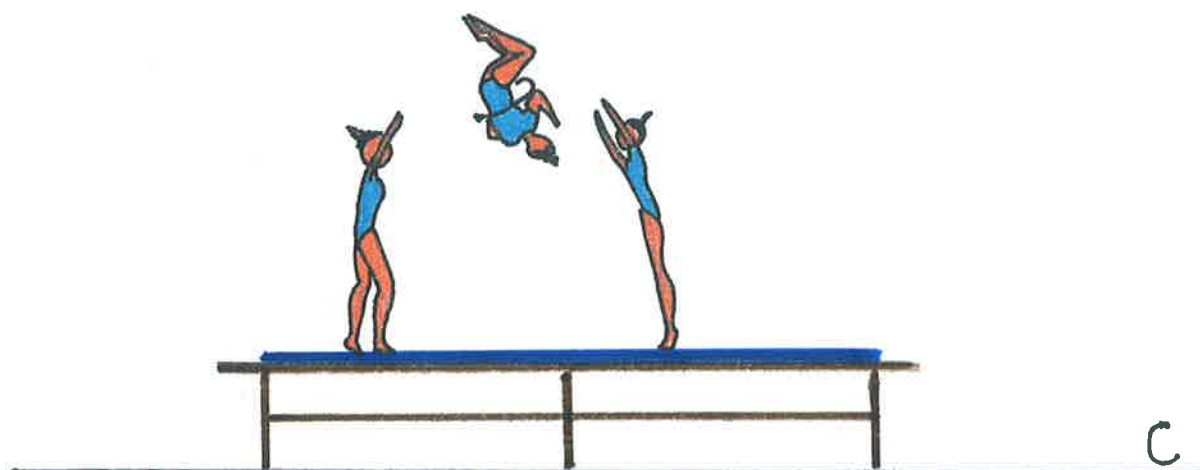
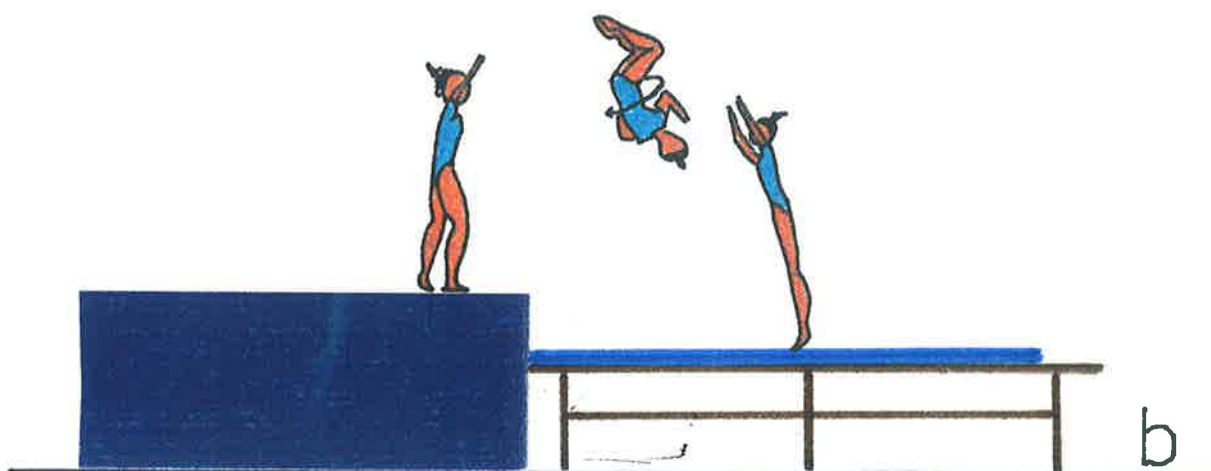
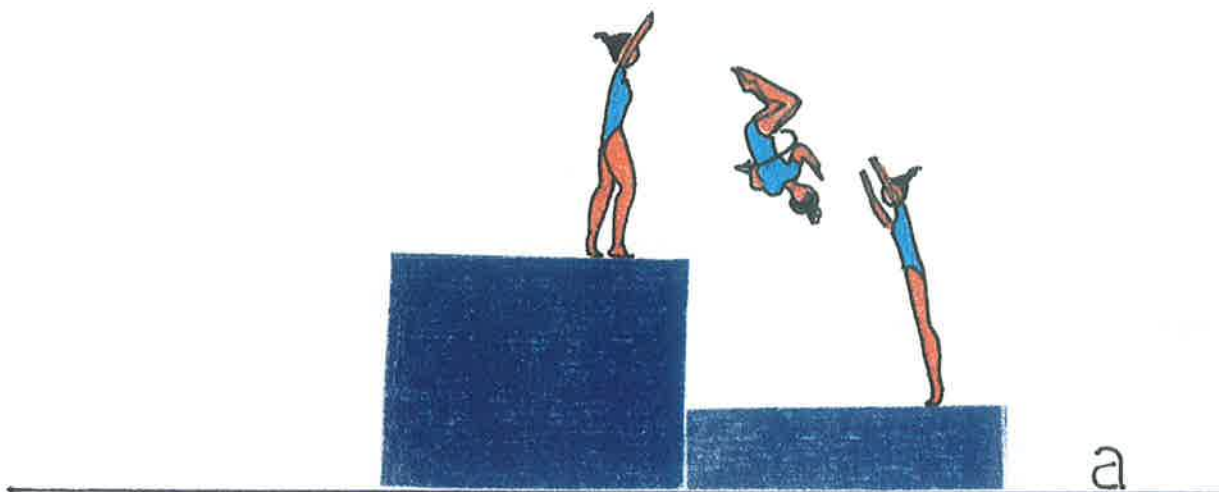


**N.21: Salto laterale raggruppato con  $\frac{1}{4}$  di giro.**

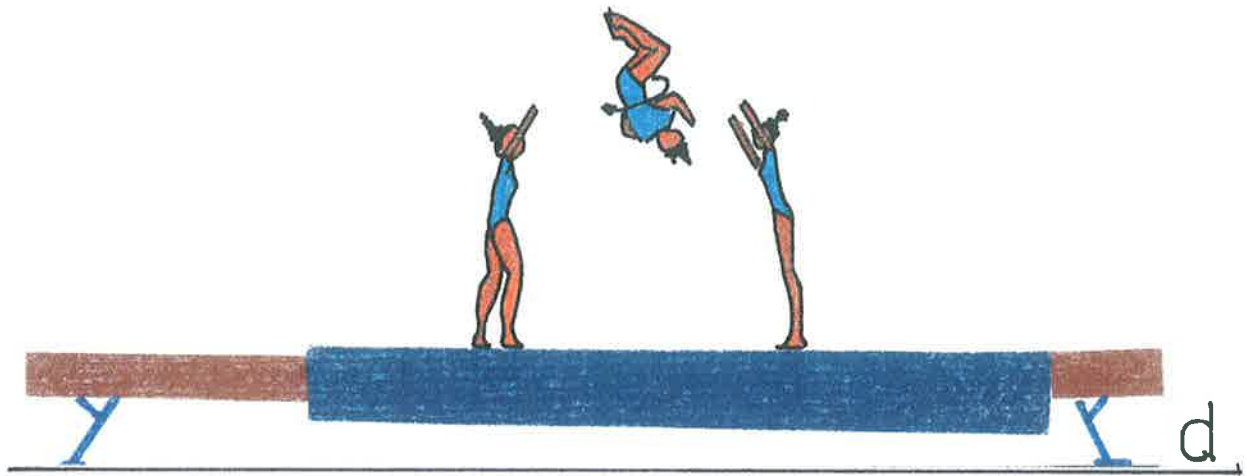


**Proposte didattiche:**

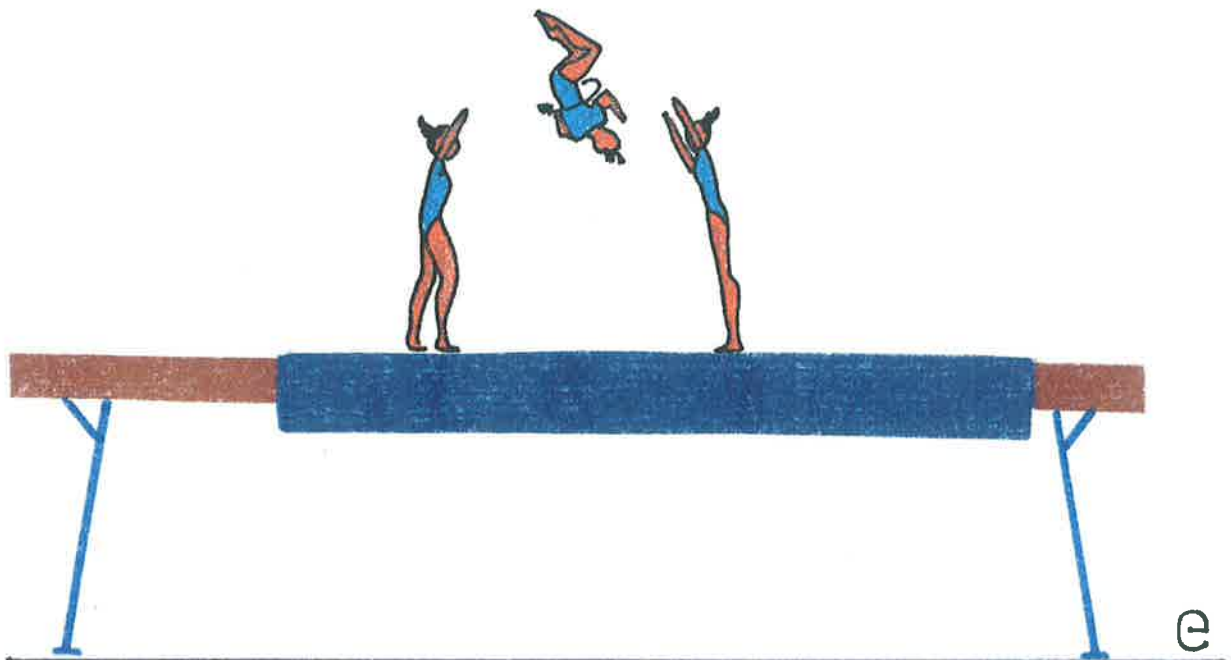
1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.



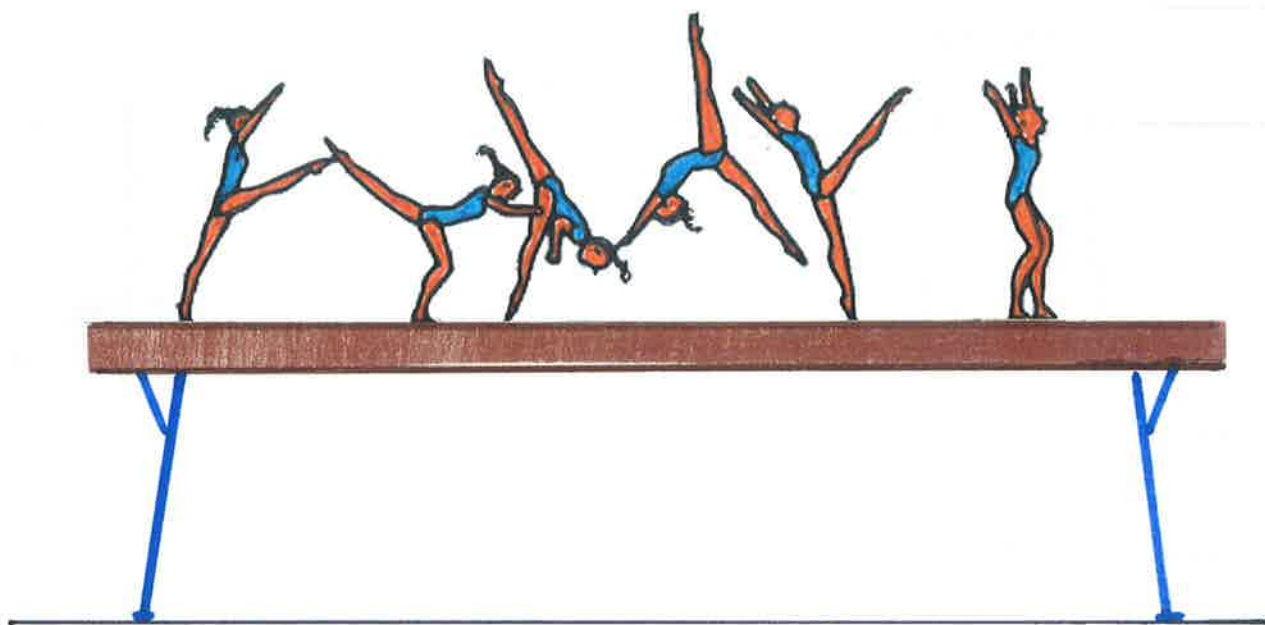




2) Eseguire il movimento alla trave alta con sopra un tappeto.

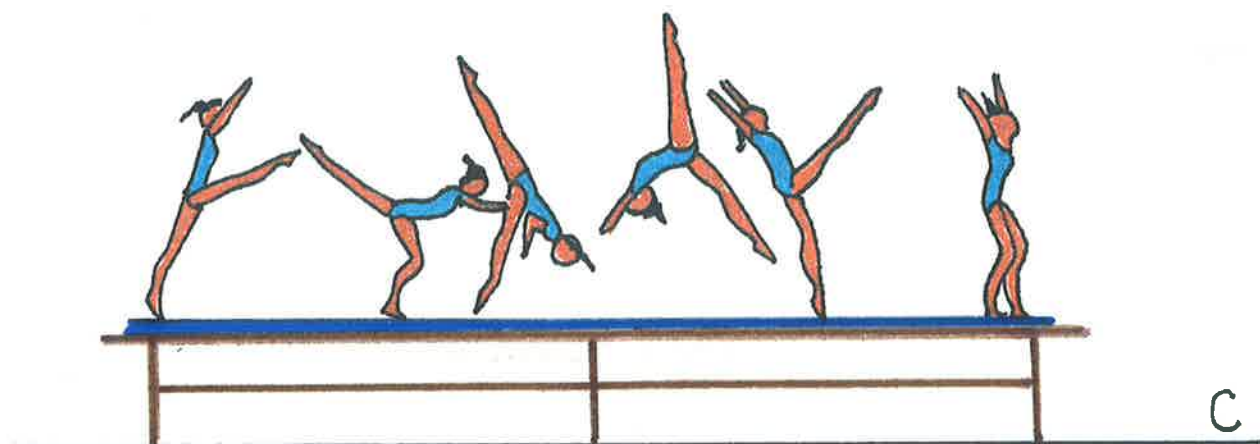
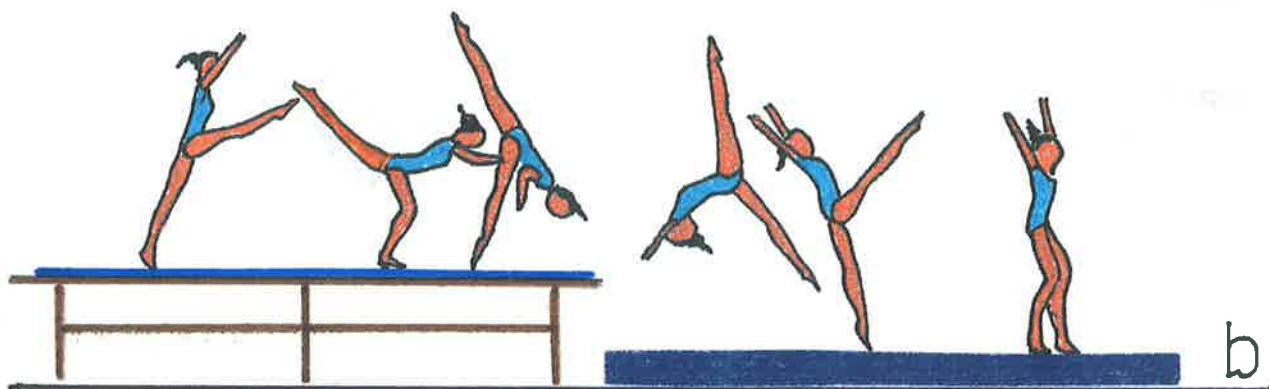
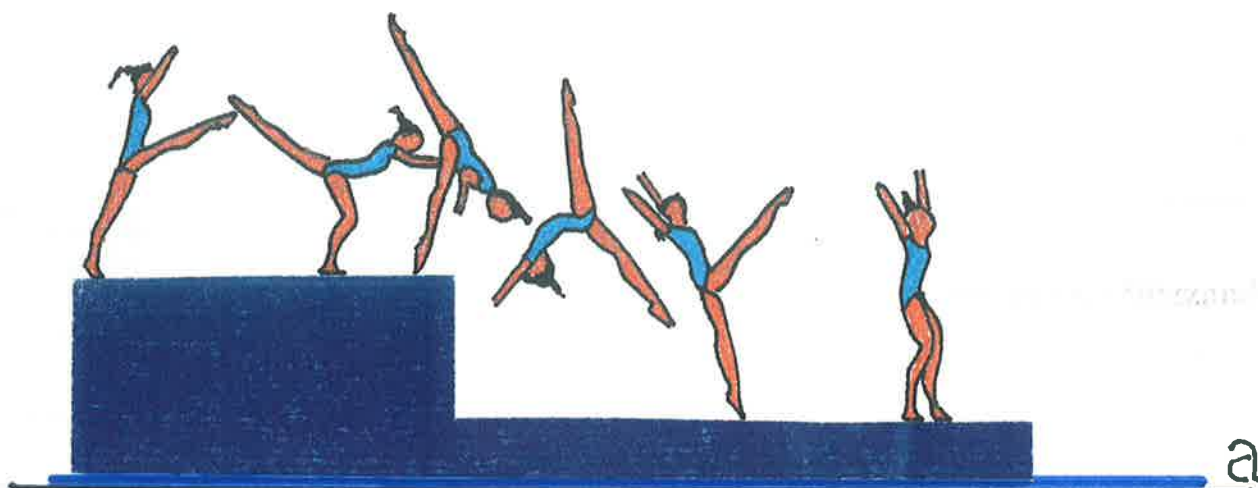


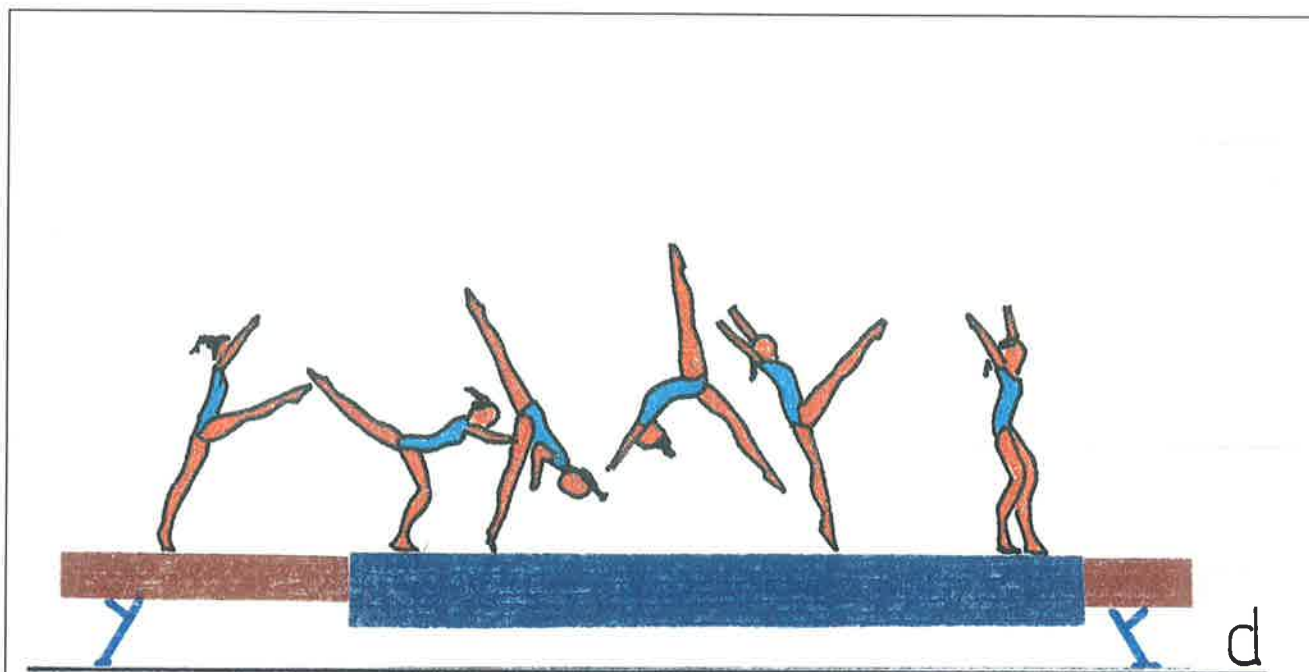
**N.22: Salto avanti a gambe divaricate e arrivo su uno o due piedi.**



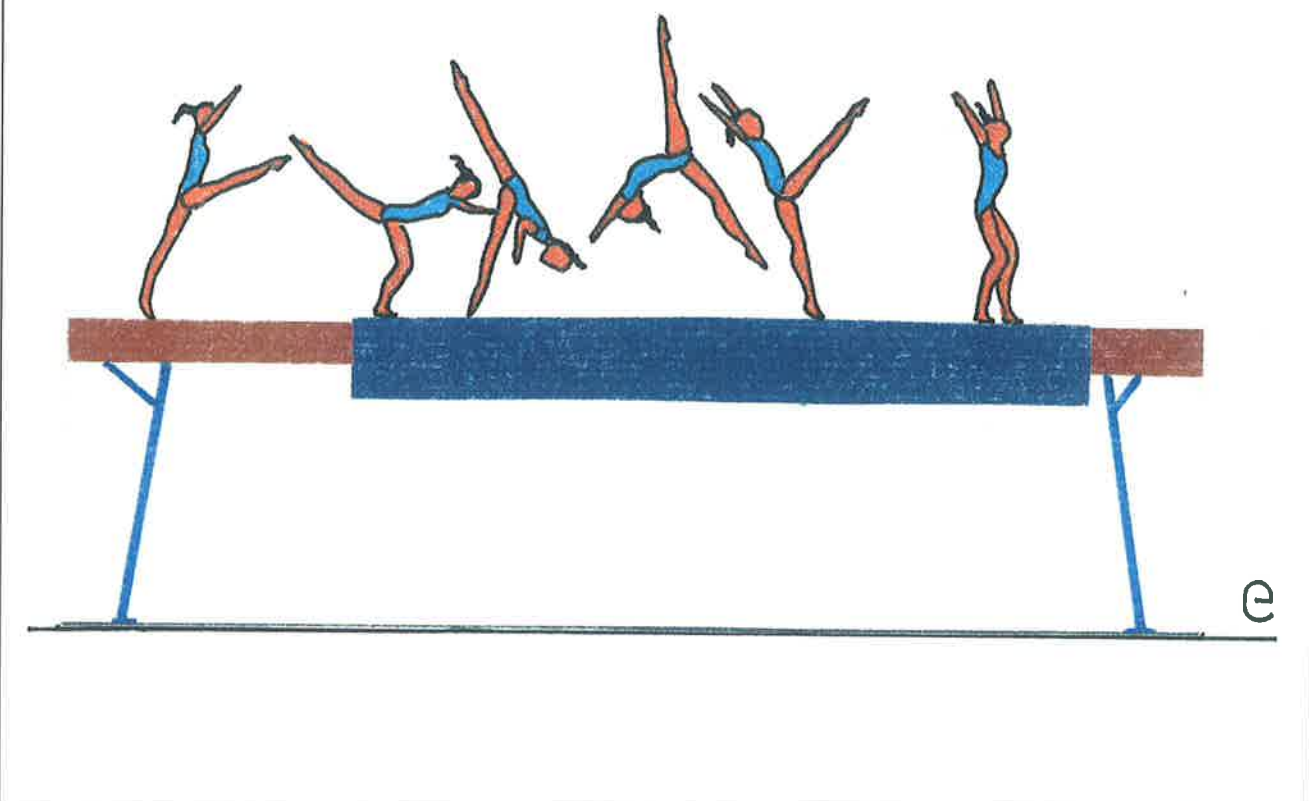
**Proposte didattiche:**

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

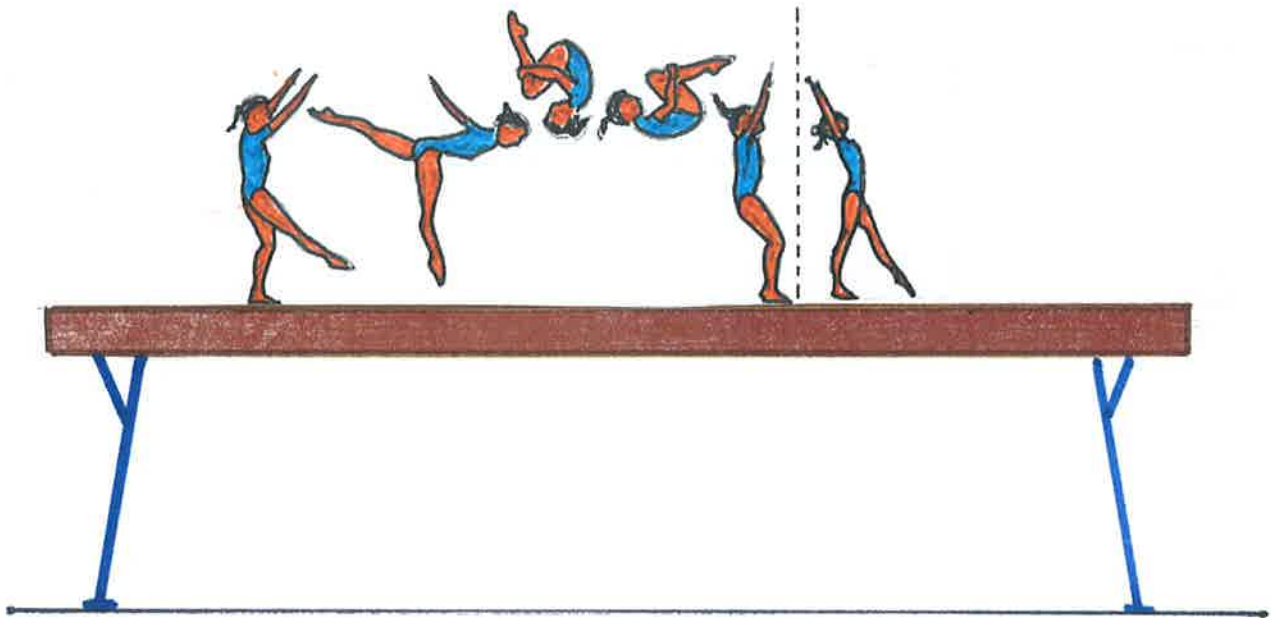




2) Eseguire il movimento alla trave alta con sopra un tappeto.

