

Moving Upside Down

British
Gymnastics

Jump into Gymnastics at home!

Welcome to week 10 of Jump into Gymnastics sessions at home. The session will consist of a **warm up game**, **three activities** which develop gymnastics skills, and a **cool down**. The skills will be shown on a **skill card** which also contains a step by step description.

This week is all about moving upside down!

We hope you have fun attempting the moving challenges we have set.

Share photos of your moves with us!

Tweet us **@BritGymnastics**

#GymnastsAtHome #StayInWorkOut

Always ensure you have enough space for the activities to take place before you begin. We recommend having at least 2 metres around you. If you are using small apparatus inside such as ropes, hoops or balls, clear your surroundings first to prevent any damage!

WEEK 10

Jump
into
Gymnastics

Don't forget to
print off your
certificate
each week!

Disclaimer:

Participation in any of the activities listed is carried out wholly at your own risk!



BOP IT

You Will Need:

- Space for the group to safely move around within an area.

The Activity:

Gymnasts become the Bop It, can they twist, pull and spin without getting muddled?



The Creativity:

- Ask the gymnasts to create their own commands and actions.
- Change the movement throughout the game to introduce different speeds, jumps and levels.

The Rules:

- 1 Introduce the game by explaining the movement needed for each command:

Twist it = standing still twisting the hips

Spin it = jumping around on the spot

Pull it = jumping jacks

Push it = press up

Bop It = crouch down low and jump up.

- 2 Choose a way that the gymnasts will move around the area: walking running, jumping, hopping, skipping, crawling

- 3 Gymnasts move around the area until a command is called.

- 4 The gymnasts then perform this action and then return to moving around the area.



Skills



MOVING UPSIDE DOWN

Starting
position



Bunny
jump



! Children
can use a
bean bag or
pair of
socks!



Straddle bunny jump



Straddle bunny
jump



! No
handstands!



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Jump
into
Gymnastics



MOVING UPSIDE DOWN

Bunny jump

From a crouch position, the gymnast places their hands flat on the floor, inline with their shoulders keeping their arms straight. Looking at their hands, they jump with their feet so that their hips rise up, keeping their knees bent and then as their feet return to the floor, they push from the floor with their hands and return to a crouch position.



Straddle bunny jump

From a crouch position with feet apart, the gymnast places their hands flat on the floor, inline with their shoulders keeping their arms straight. Looking at their hands, they jump with their feet so that their hips rise up, keeping their legs in a straddle shape then as their feet return to the floor, they push from the floor with their hands and return to a crouch position.