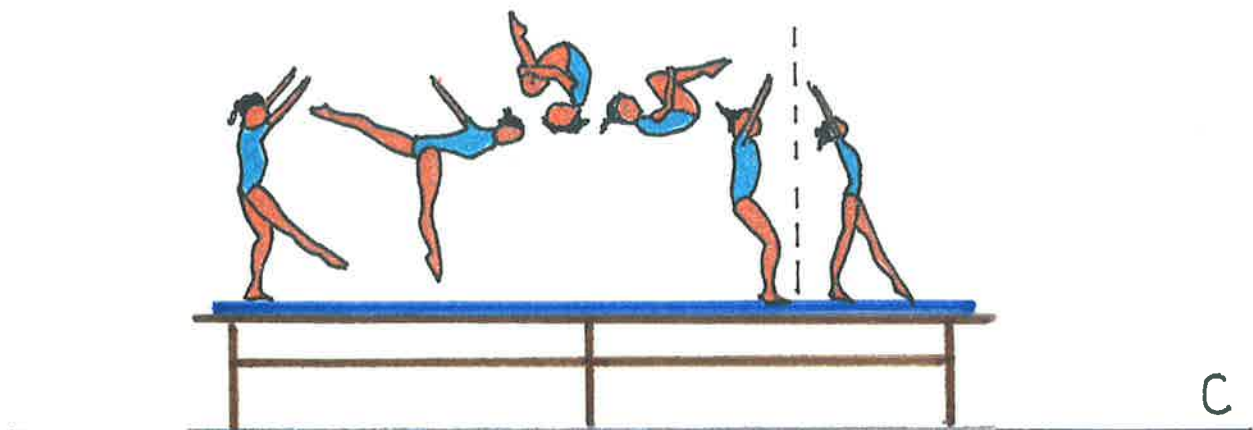
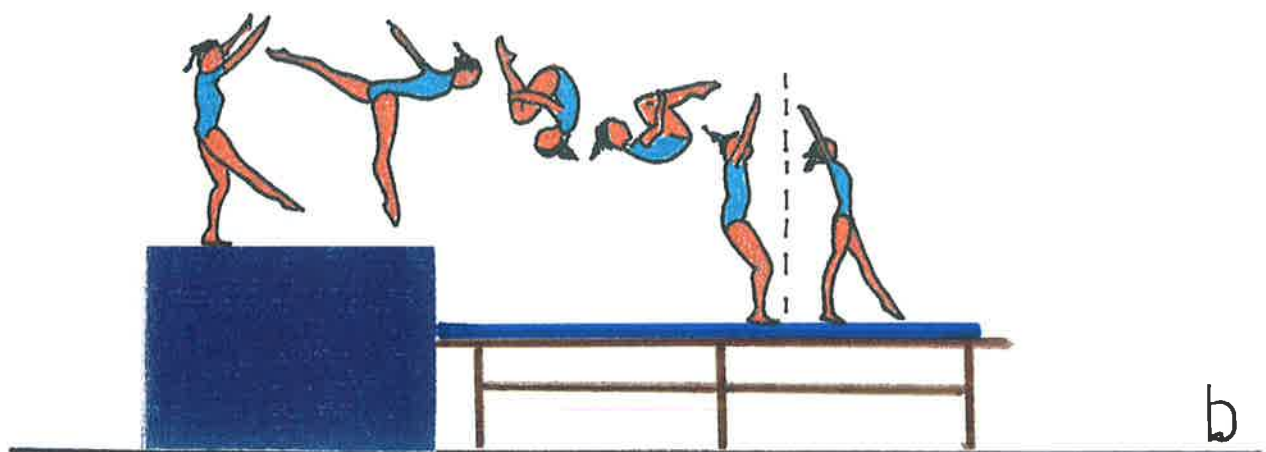
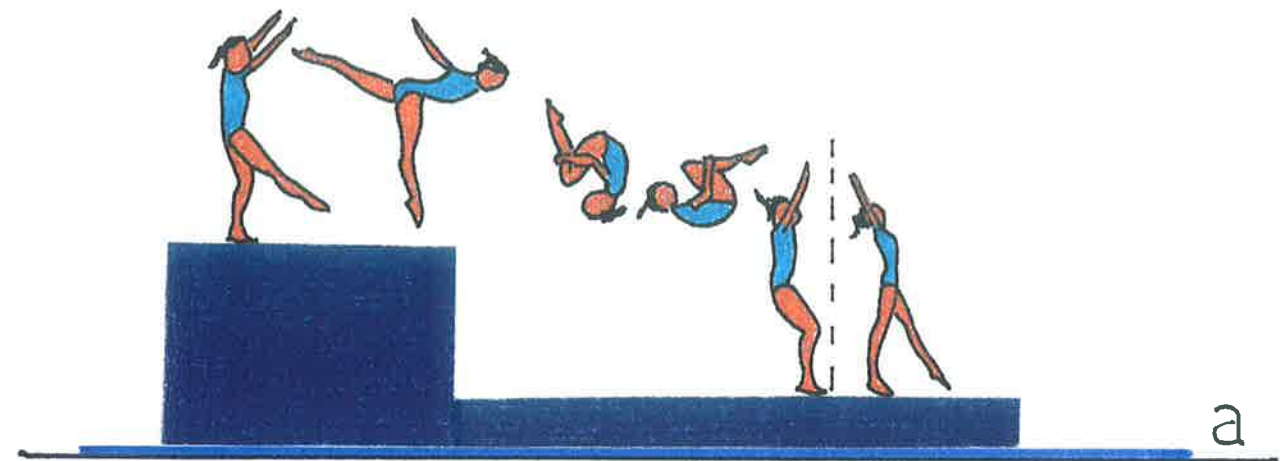


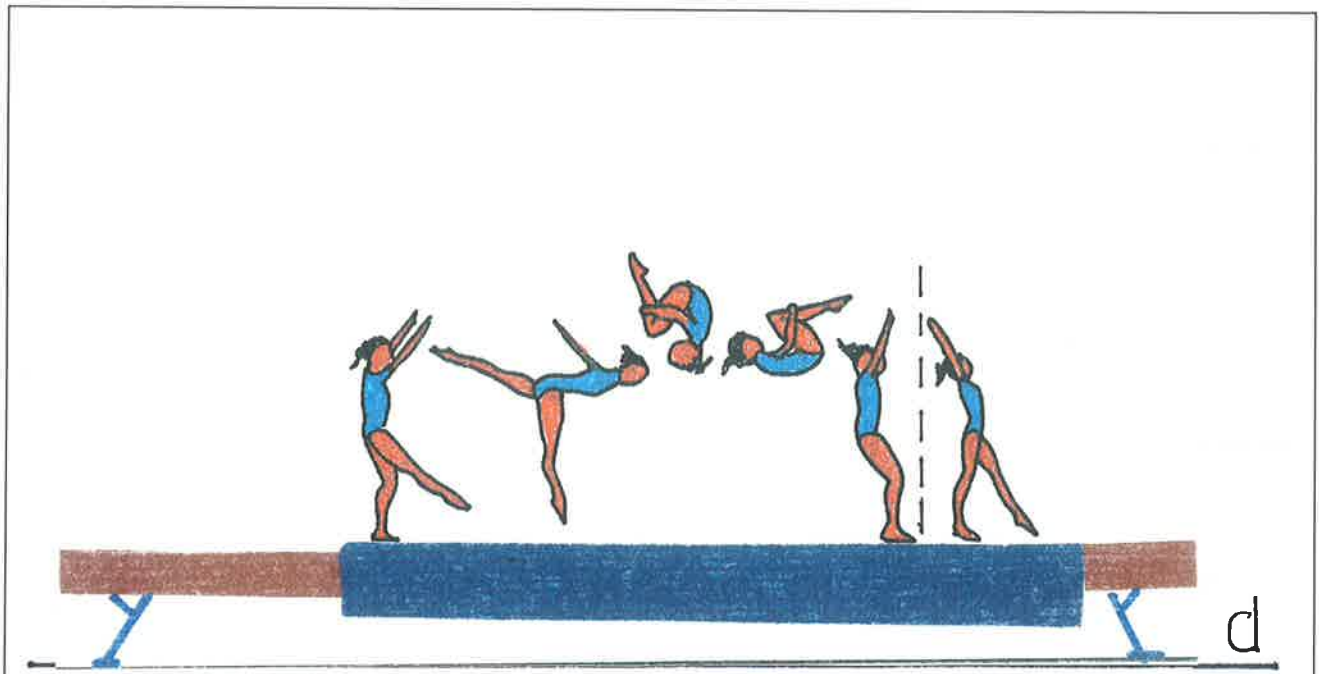
**N.23: Salto giro avanti raggruppato partendo dallo slancio di una gamba indietro e arrivo su uno o due piedi.**



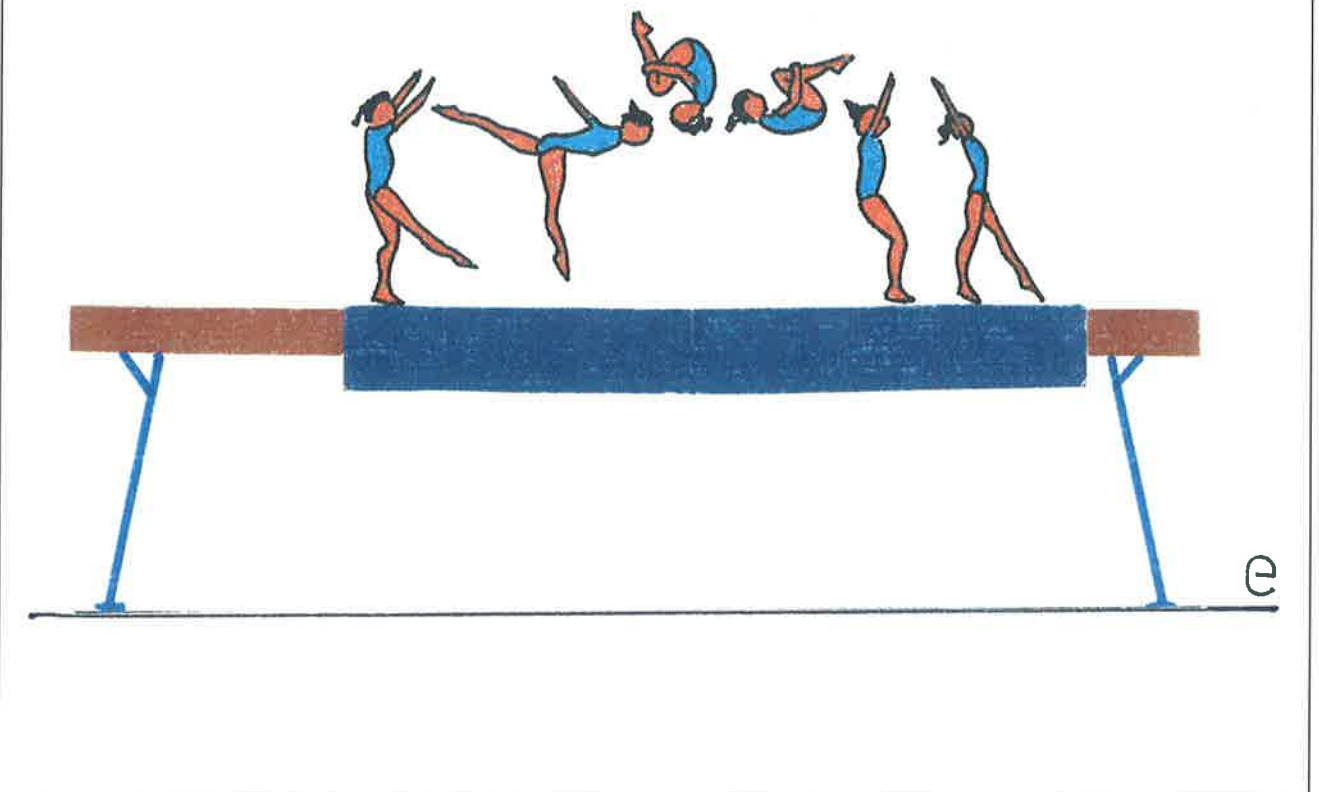
**Proposte didattiche:**

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

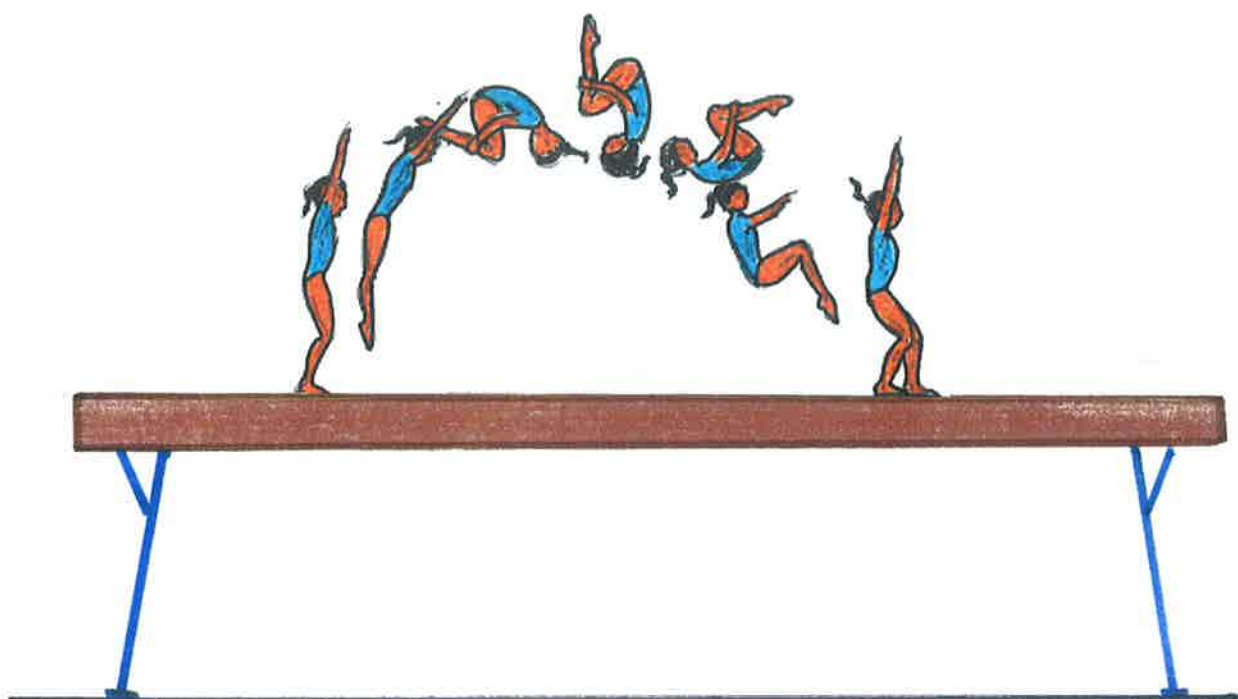




2) Eseguire il movimento alla trave alta con sopra un tappeto.



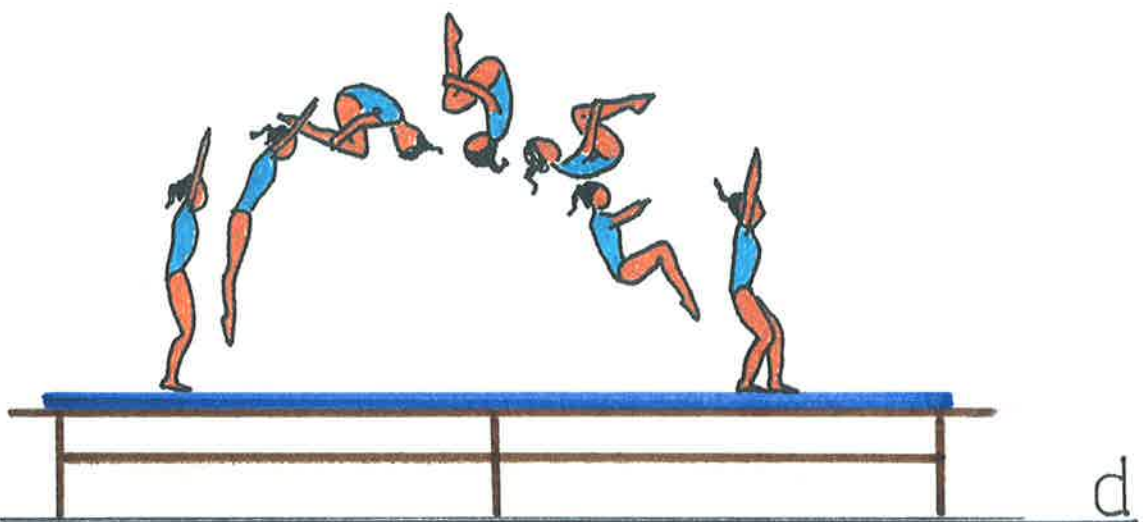
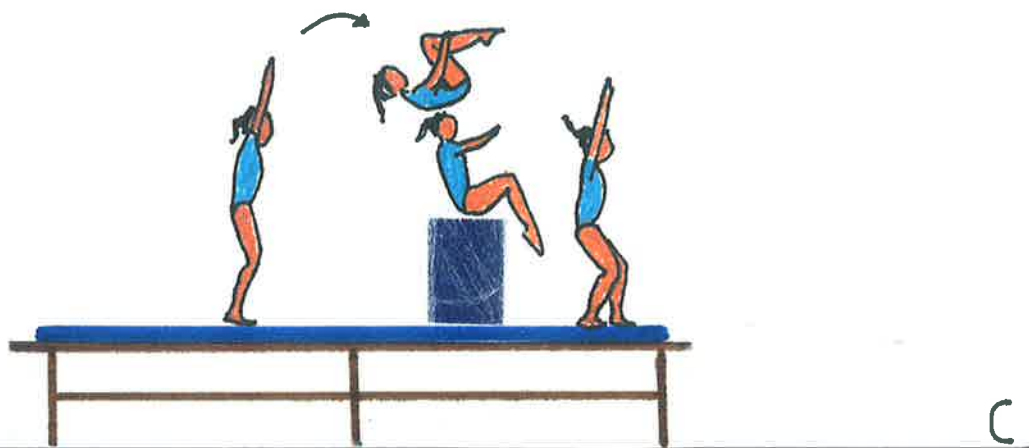
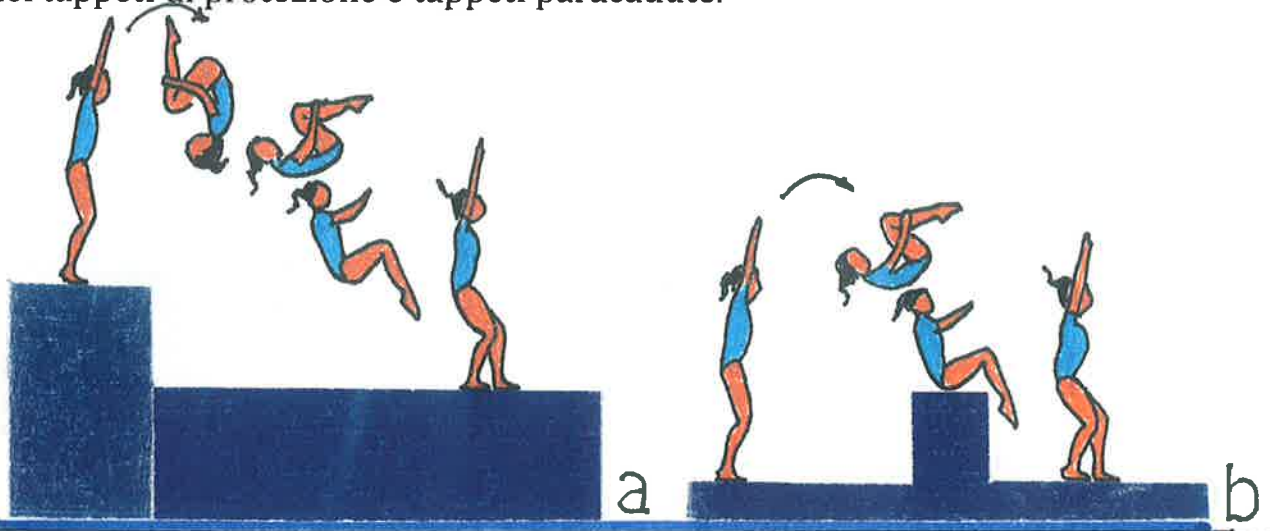
**N.24: Salto giro avanti raggruppato.**

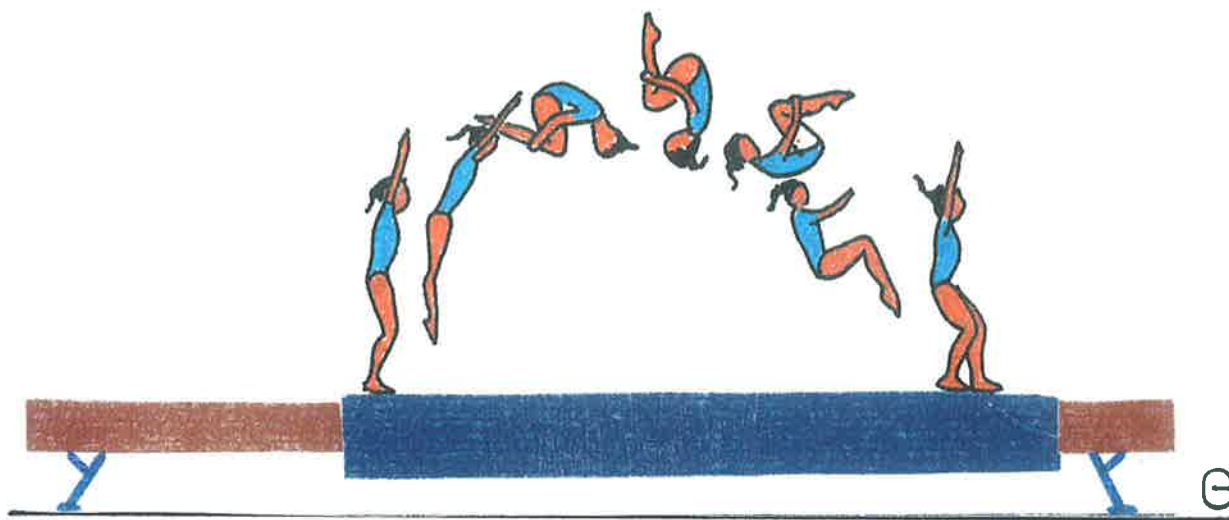




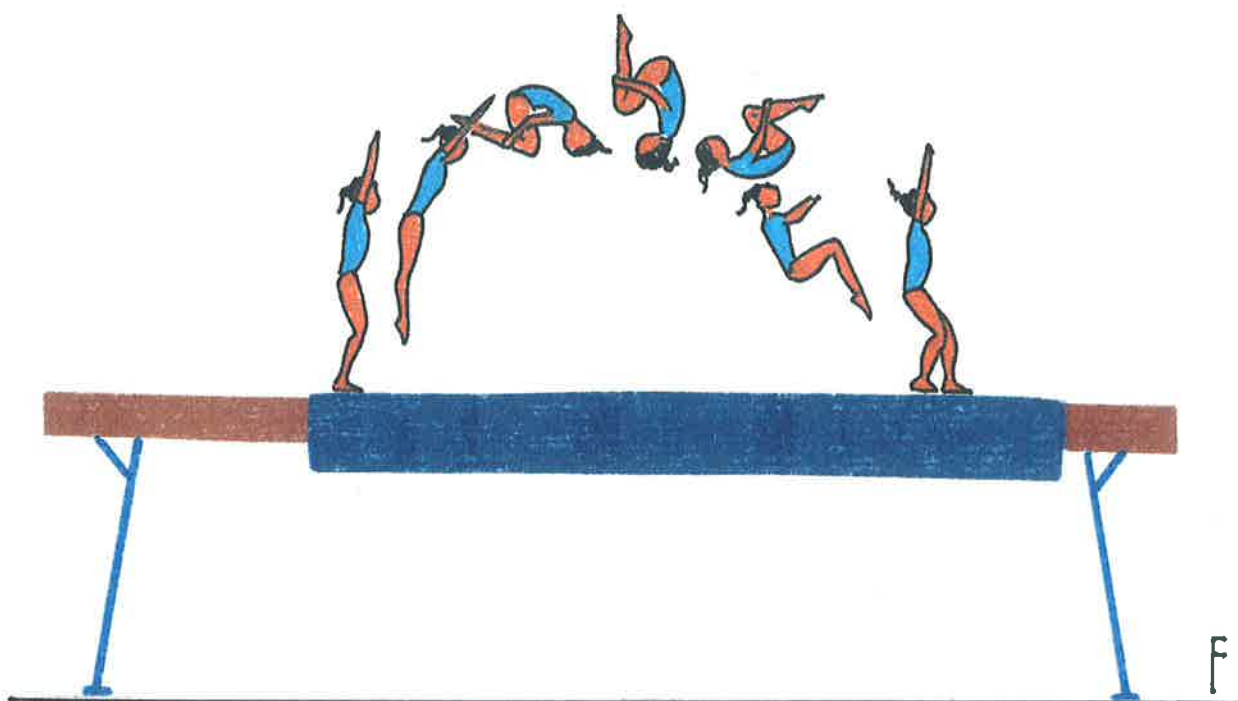
**Proposte didattiche:**

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

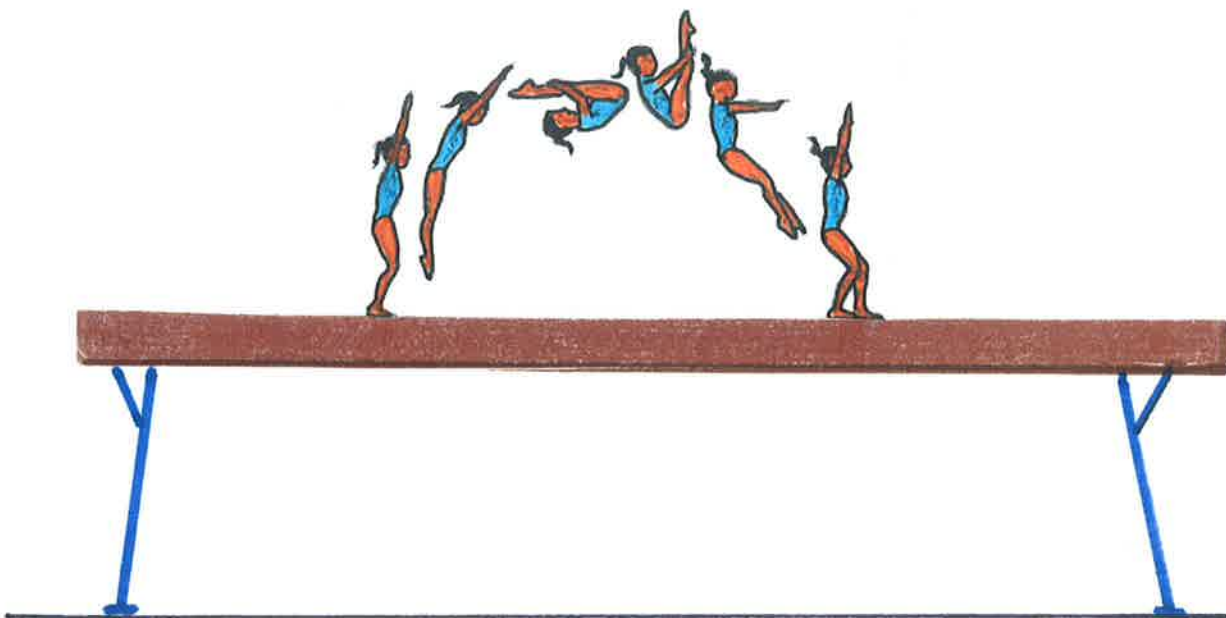




2) Eseguire il movimento alla trave alta con sopra un tappeto.

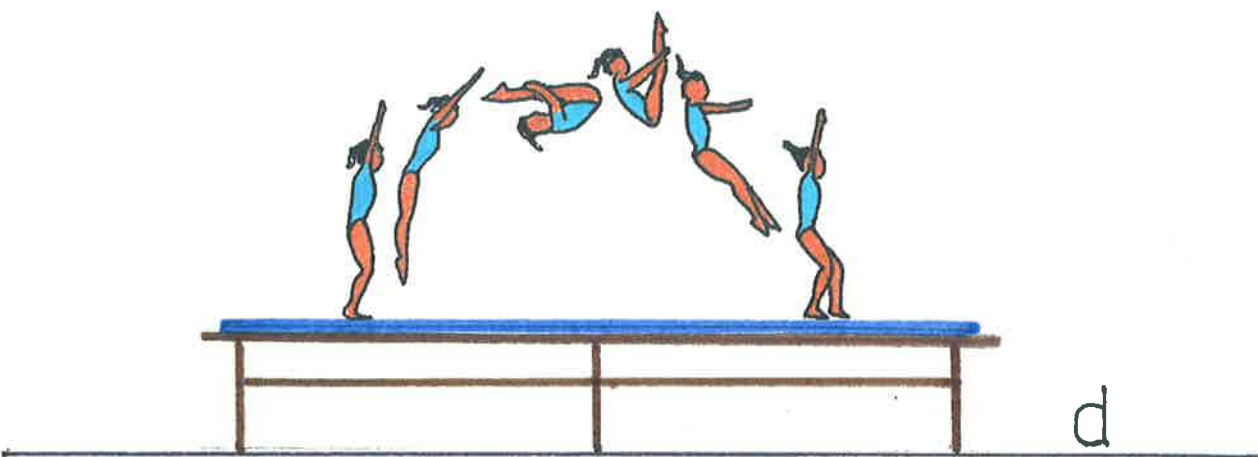
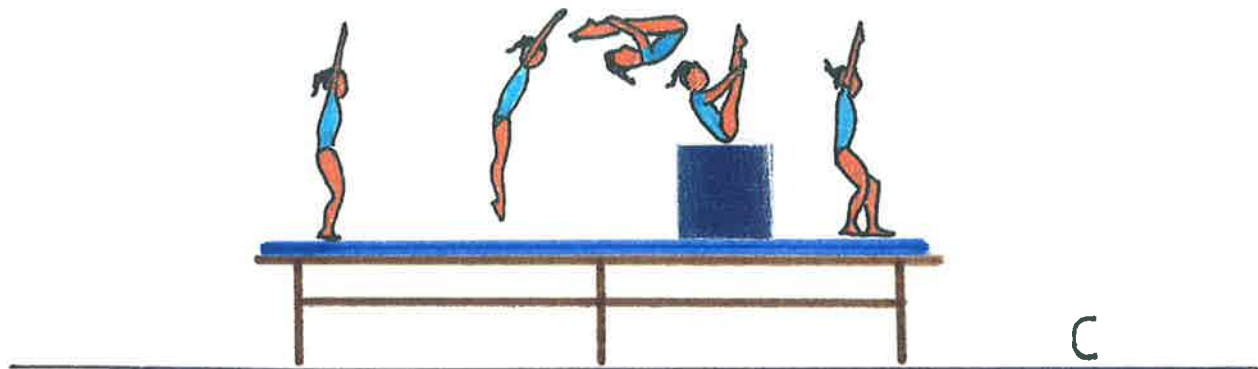
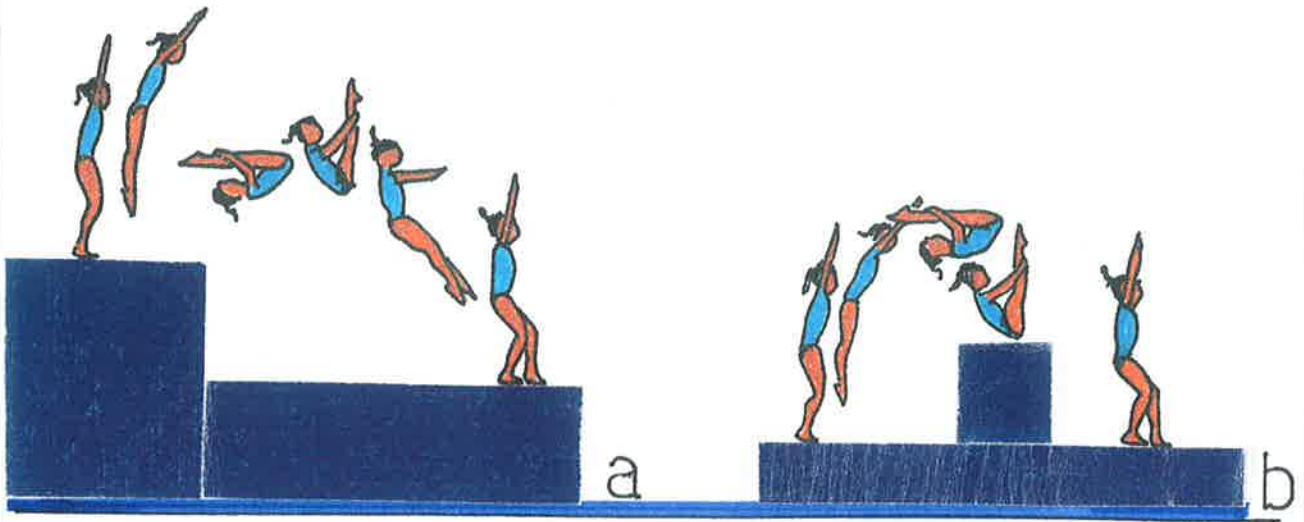


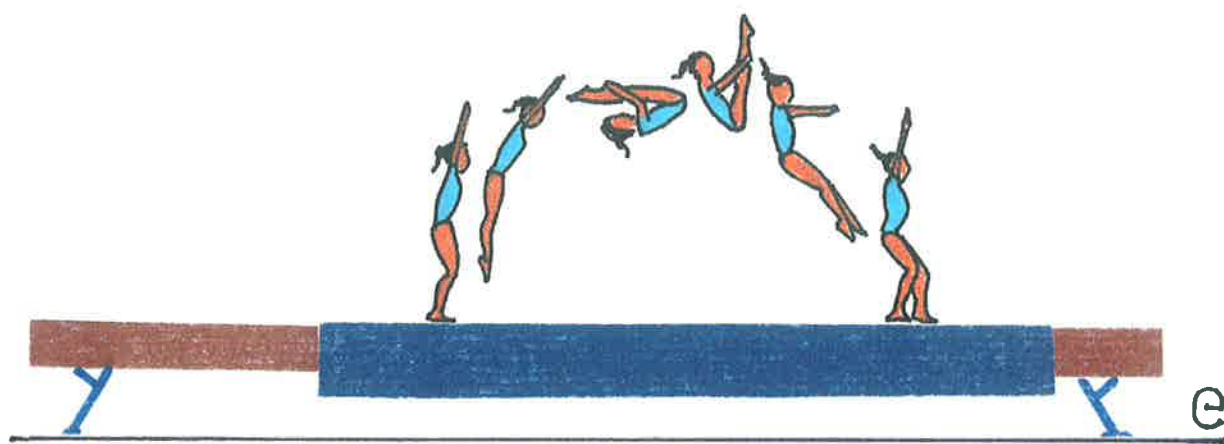
**N.25: Salto giro avanti carpiato.**



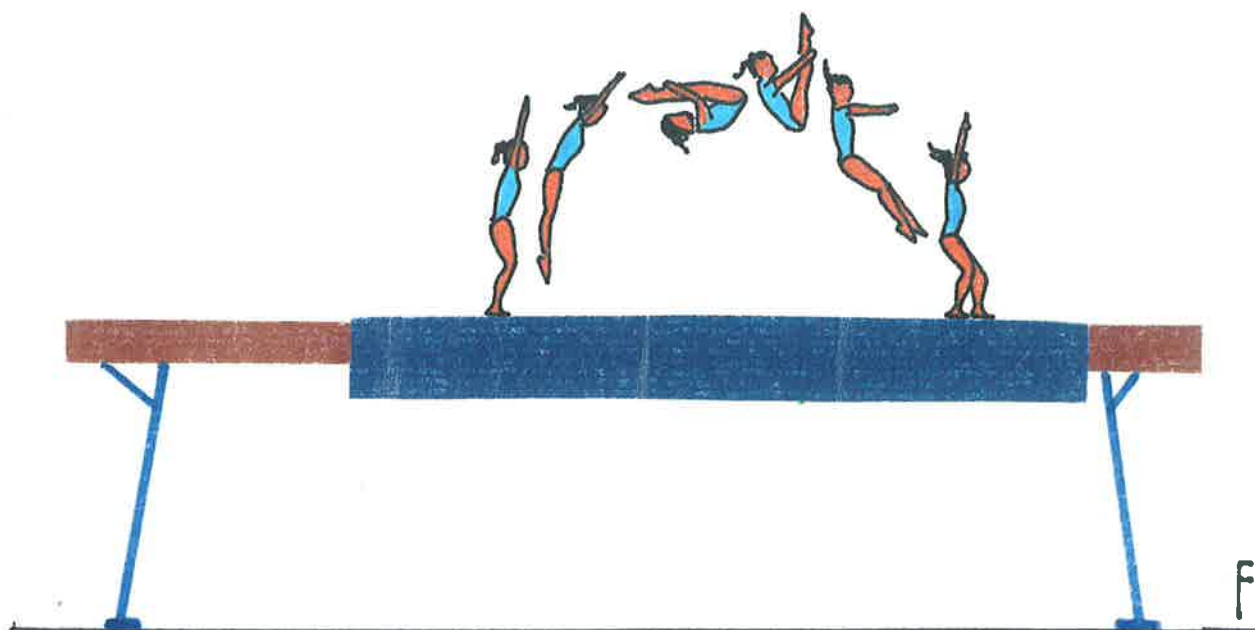
**Proposte didattiche:**

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

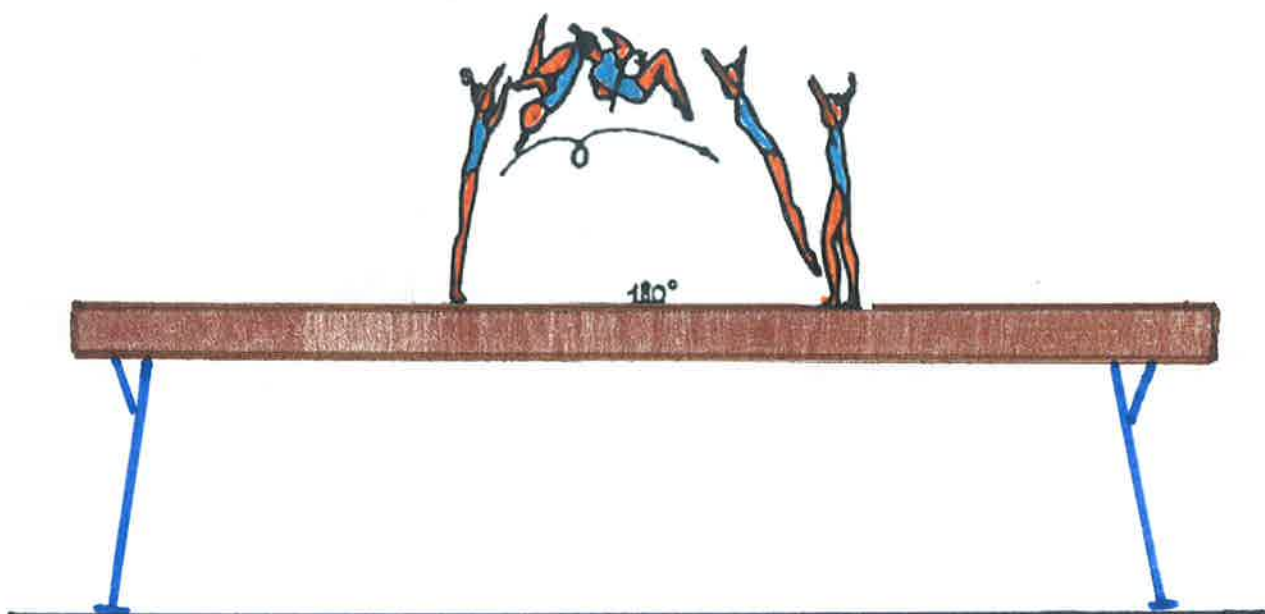




2) Eseguire il movimento alla trave alta con sopra un tappeto.

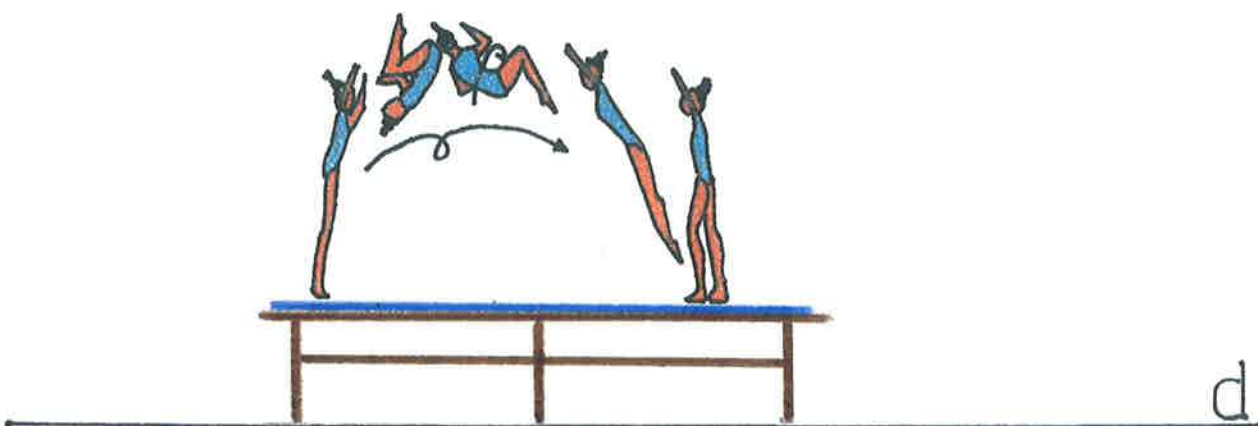
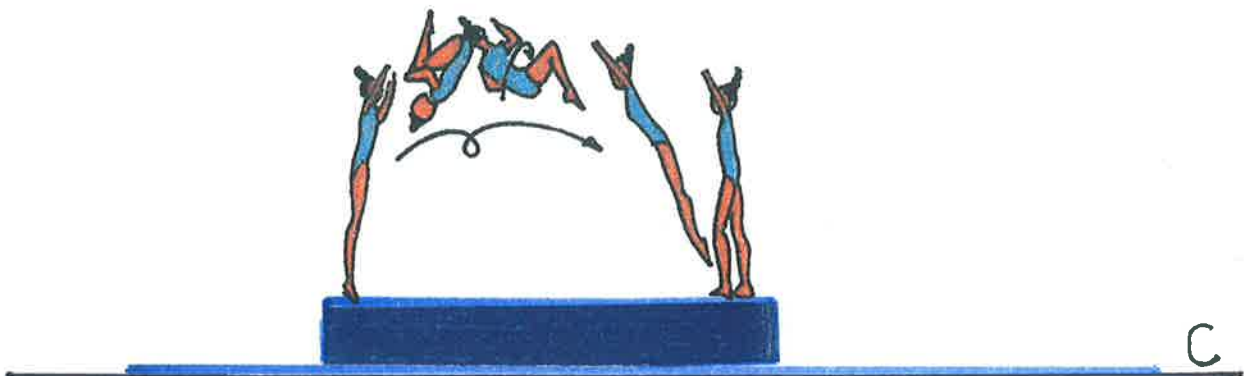
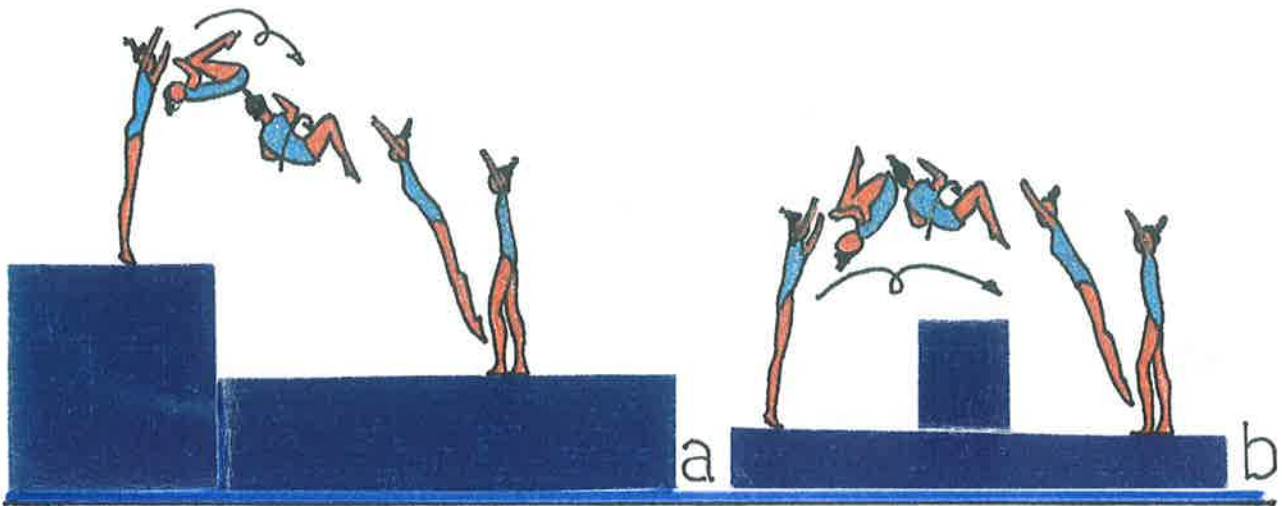


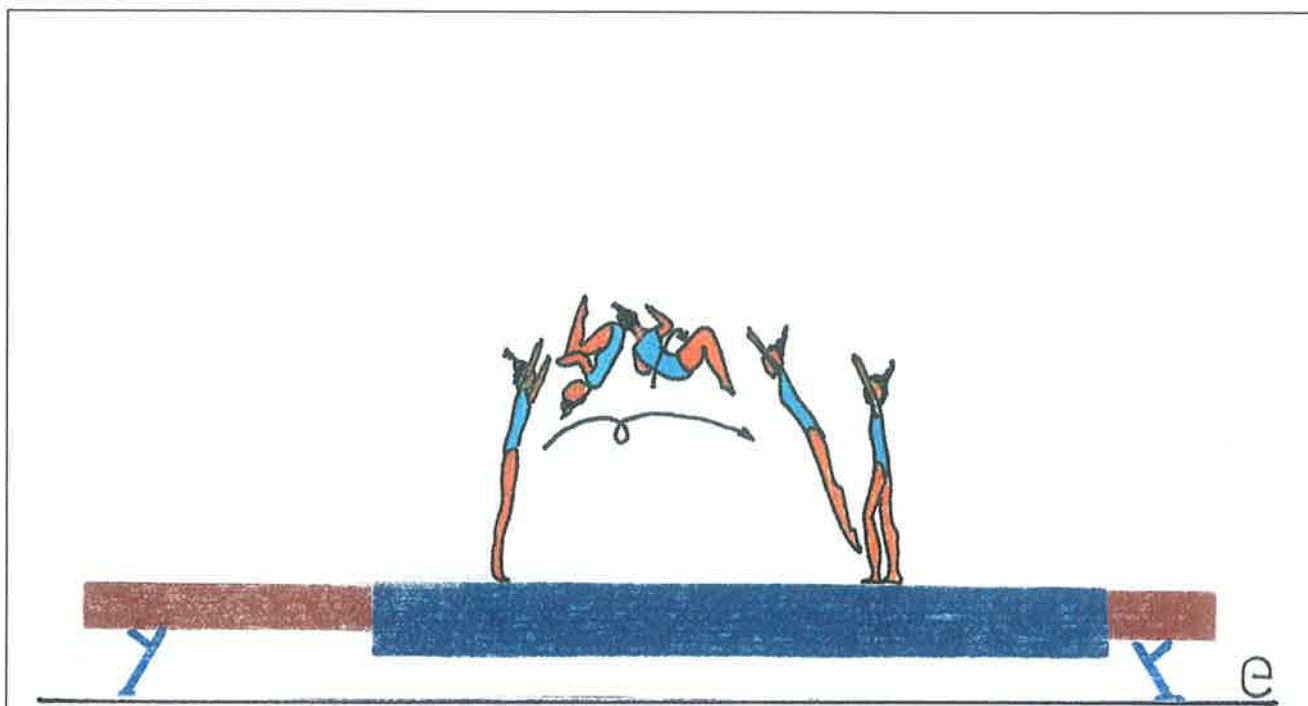
**N.26: Salto giro avanti raggruppato con  $\frac{1}{2}$  giro ( $180^\circ$ ).**



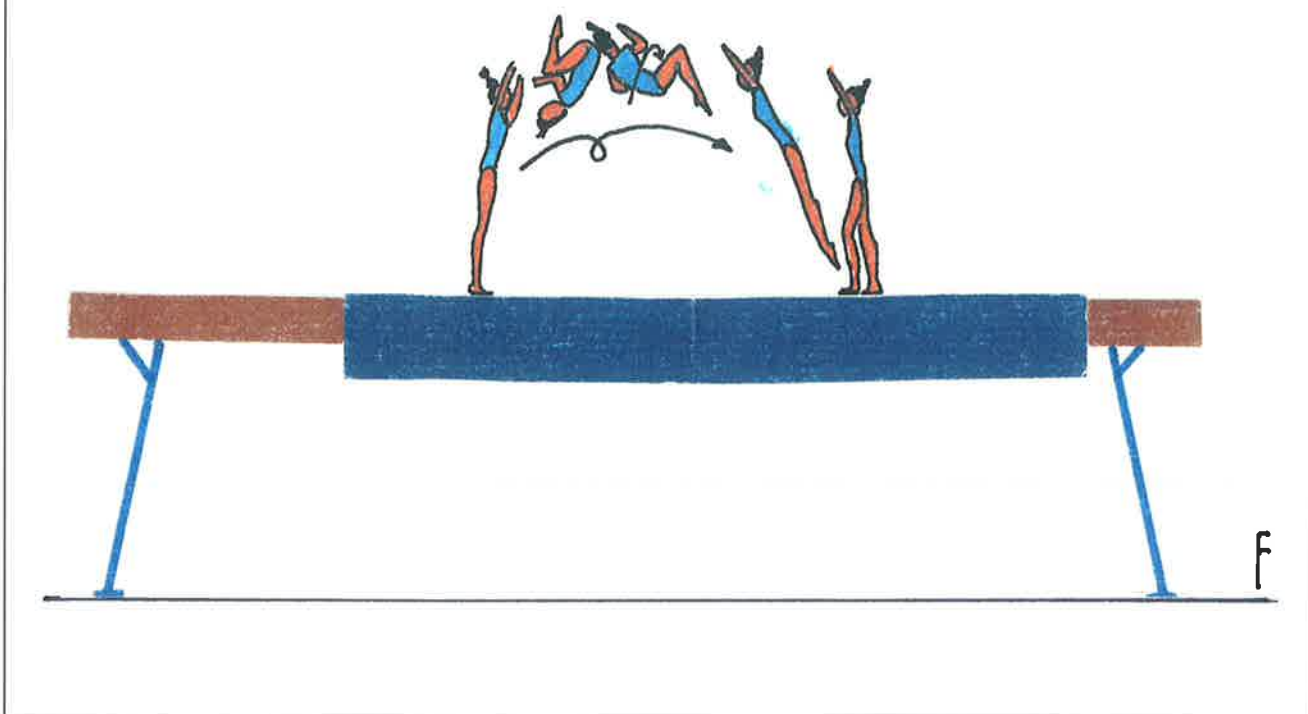
**Proposte didattiche:**

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



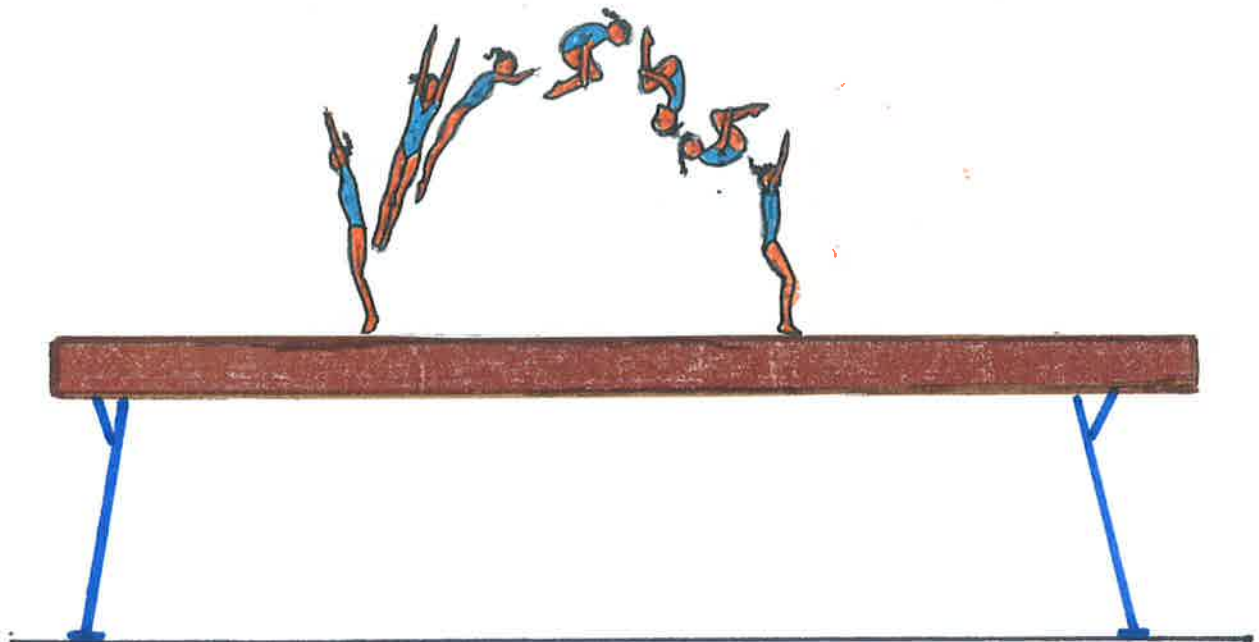


2) Eseguire il movimento alla trave alta con sopra un tappeto.