Small
Apparatus

Activity 1

Moving
Upside Down

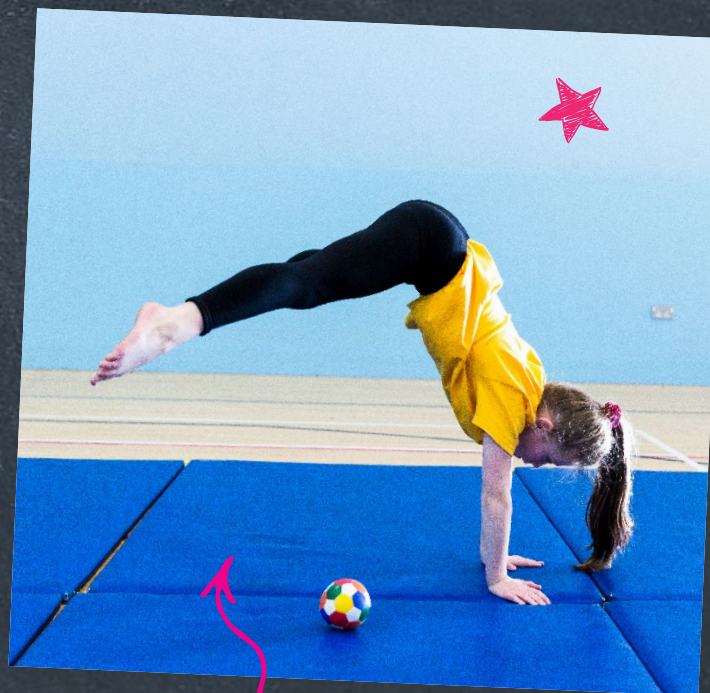


Ball

ROLLING



Bunny
jumps with
a ball



Straddle bunny
jumps with a ball

instructions on next page



Jump
into
Gymnastics

Activity 1



Ball ROLLING

Moving
Upside Down

! Ask your parents, guardians or siblings to get involved in this one!

The Activity:

Can the gymnast roll a ball and bunny jump to collect it?

Challenge the Gymnast to...

- Straddle bunny jump over the ball as it rolls.
- In a group of three, complete rolling relays where the gymnasts stand opposite each other. One gymnast starts with the ball and rolls it to their partner. While the ball is rolling, they move upside down to follow the hoop. Their partner receives the ball and rolls it to the next gymnast waiting opposite and continues the relay.

Parent Points:

When moving upside down the gymnast's hands should be flat on the floor. Ensure the gymnasts are confident at performing the skill before extending the activity. Encourage good posture and positioning, with straight legs and pointed toes where appropriate.



Small
Apparatus

Activity 2

Moving
Upside Down



Hoop

TRAVELLING



Bunny jump into
a hoop



Straddle
bunny jump



Bunny jump
through a hoop

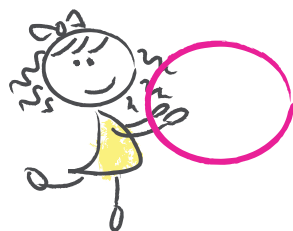
Jump
into
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Activity 2

Moving
Upside Down

Hoop

TRAVELLING

The Activity:

Can the gymnast bunny jump into and out of a line of hoops?

Challenge the Gymnast to...

- Straddle bunny jump with their hands and feet in different hoops.
- Bunny jump through a hoop with a partner.

Parent Points:

When moving upside down the gymnast's hands should be flat on the floor. Ensure the gymnast is competent at performing the activity before extending it further. Encourage good posture and a tight body position with straight legs and pointed toes where appropriate.



Small
Apparatus

Activity 3

! Children
can use a
t-shirt if they
don't have a
scarf!

Moving
Upside Down



Scarf

TRAVELLING



Bunny jump with a
scarf between knees



Bunny jumps
through a
pathway



Bunny jumps with
a partner



Straddle bunny jumps

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Jump
into
Gymnastics



Activity 3

Moving
Upside Down

! Children can use a t-shirt if they don't have a scarf!

The Activity:

Can the gymnast bunny jump forwards with a scarf between their knees?

Challenge the Gymnast to...

- Bunny jump with a scarf between their knees through a pathway.
- Bunny jump forward, sideways and backwards with a scarf between their knees with a partner.
- Straddle bunny jump with a scarf between their toes.



Parent Points:

Ensure the gymnast is competent at performing the activity before extending it further. Encourage good posture and a tight body position with straight legs and pointed toes where appropriate.





SIMON SAYS...

You Will Need:

- Space for the gymnast(s) to safely move around within an area.

The Activity:

Following instructions is key but don't let Simon catch you out! ➡



The Creativity:

- Build up the speed of the statements from Simon to make the game more difficult.
- Introduce activities that include movement or partner work "Simon says find someone wearing yellow", "Simon says do 5 star jumps with a partner".

Cool Down

The Rules:

- 1 The parent/guardian or a gymnast takes the role of 'Simon'.
- 2 The gymnasts stand in space, facing the 'Simon'.
- 3 'Simon' makes a statement "Simon says touch your toes" for the gymnasts to copy.
- 4 This copying continues until Simon makes a statement without saying "Simon says..." when this happens the gymnasts should remain still or continuing to do the previous action.
- 5 The game continues within a set time period.