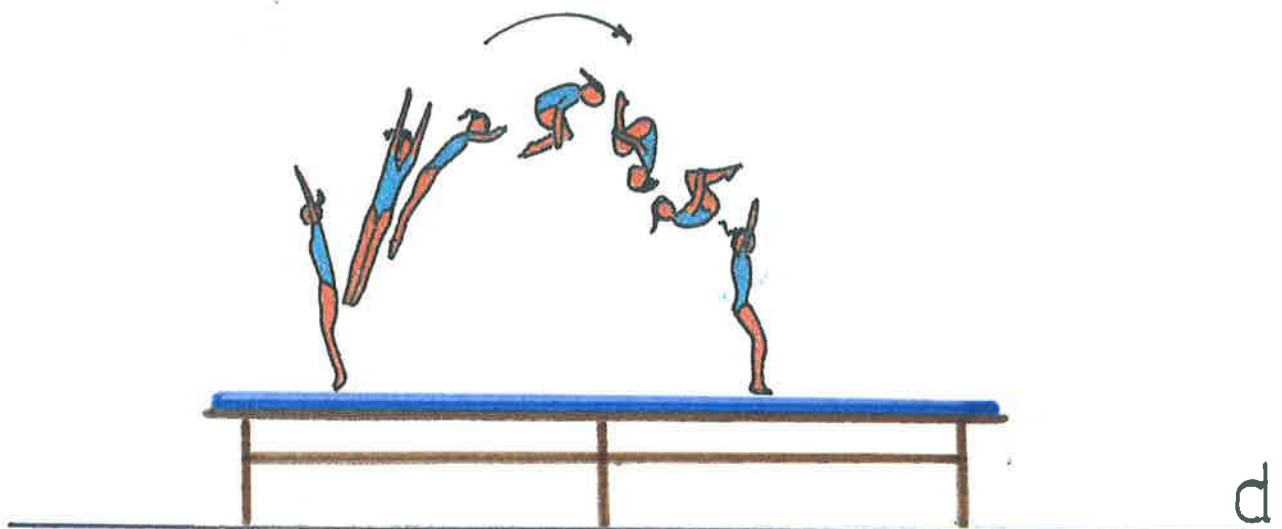
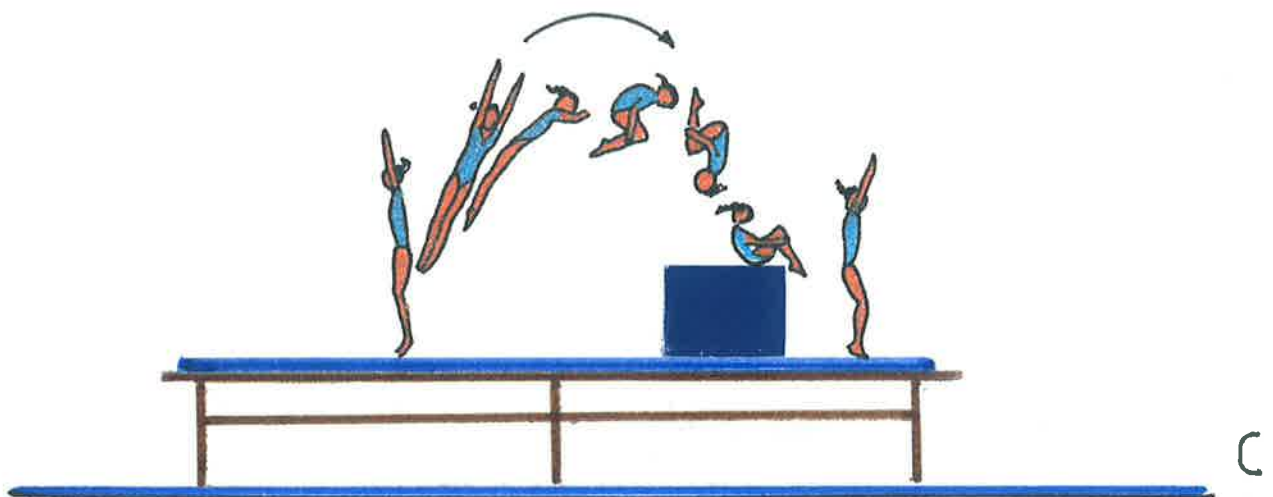
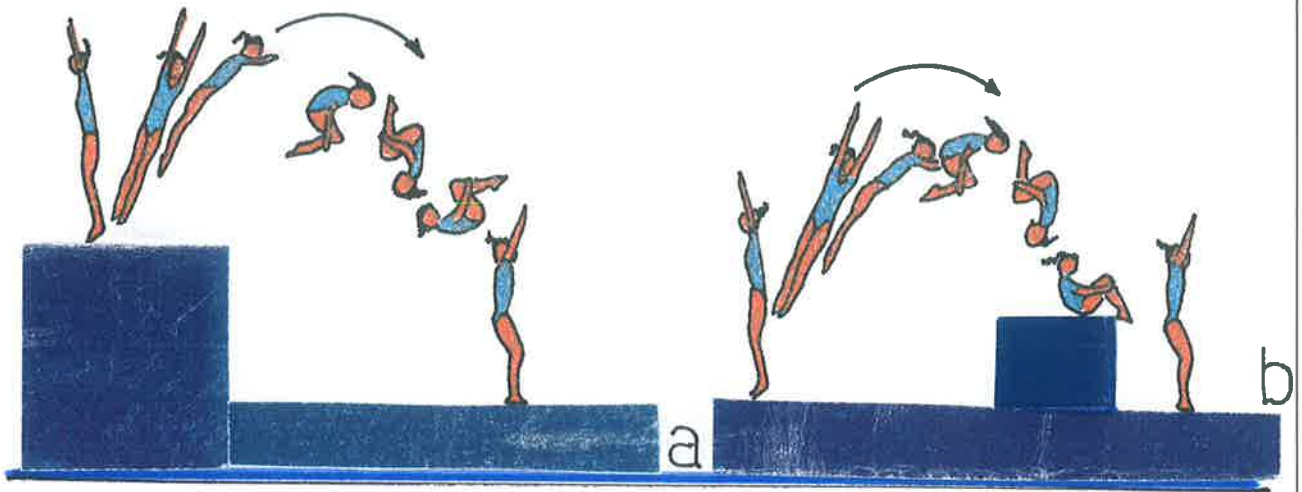


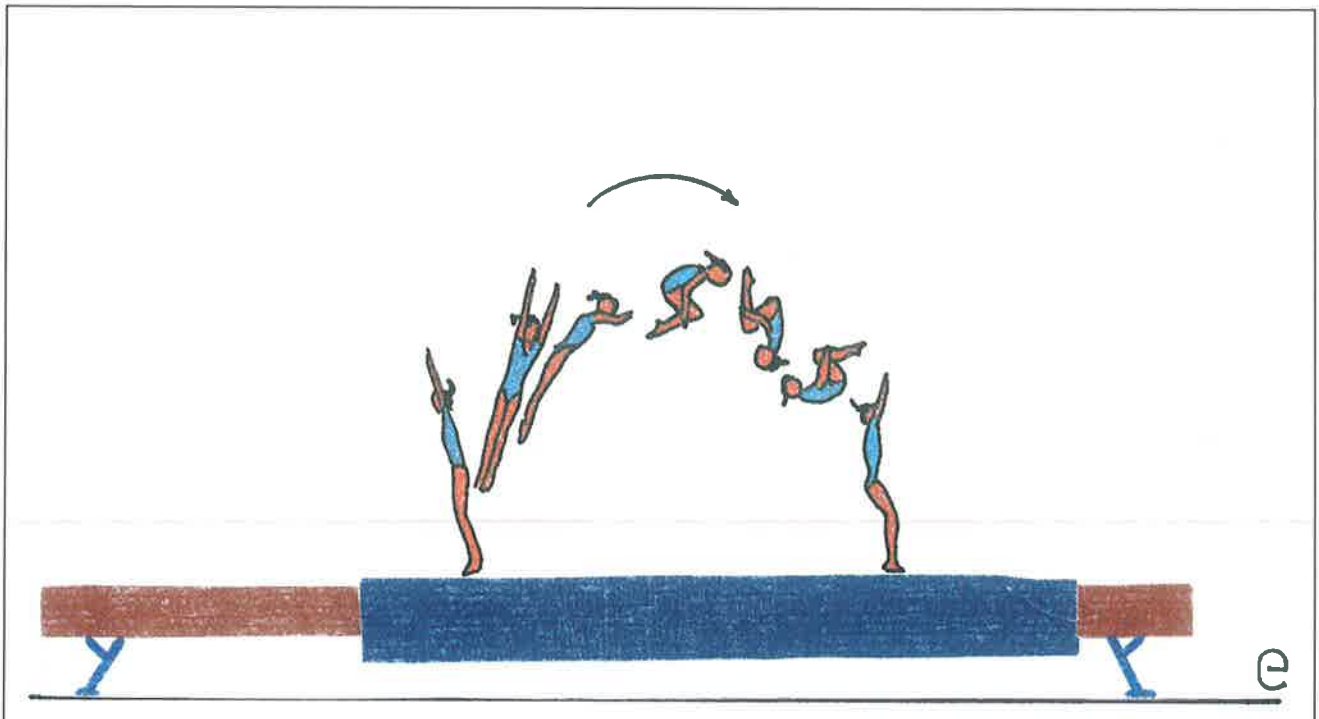
**N.27: Salto Twist.**



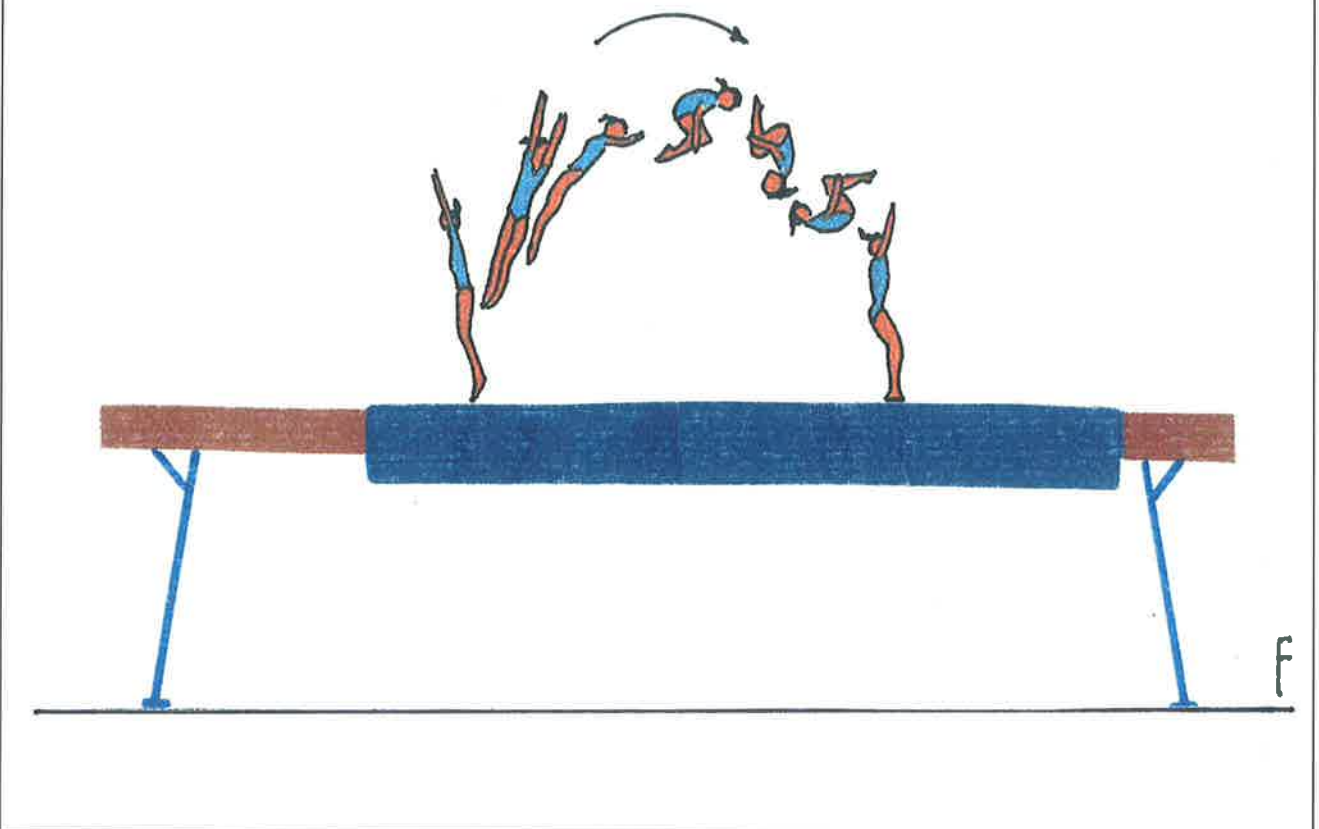
**Proposte didattiche:**

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

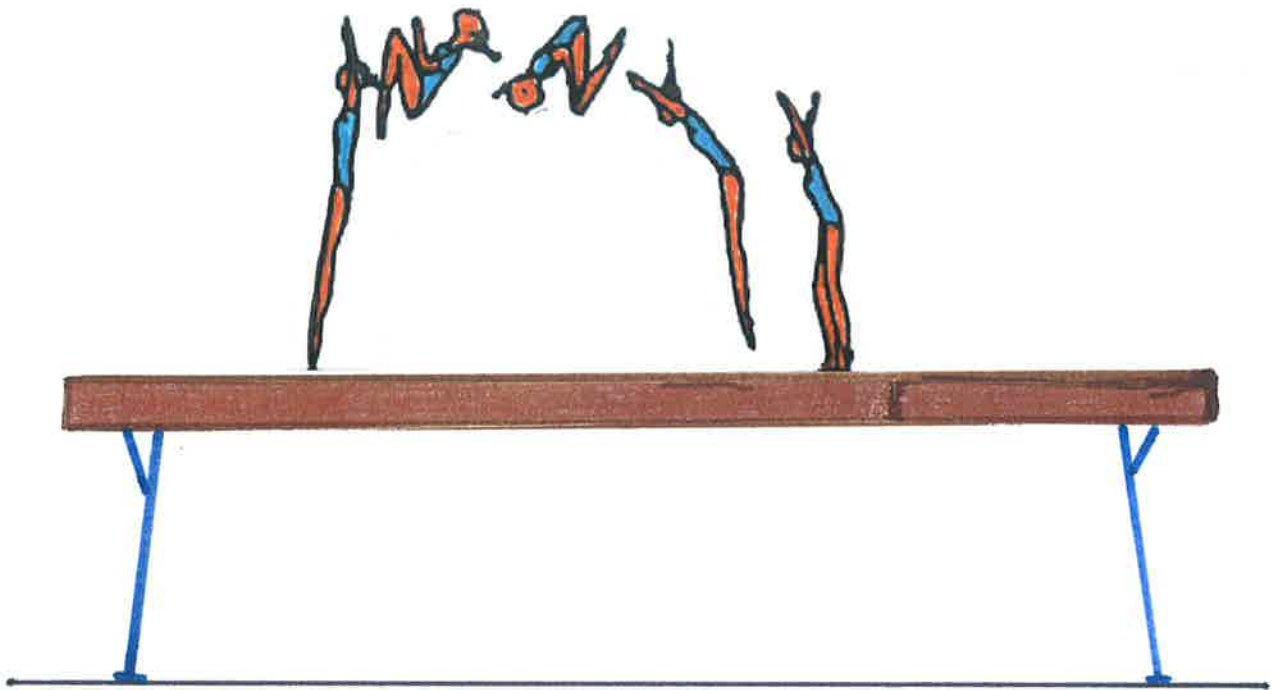




2) Eseguire il movimento alla trave alta con sopra un tappeto.

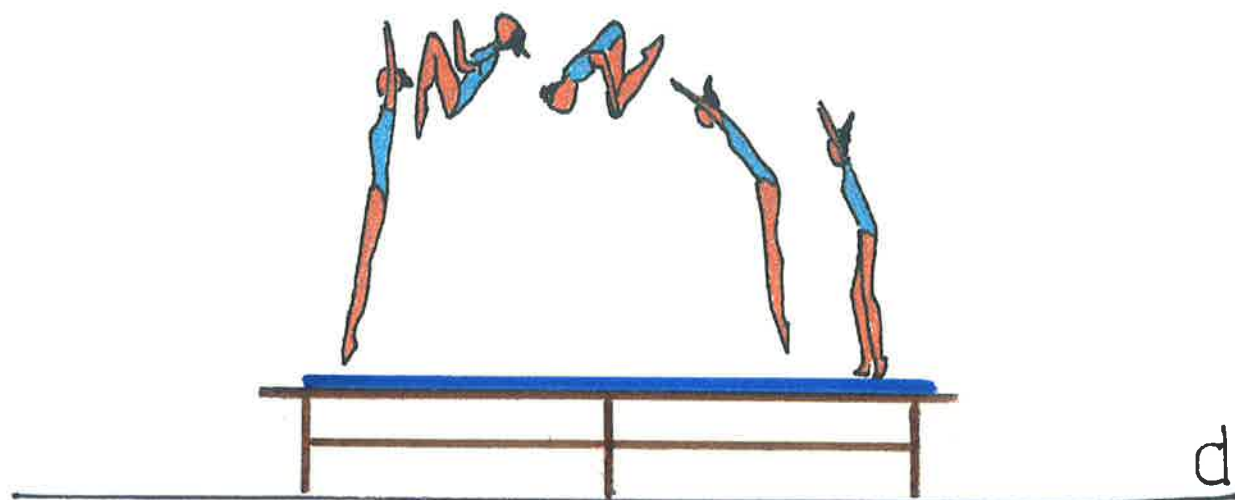
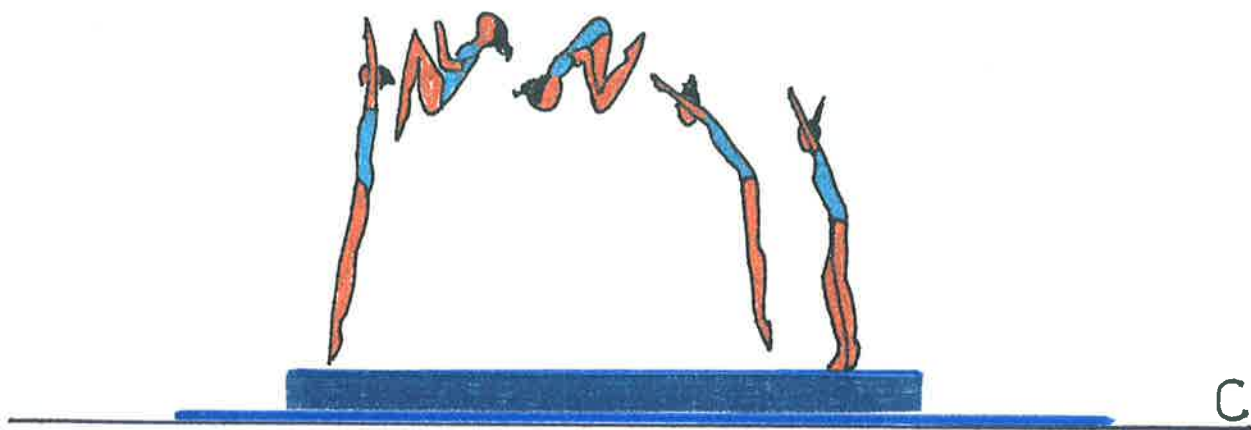
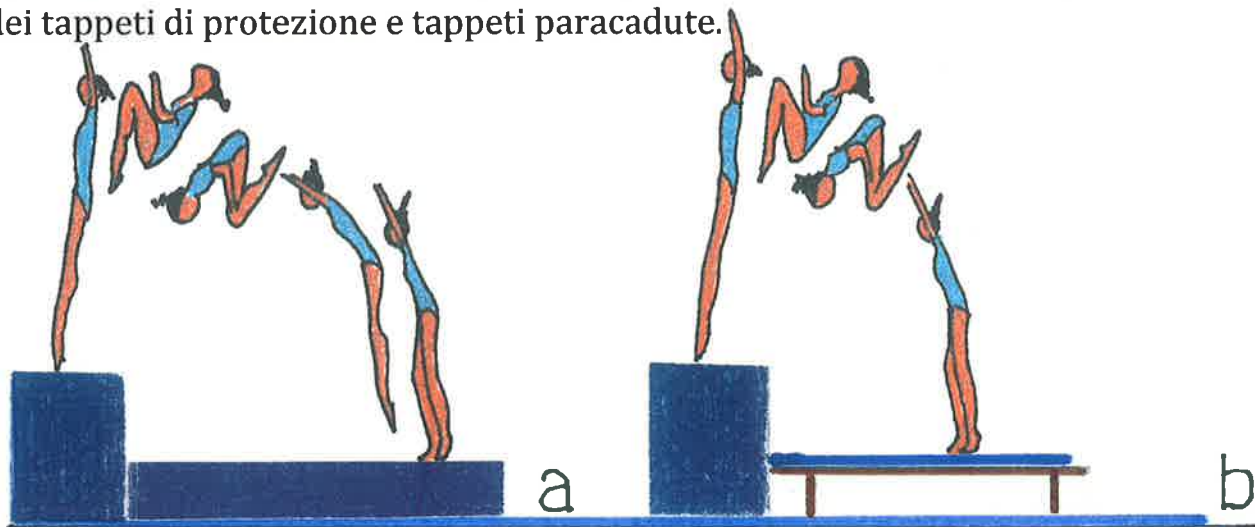


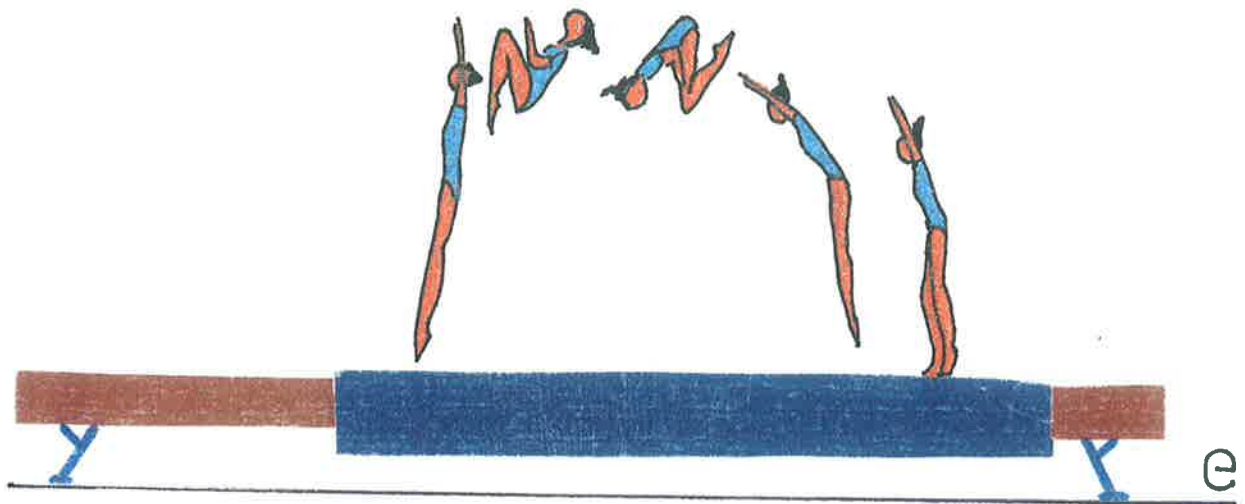
**N.28: Salto giro indietro raggruppato.**



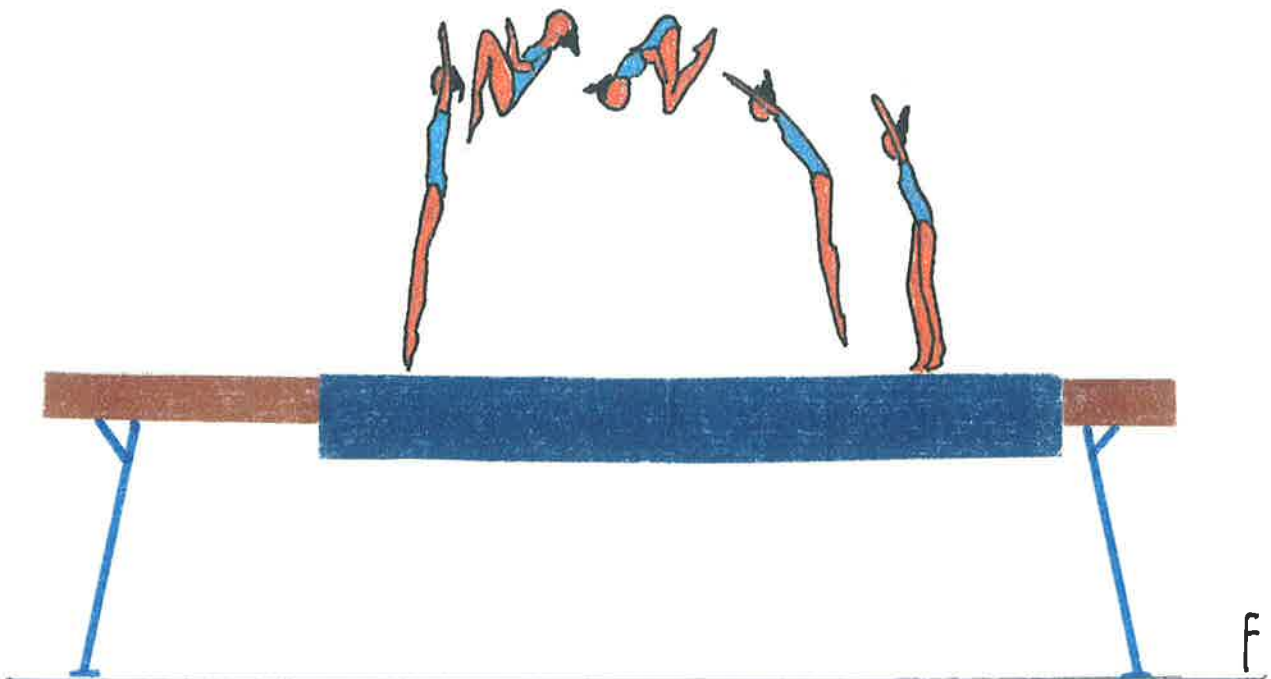
**Proposte didattiche:**

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

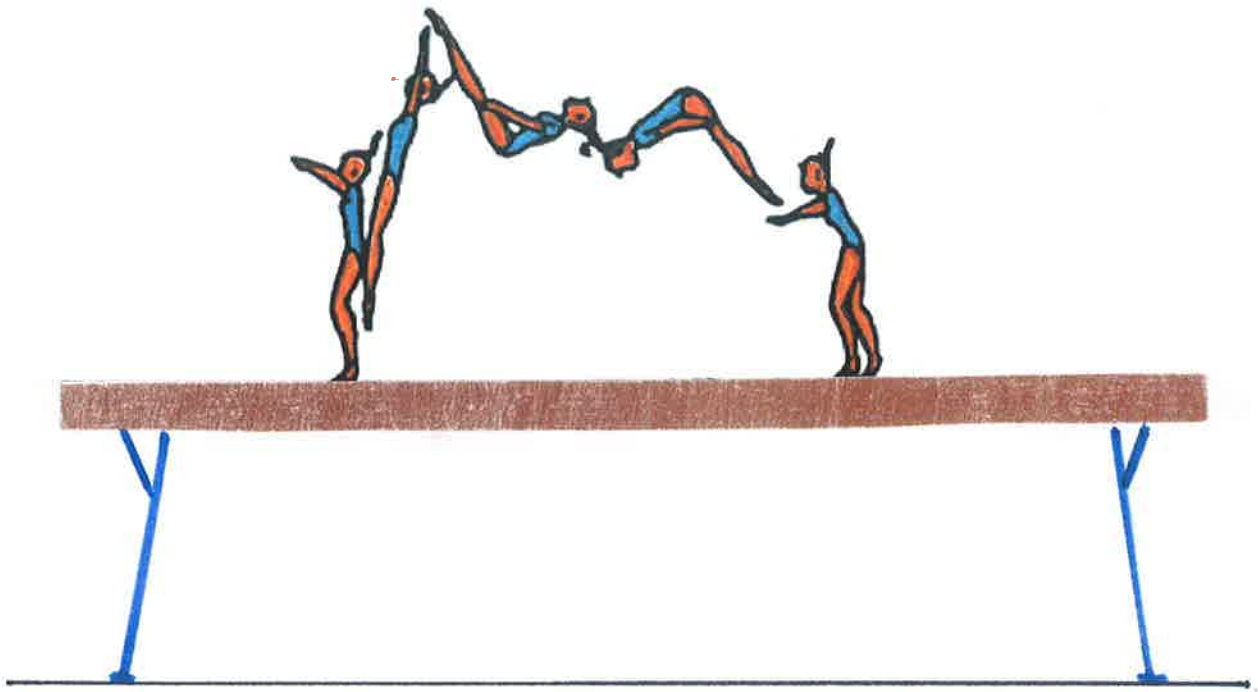




2) Eseguire il movimento alla trave alta con sopra un tappeto.

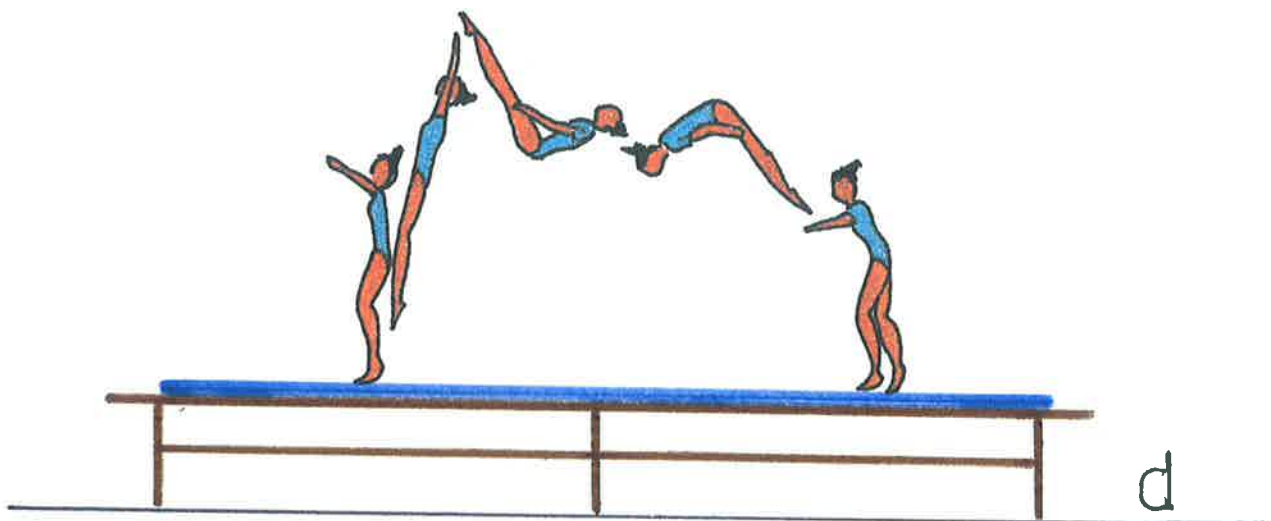
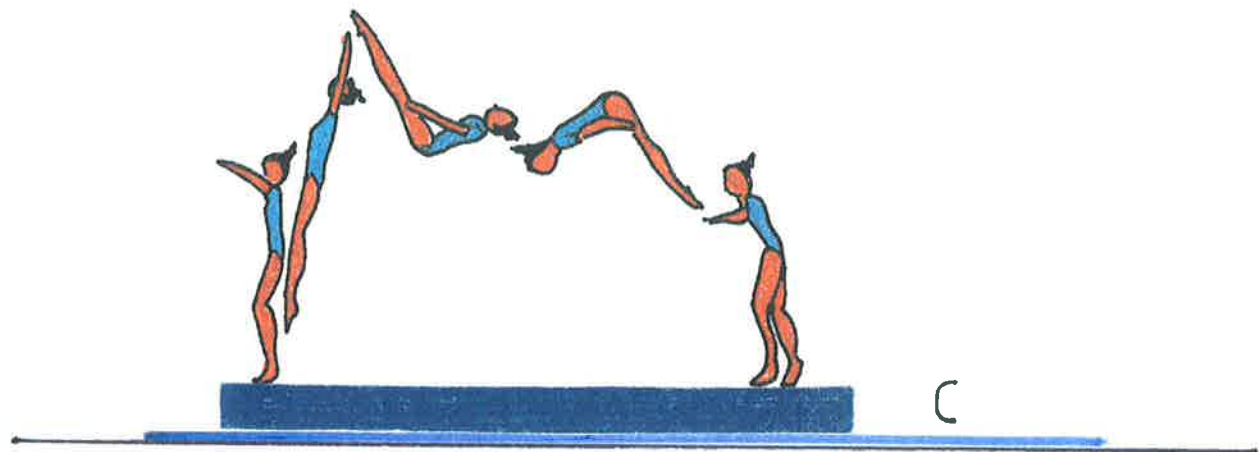
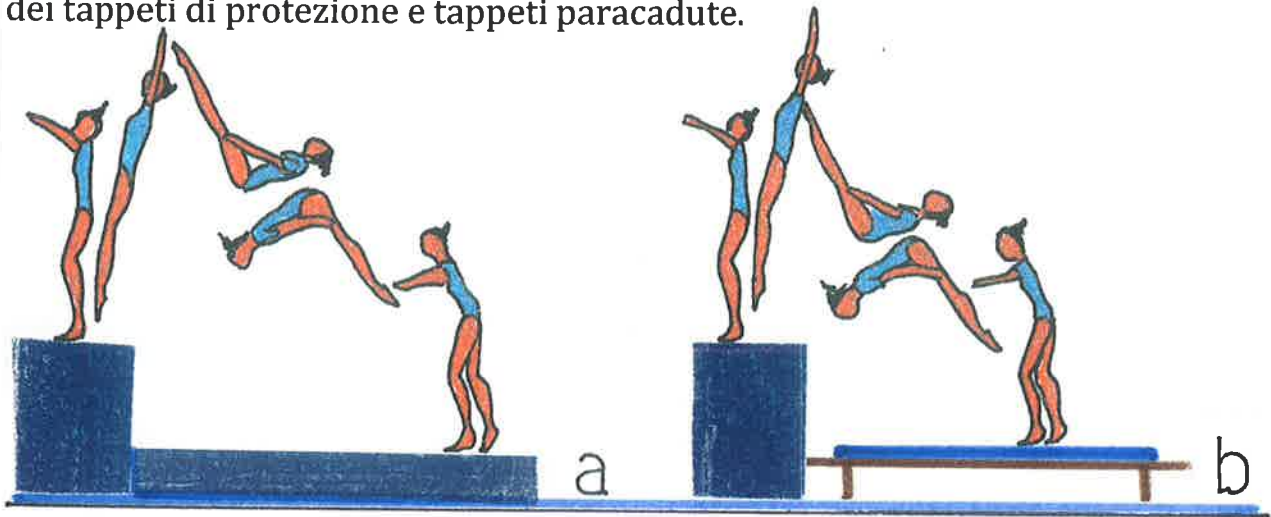


**N.29: Salto giro indietro carpiato.**

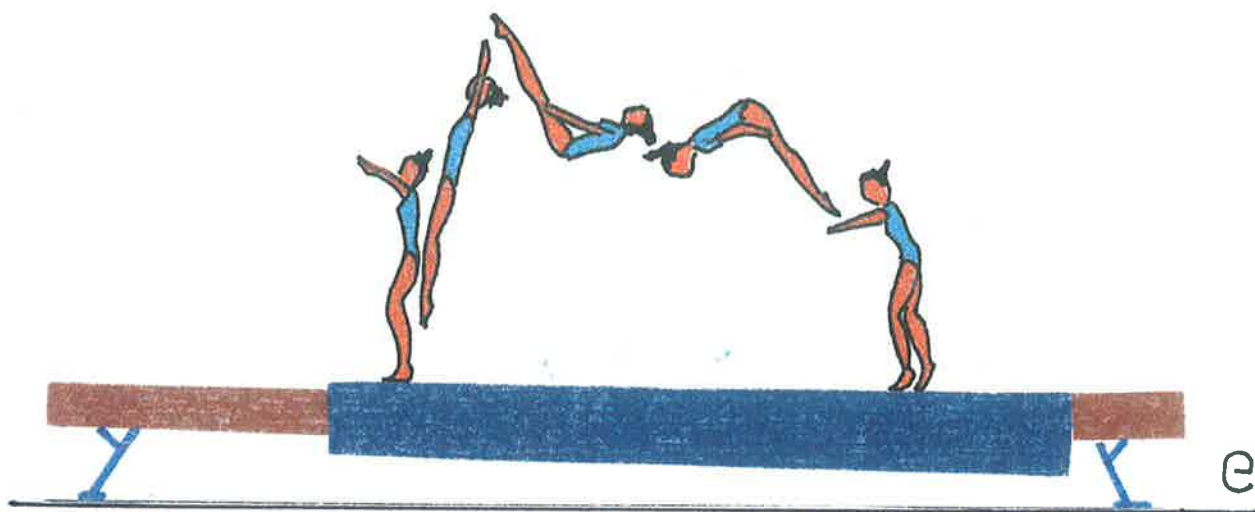


**Proposte didattiche:**

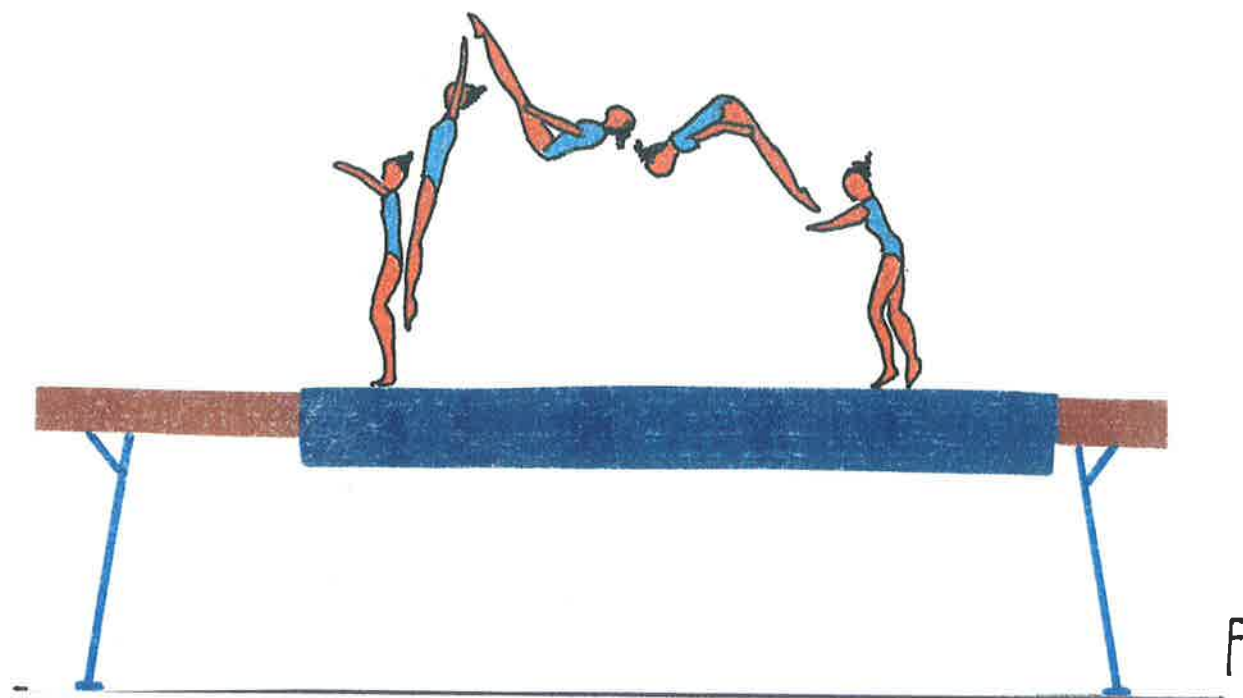
1) Eseguire il movimento a corpo libero, su una panca e trave bassa, utilizzando dei tappeti di protezione e tappeti paracadute.



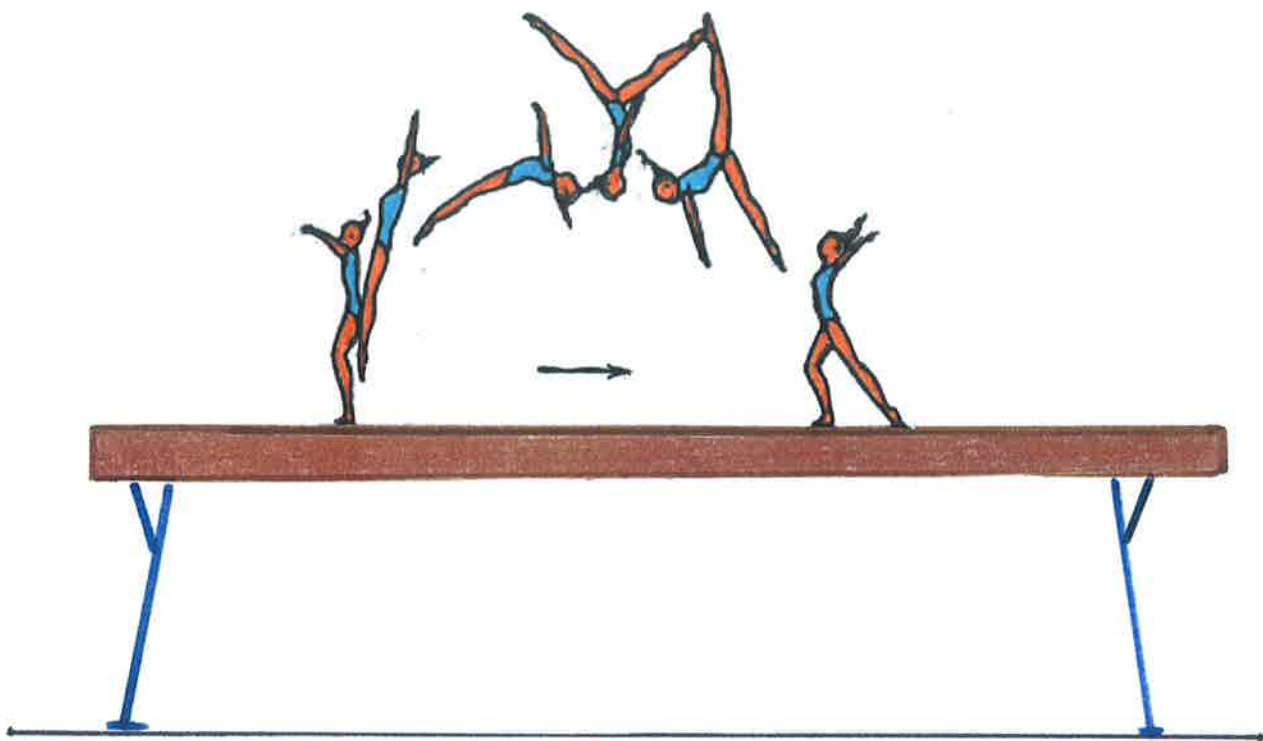




2) Eseguire il movimento alla trave alta con sopra un tappeto.

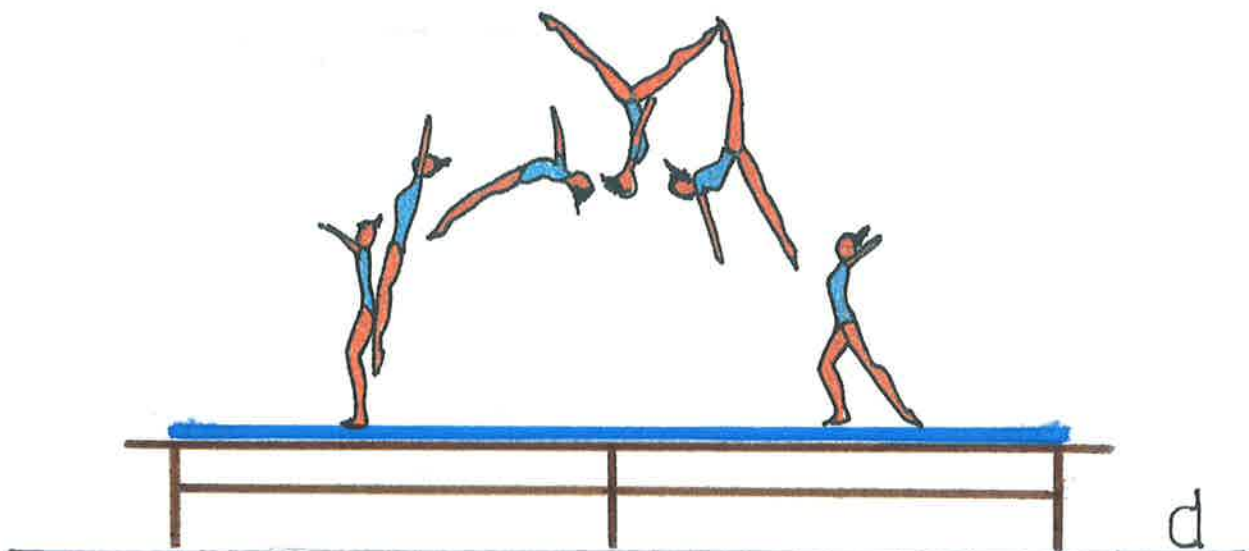
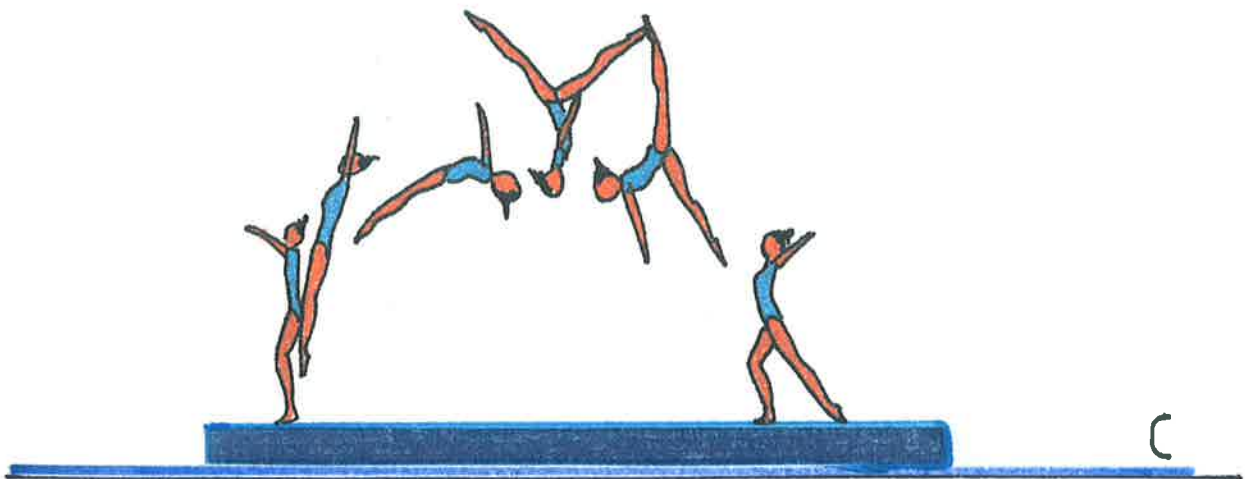
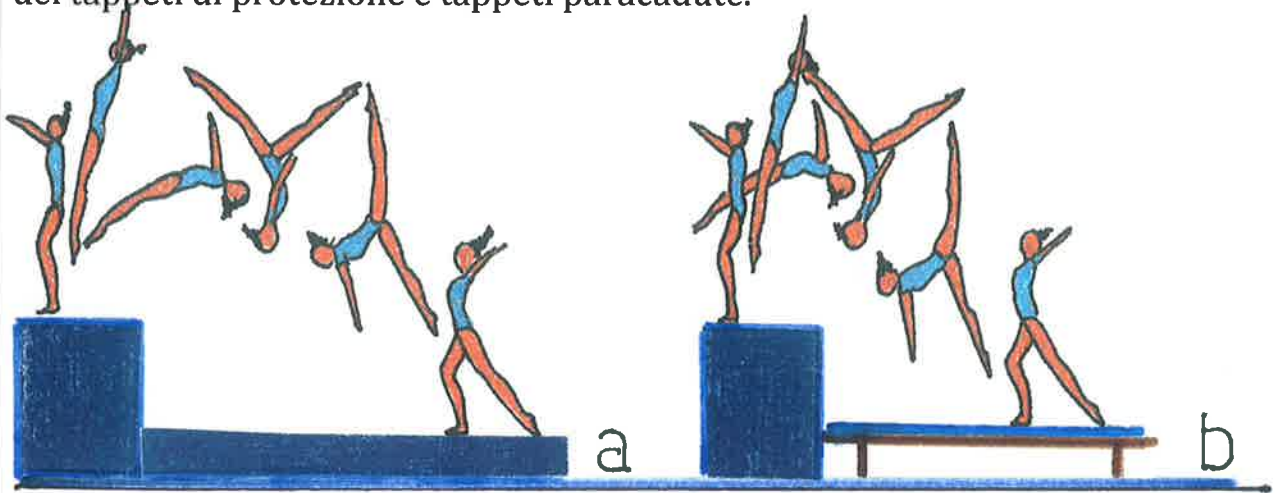


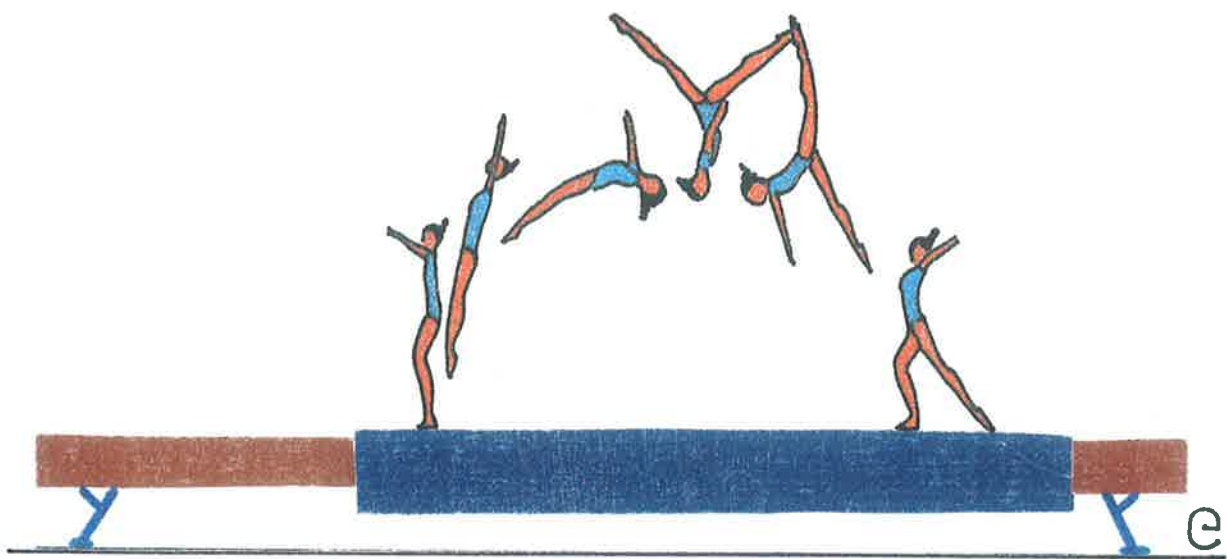
**N.30: Salto giro indietro a corpo teso e gambe divaricate.**



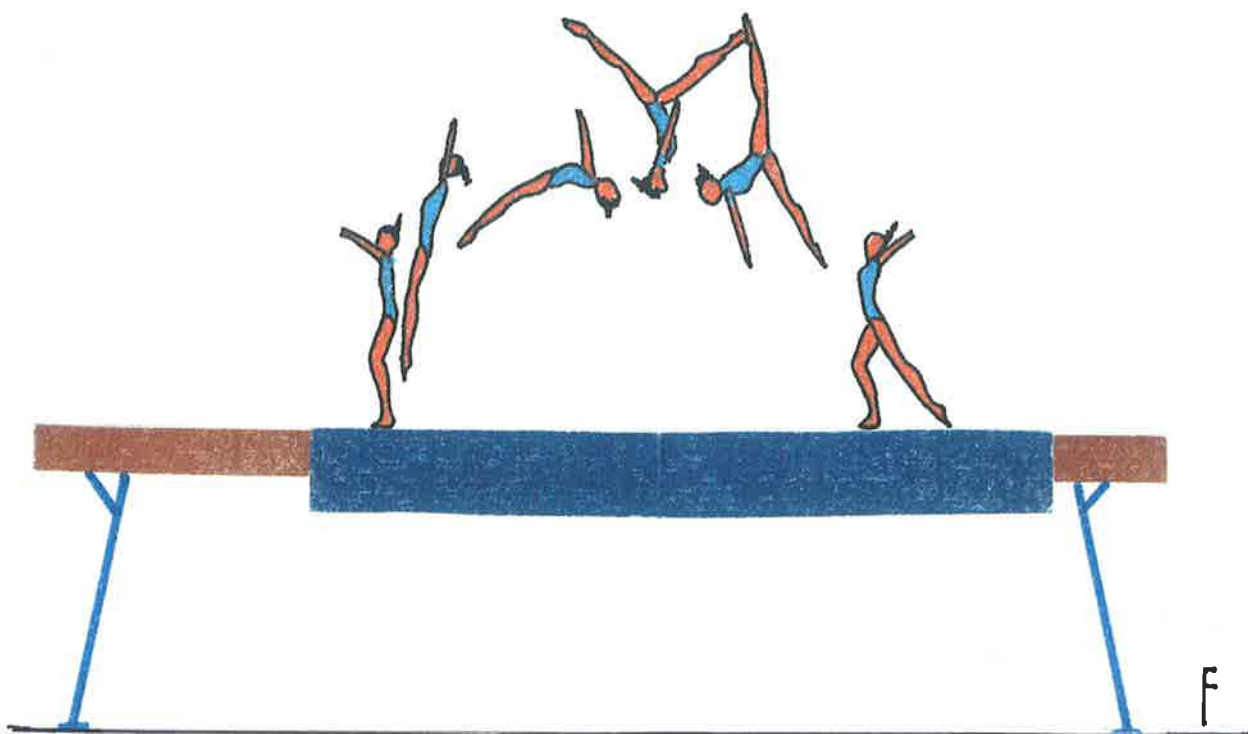
**Proposte didattiche:**

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

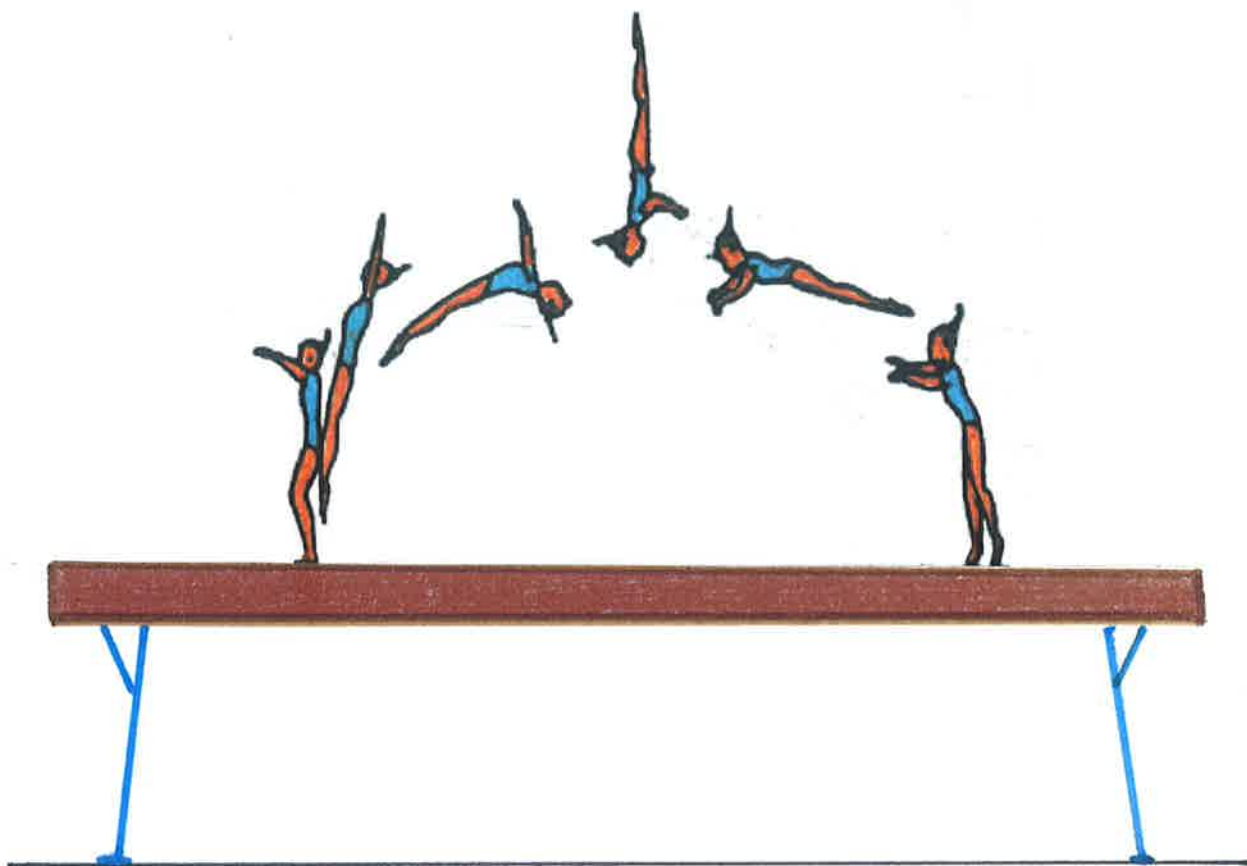




2) Eseguire il movimento alla trave alta con sopra un tappeto.

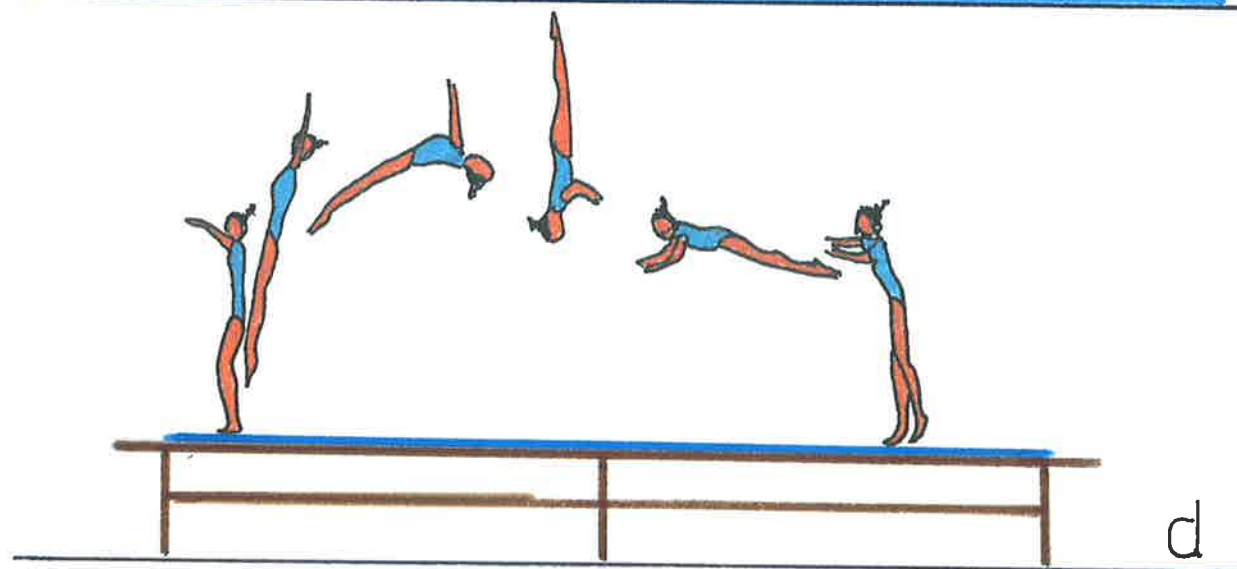
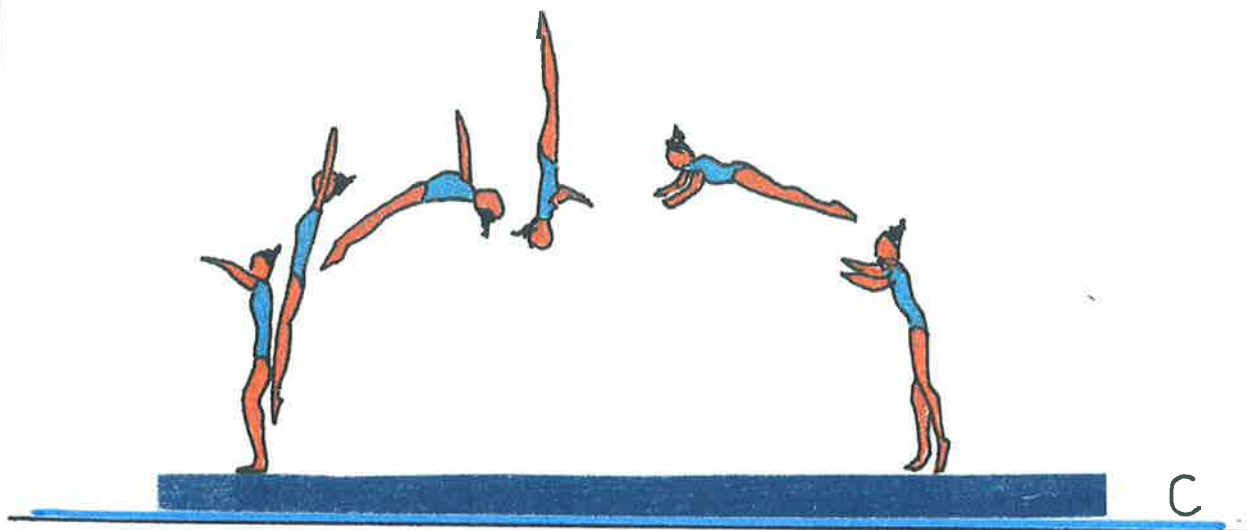
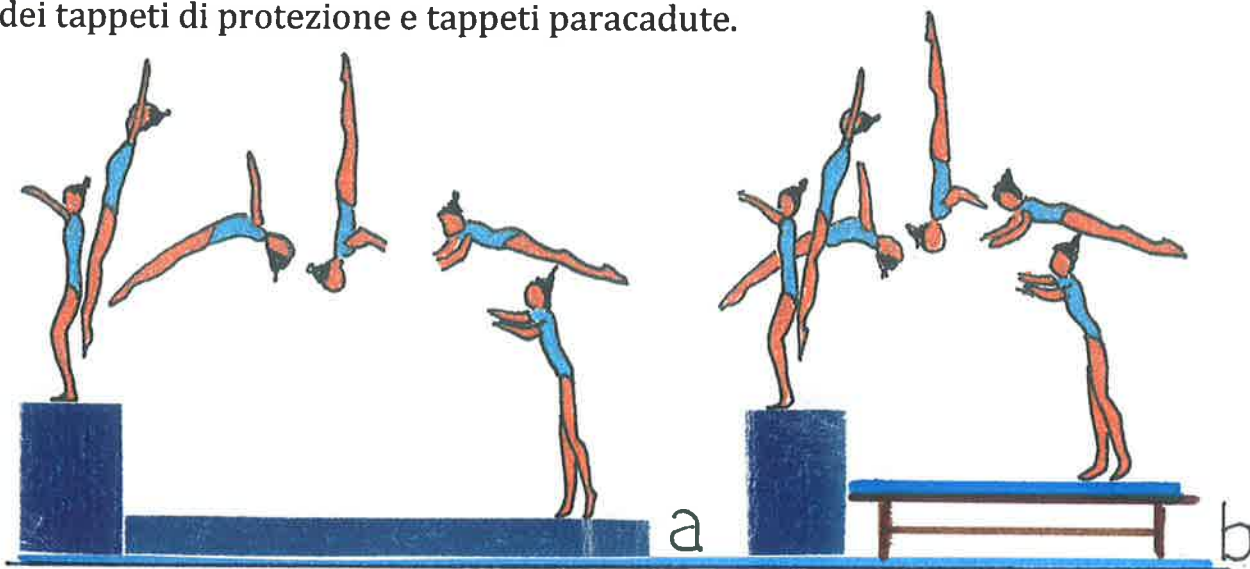


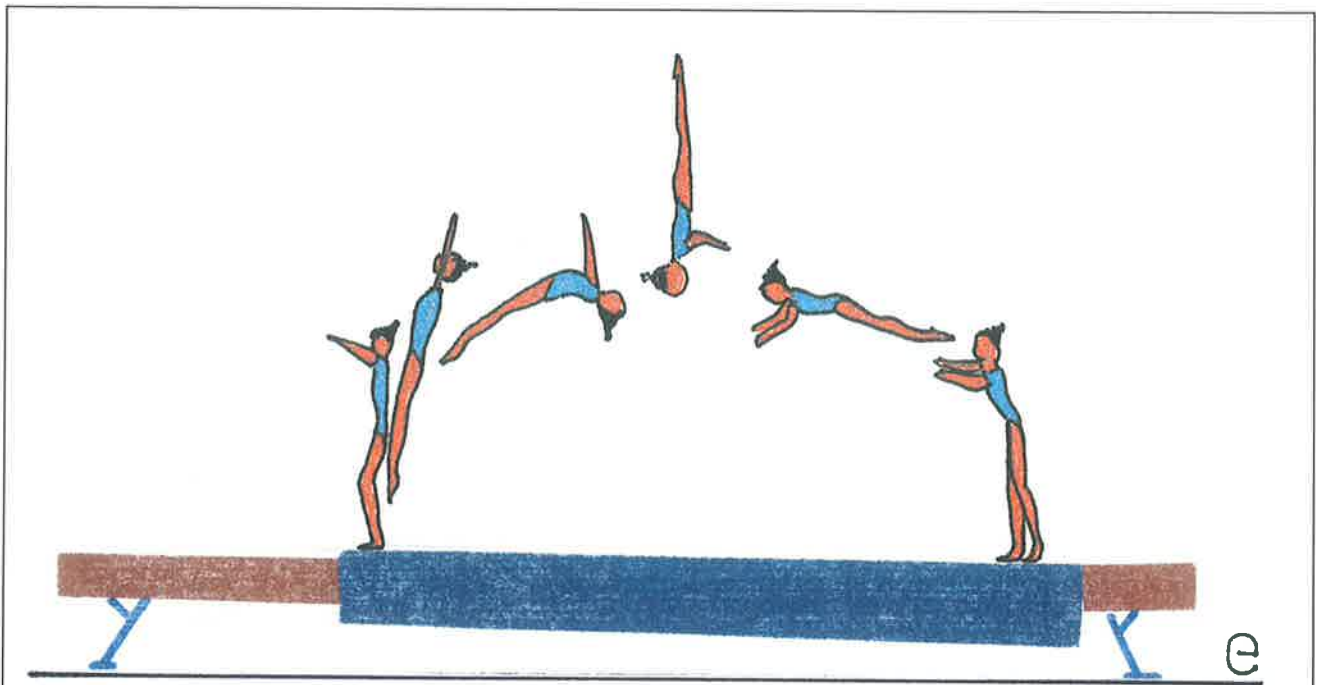
**N.31: Salto giro indietro a corpo teso.**



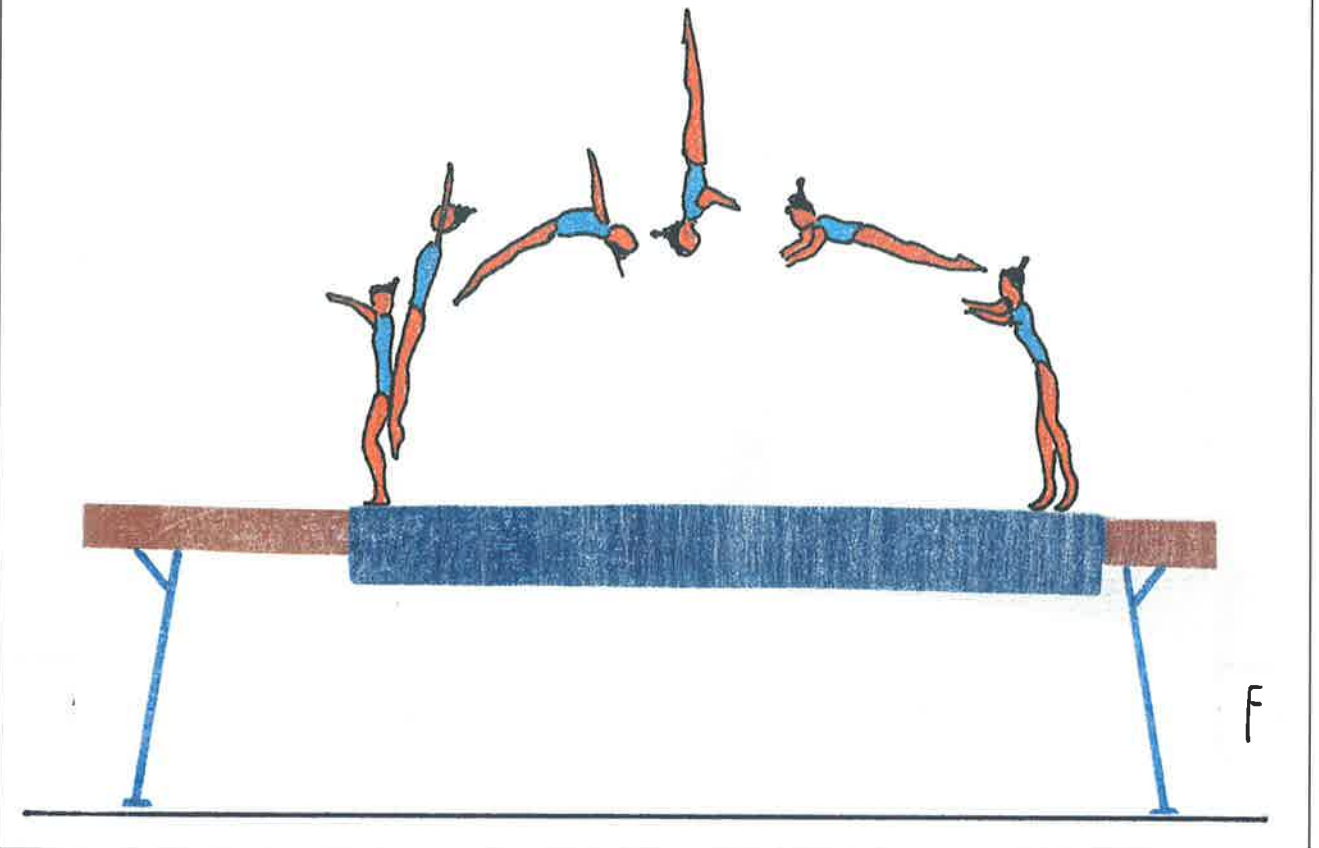
**Proposte didattiche:**

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

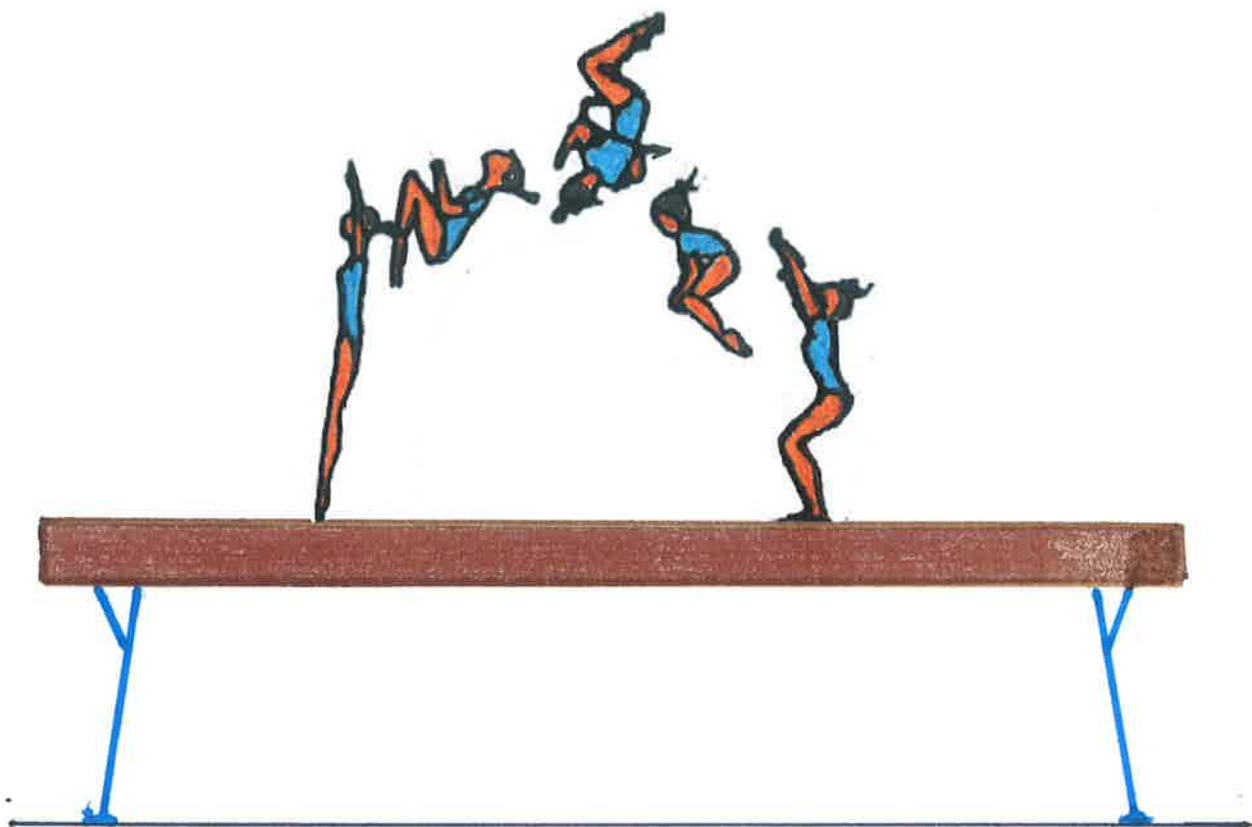




2) Eseguire il movimento alla trave alta con sopra un tappeto.



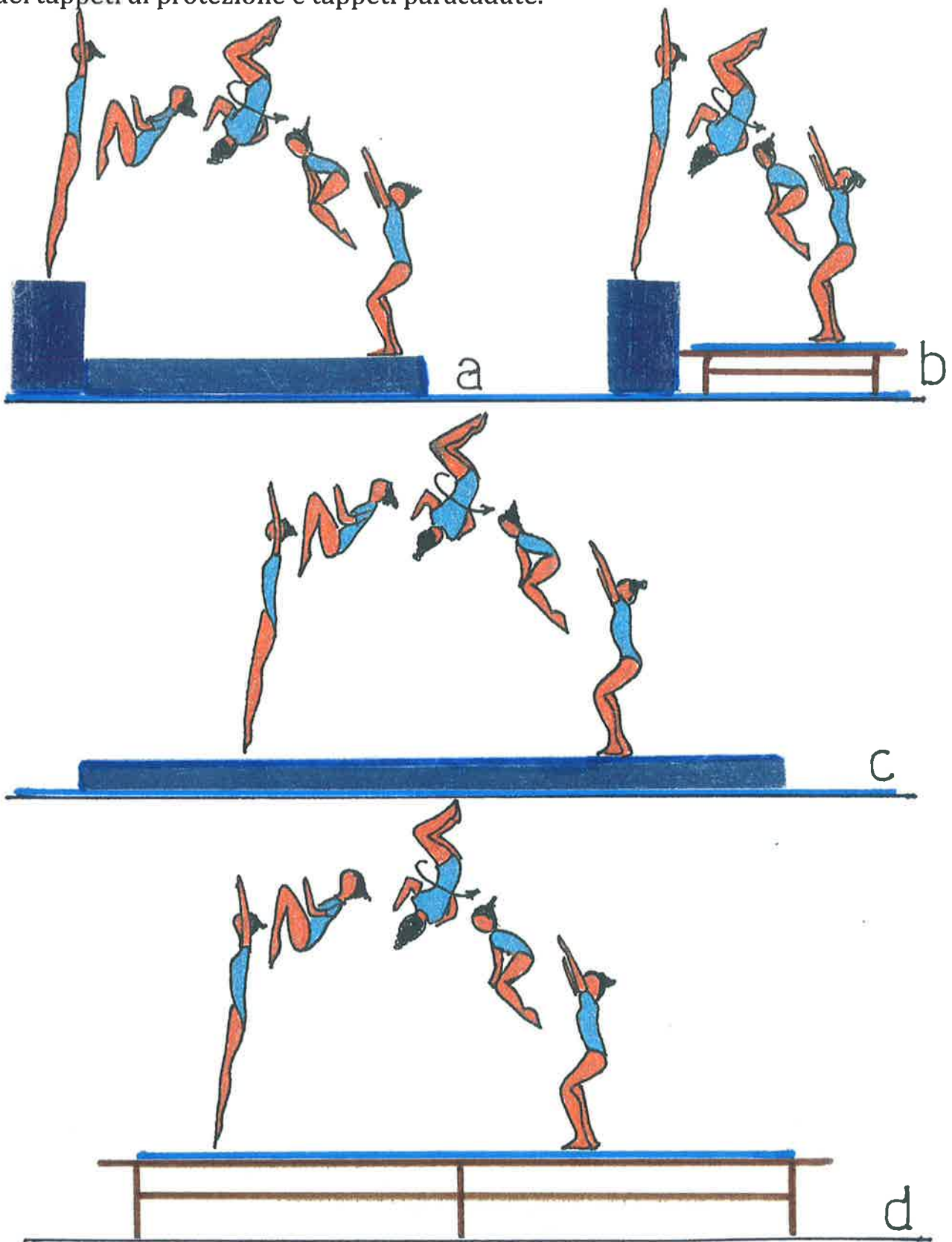
**N.32: Salto giro indietro raggruppato con un avvvitamento di 360°.**

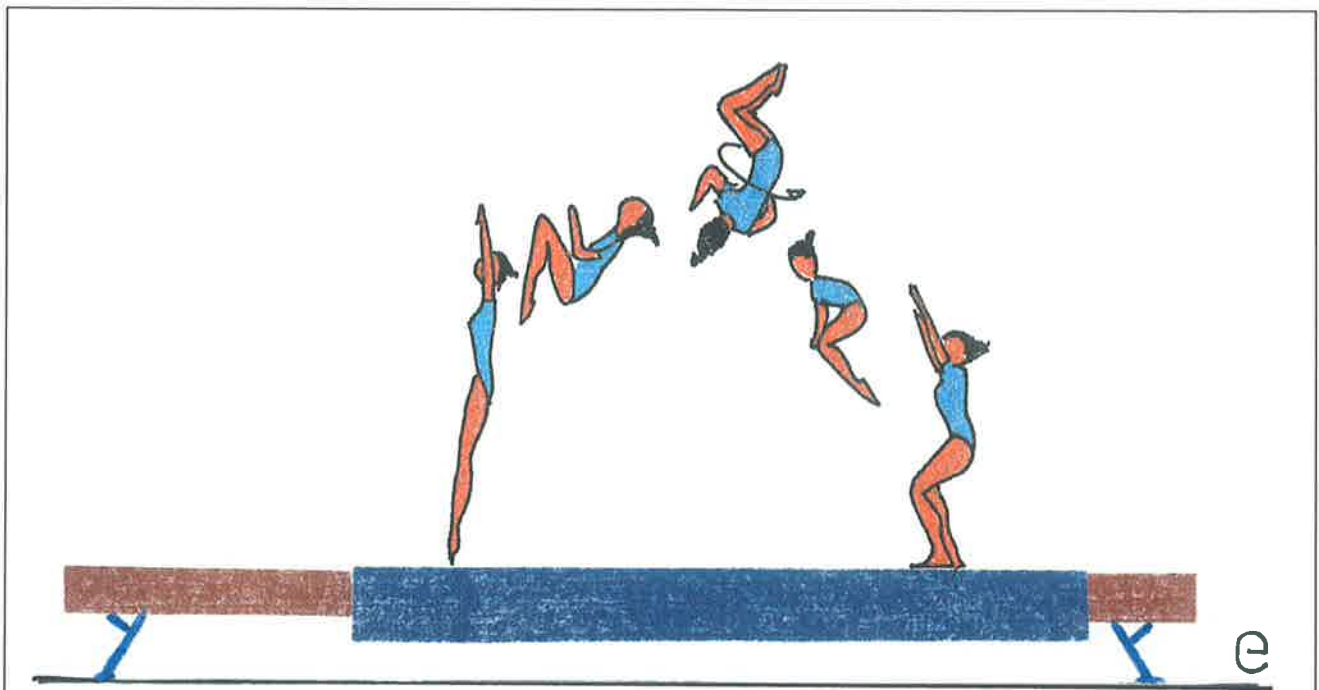




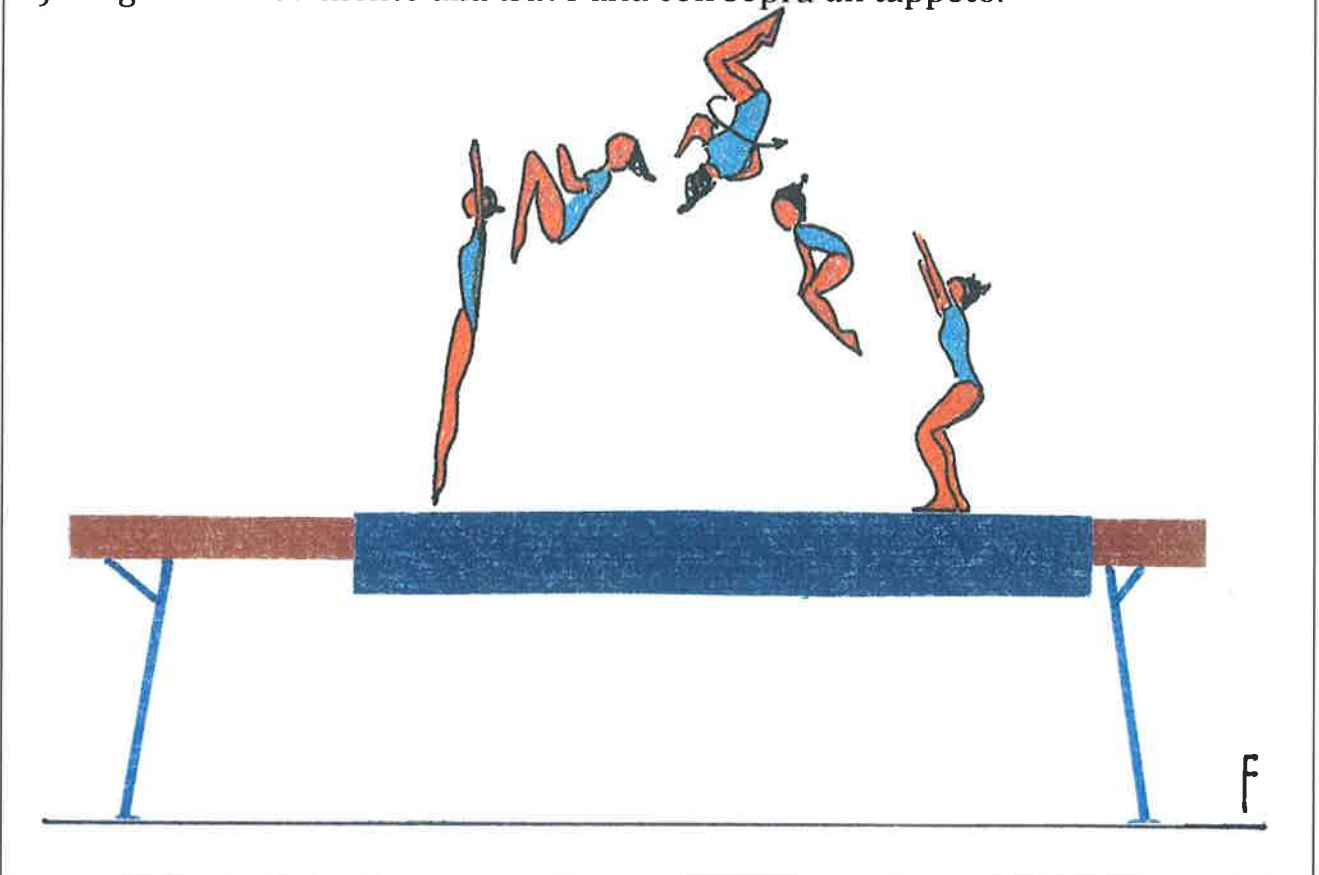
**Proposte didattiche:**

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

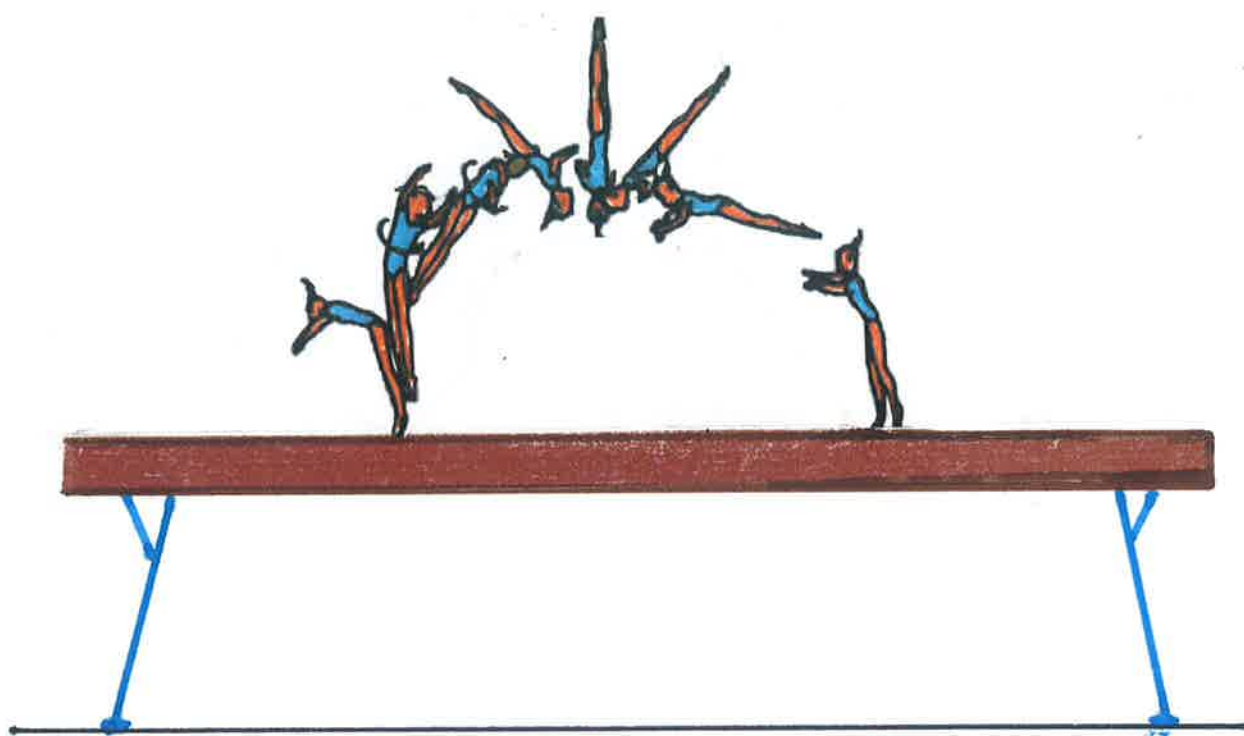




2) Eseguire il movimento alla trave alta con sopra un tappeto.

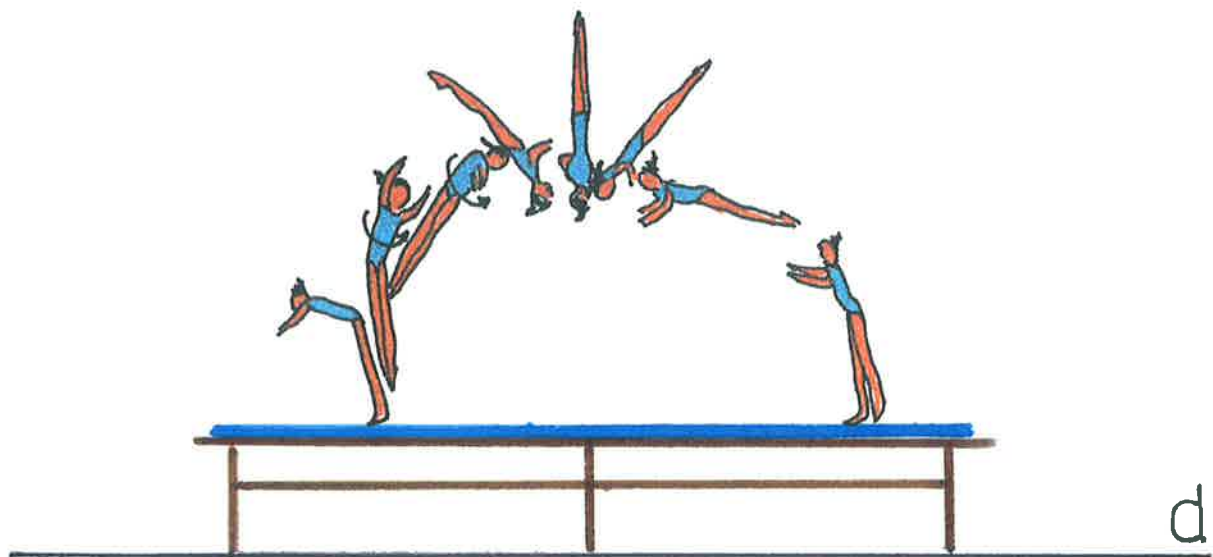
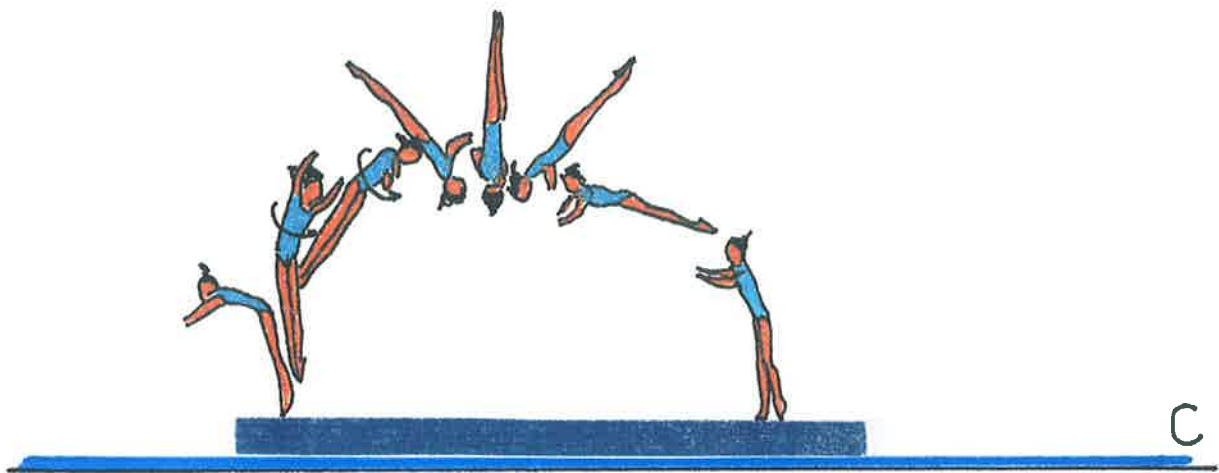
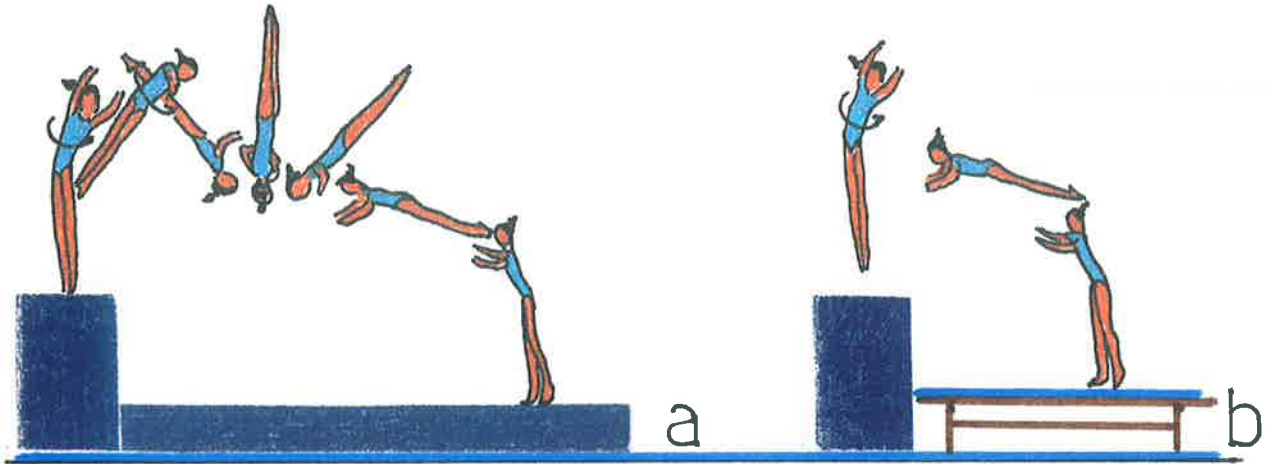


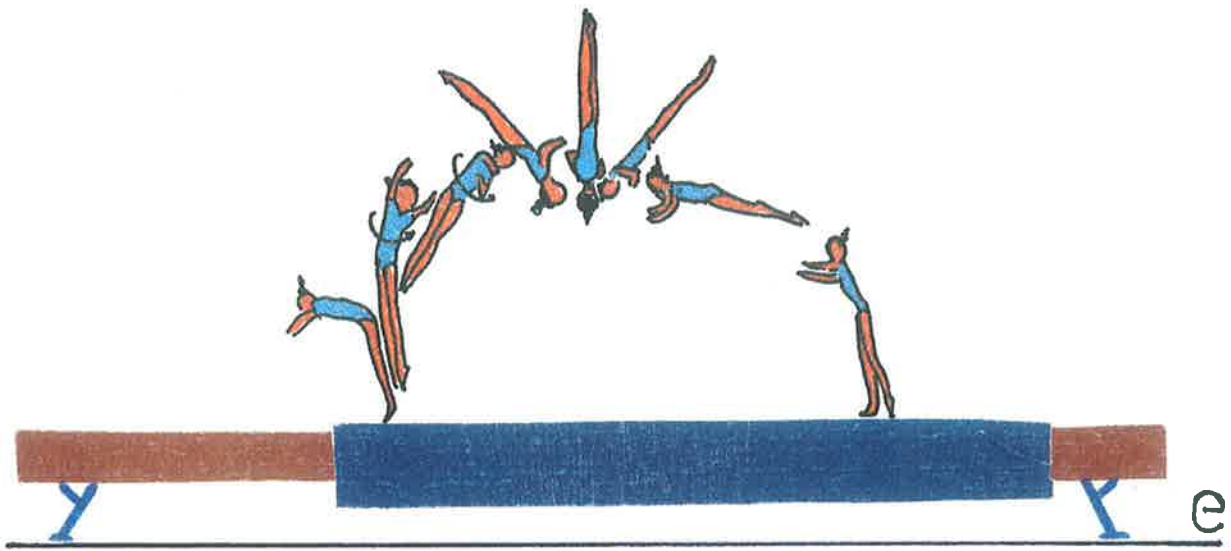
**N.33: Salto giro indietro a corpo teso con un avvitemento di 360°.**



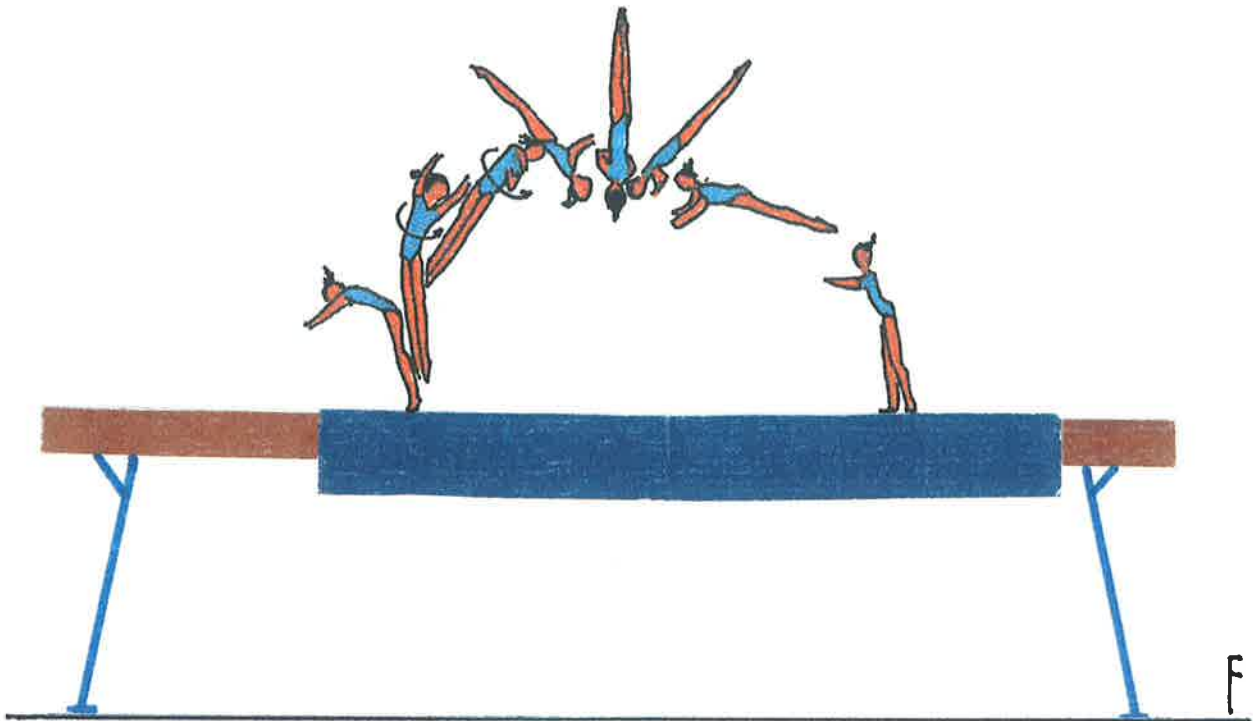
**Proposte didattiche:**

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

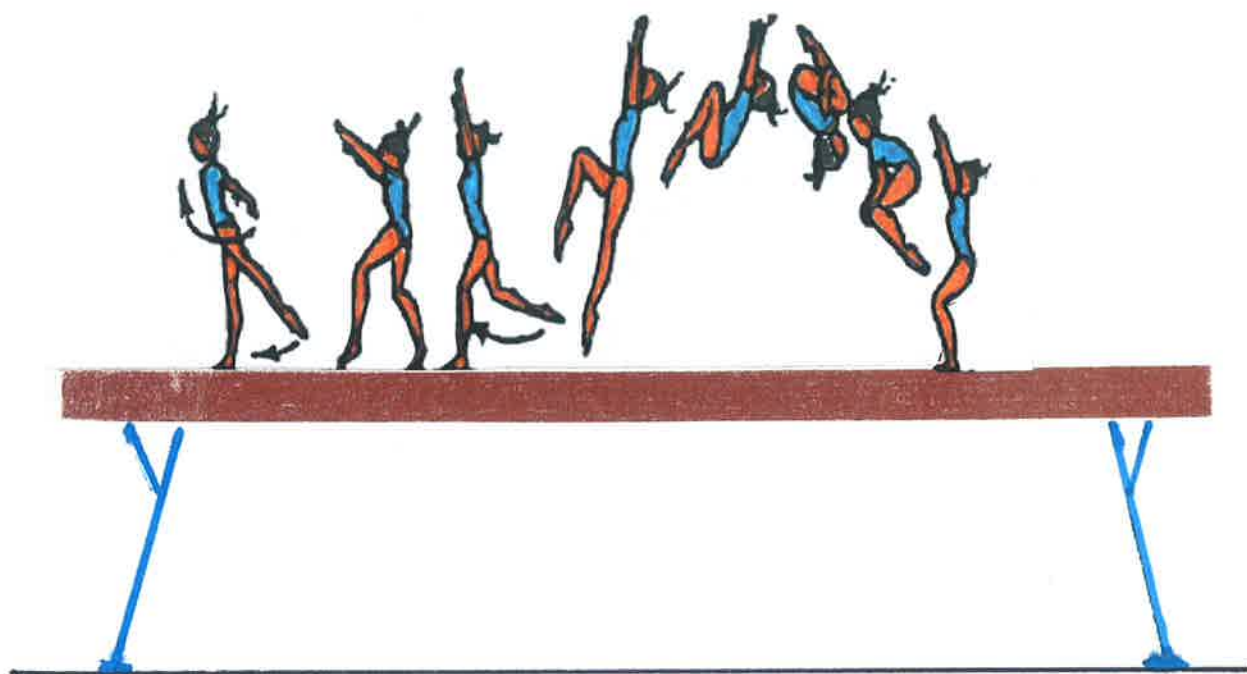




2) Eseguire il movimento alla trave alta con sopra un tappeto.

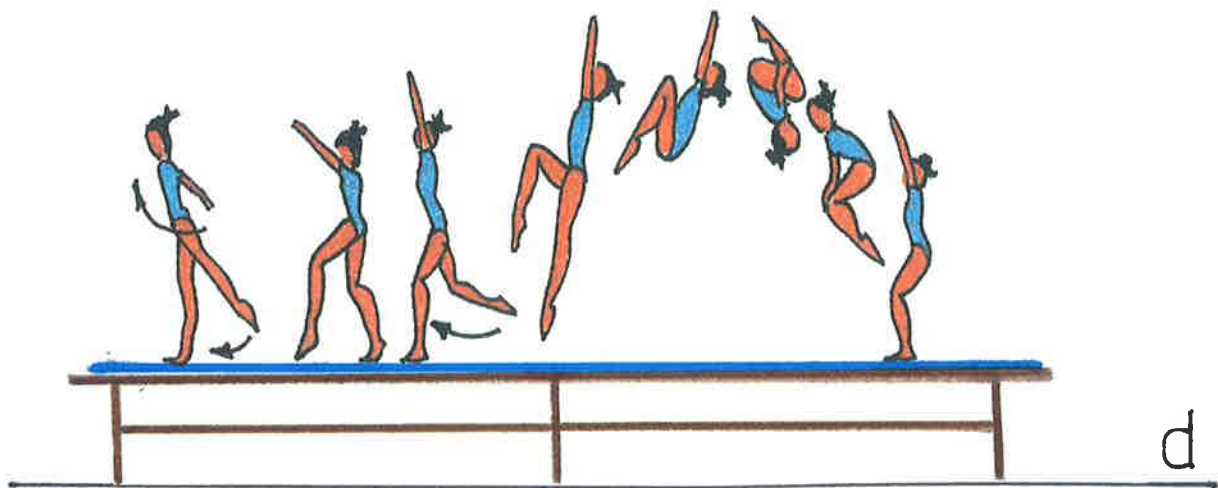
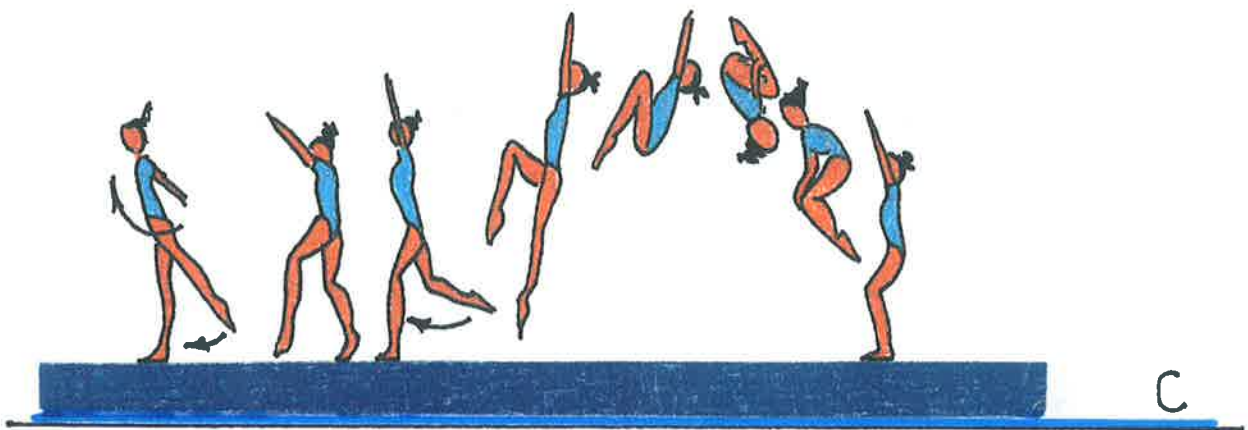
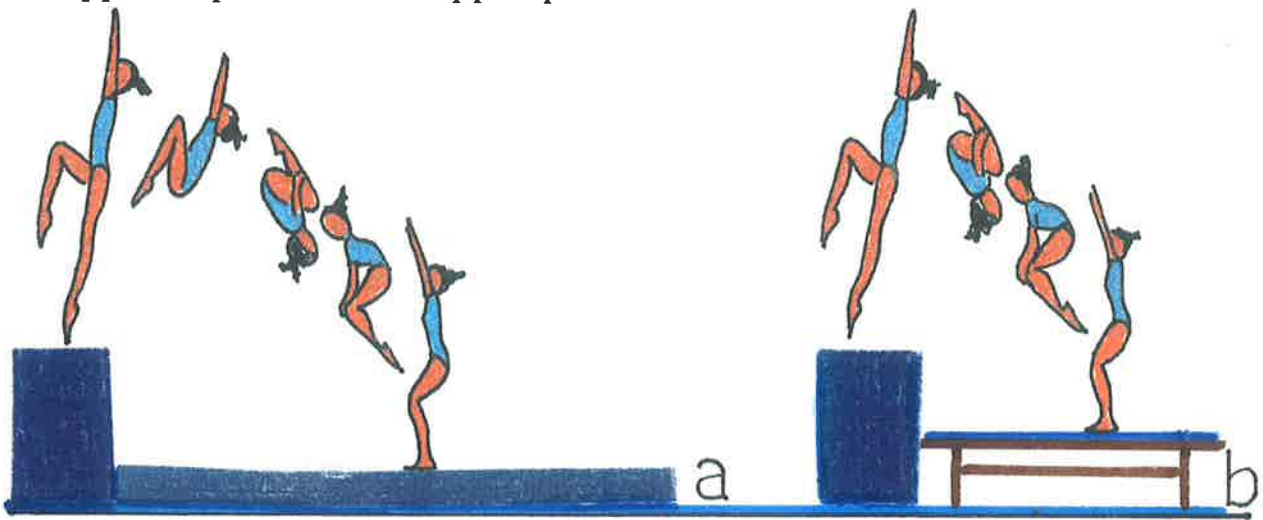


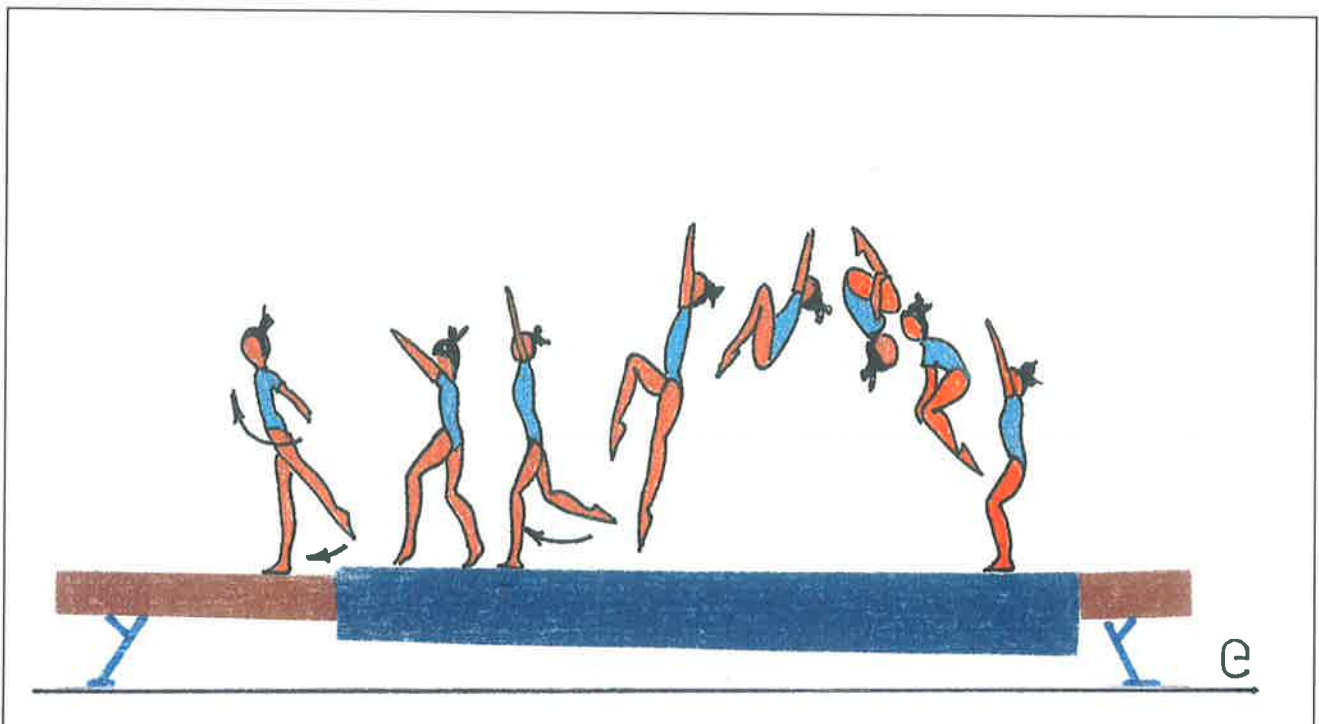
**N.34: Salto giro indietro raccolto partendo dalla spinta su un arto inferiore e dallo slancio degli arti superiori verso l'alto.**



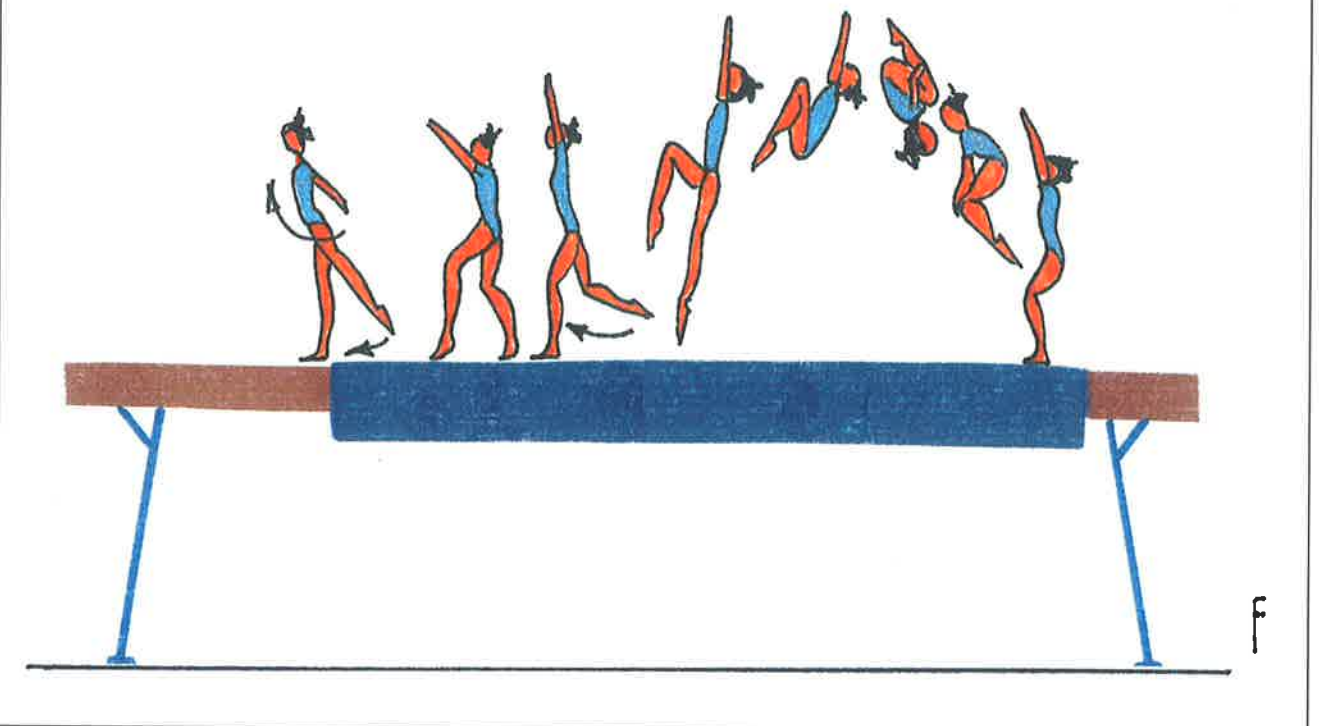
**Proposte didattiche:**

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



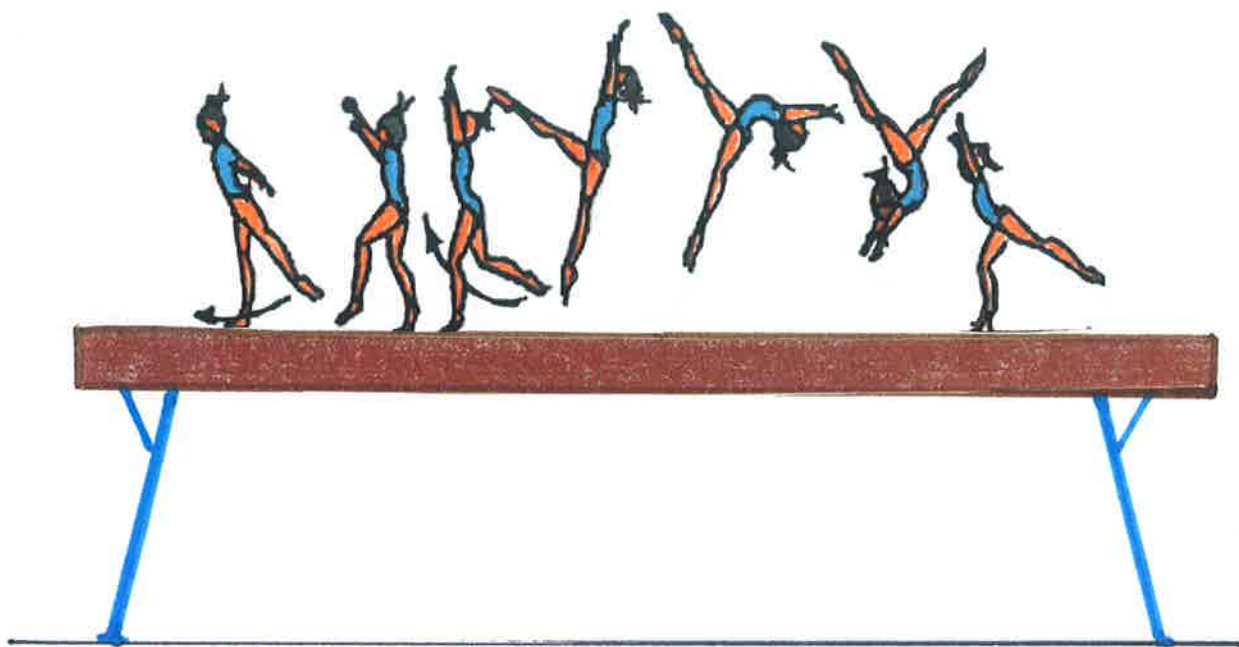


2) Eseguire il movimento alla trave alta con sopra un tappeto.



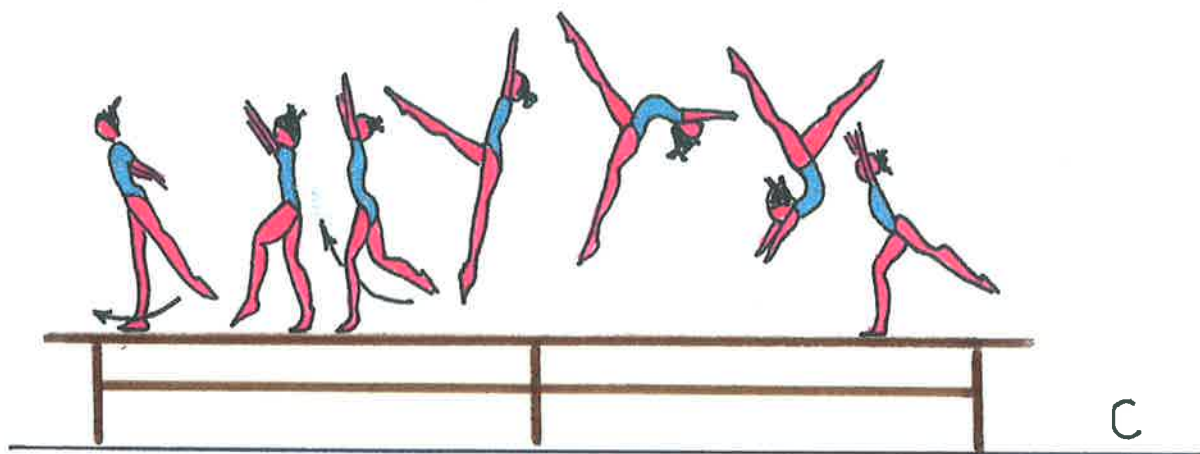
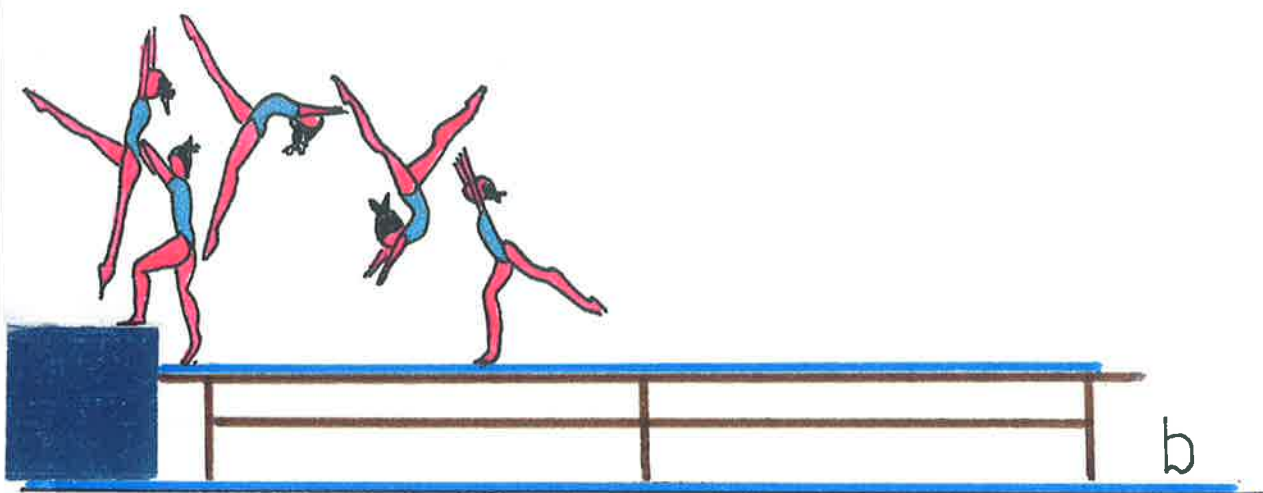
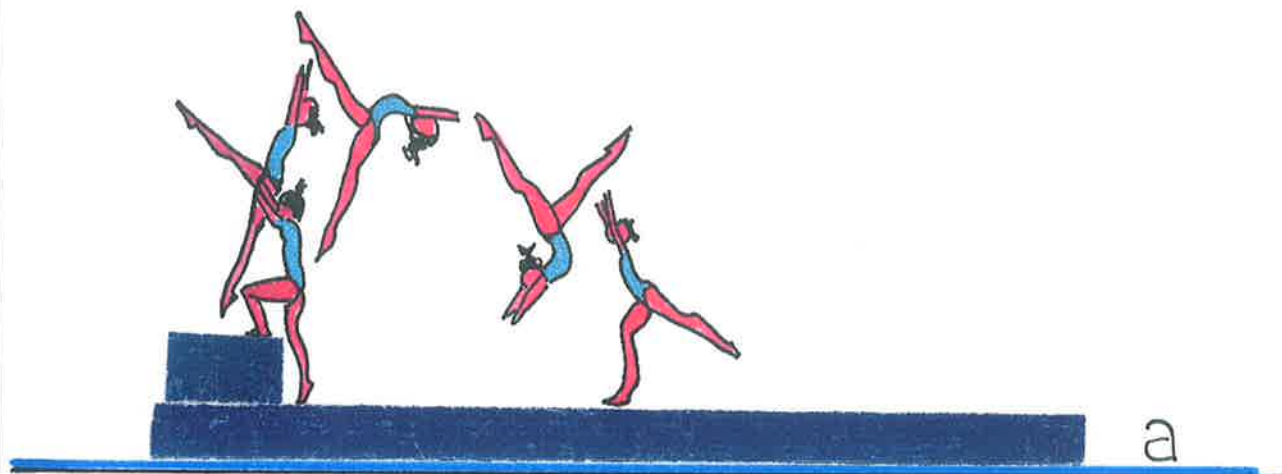


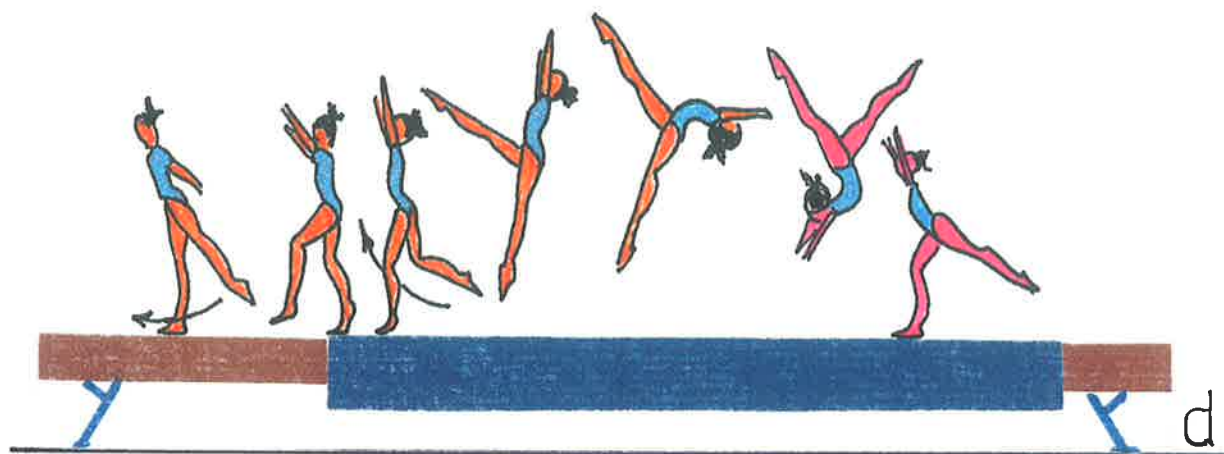
**N.35: Salto giro indietro a corpo teso e gambe divaricate, partendo dalla spinta su un arto inferiore e slancio degli arti superiori verso l'alto.**



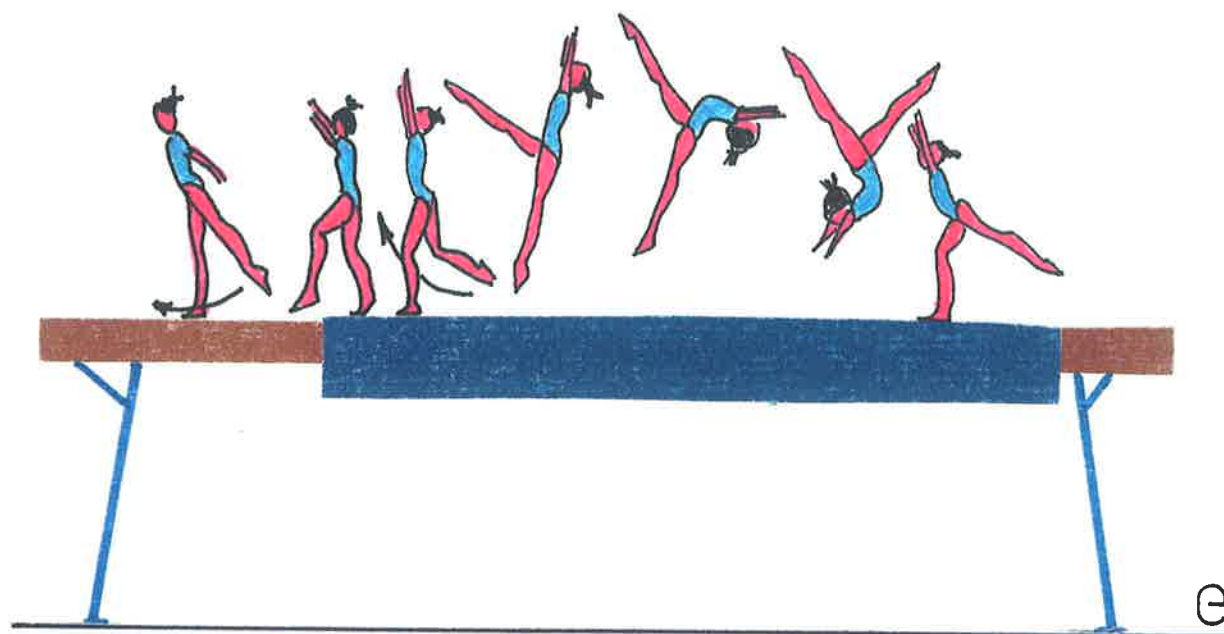
**Proposte didattiche:**

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

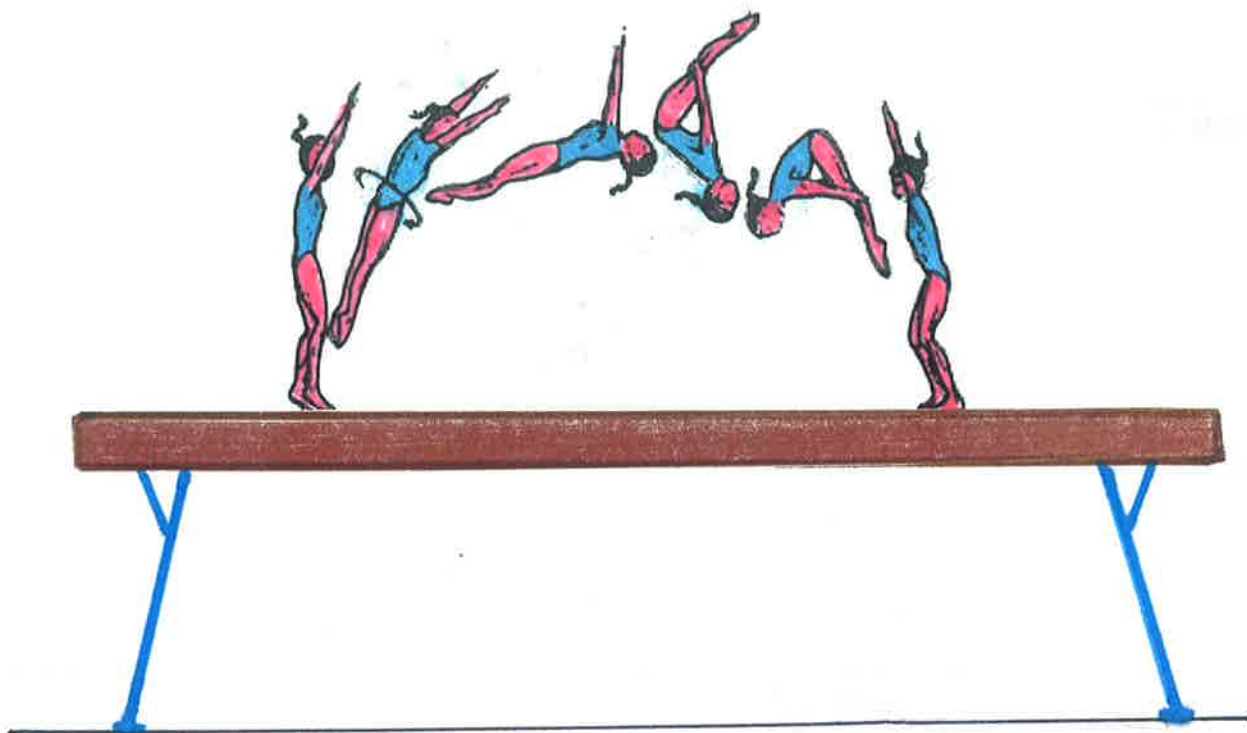




2) Eseguire il movimento alla trave alta con sopra un tappeto.

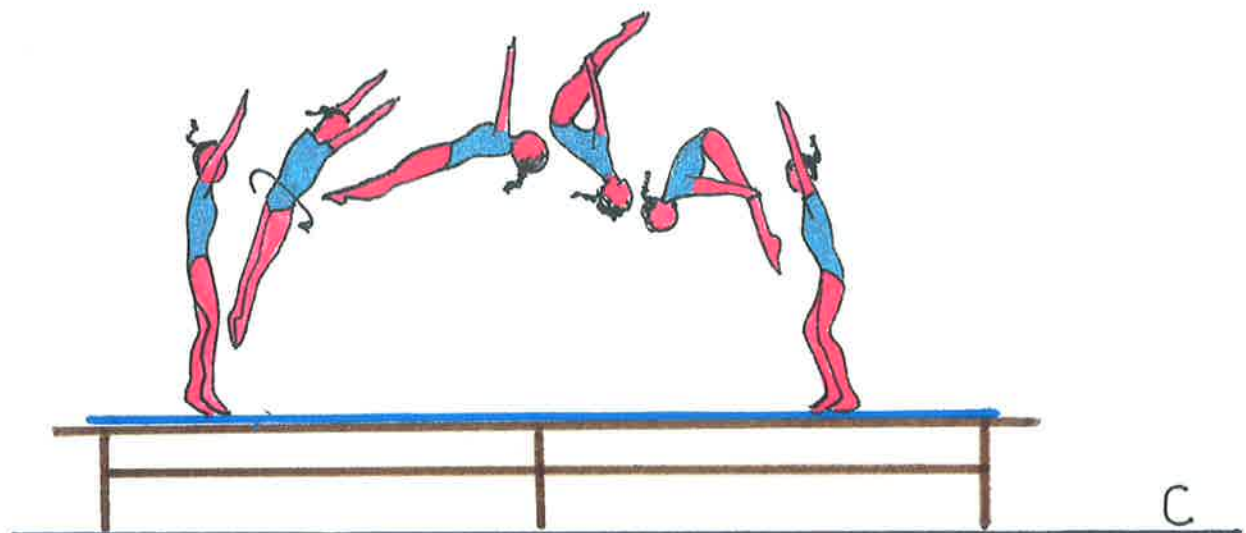
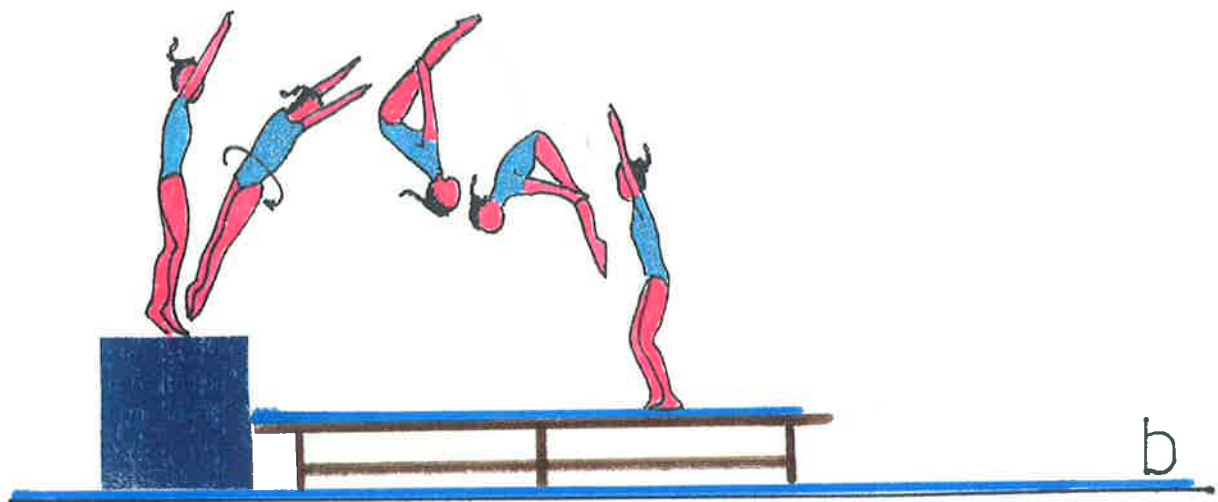
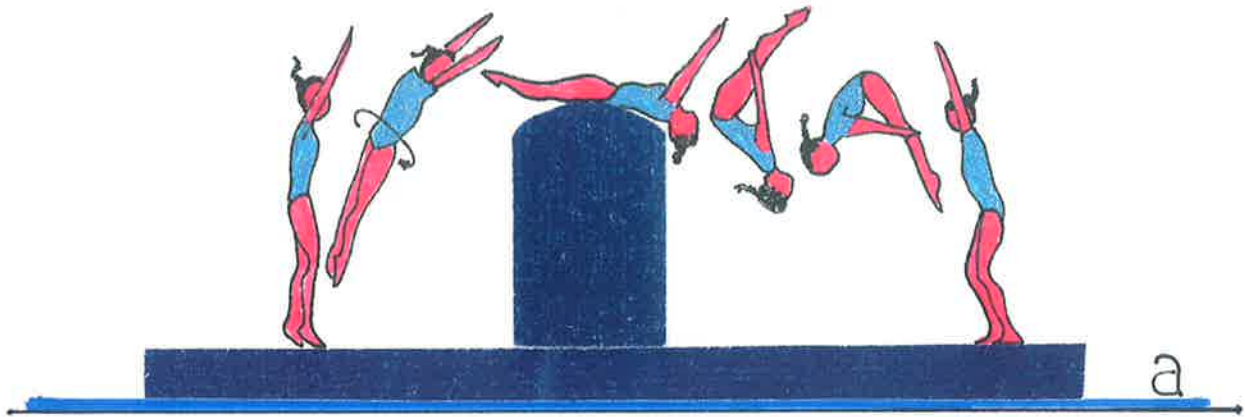


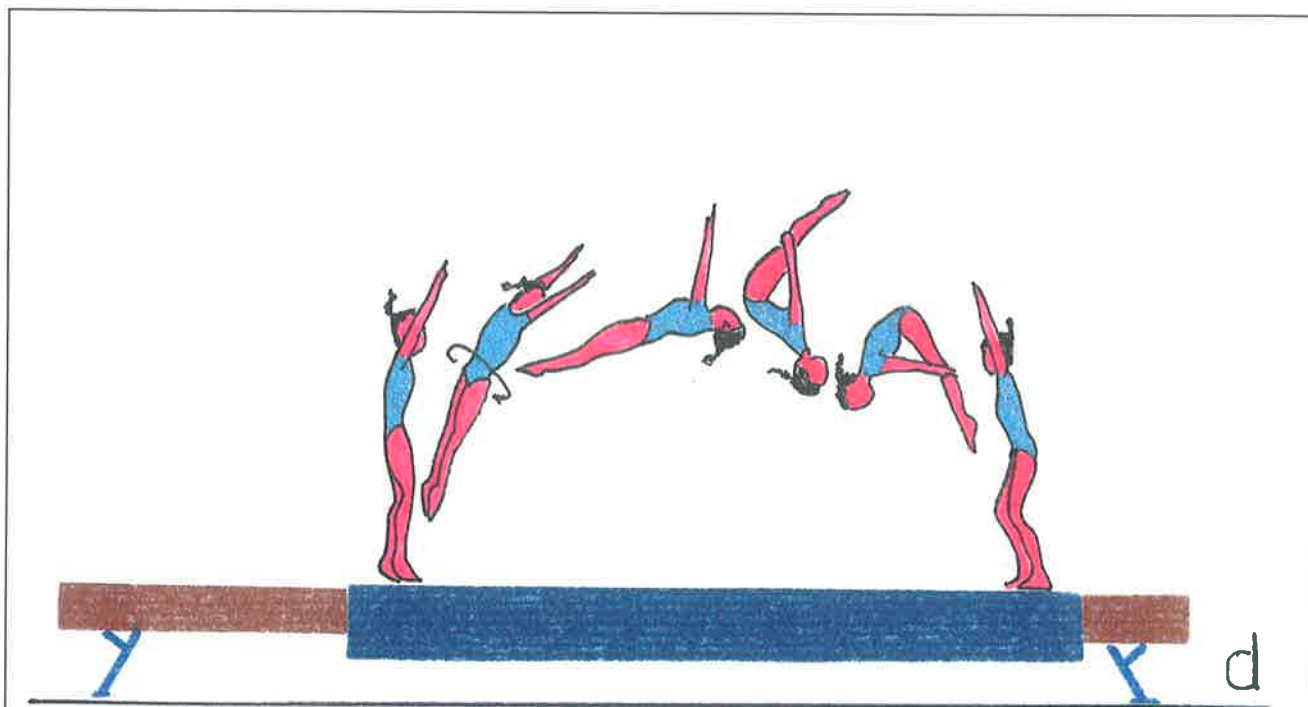
**N.36: Spinta sugli arti inferiori, eseguire  $\frac{1}{2}$  giro sull'asse longitudinale (180°) e salto giro indietro carpiato.**



**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.

