

Balancing Together

British
Gymnastics

Jump into Gymnastics at home!

Welcome to week 11 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 balancing together!

We hope you have fun balancing.

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 11

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!



MUSICAL STATUES

You Will Need:

- Space for the group to safely move around within an area.
- Appropriate music and a music system.

The Activity:

Show off your best dance moves but when the music stops, it's your best balance that will matter.



The Creativity:

- The gymnasts could be given different positions to create when they freeze. These could be basic balances or they could link to a theme e.g. an animal.
- The gymnasts could work with a partner, mirroring and matching each others dance moves.
- Use different types of music to give the gymnasts the opportunity to dance in different ways.

The Rules:

- 1 When the music starts, the gymnasts dance and move around the area.
- 2 When the music stops, the gymnasts must freeze.



Skills



BALANCING TOGETHER

Counterbalance

Sideways
Counterbalance



Backwards
Counterbalance



Counterbalance
on knees



instructions on next page



Jump
into
Gymnastics



BALANCING TOGETHER

Counterbalance

The gymnasts stand facing a partner with their toes touching and holding wrists. They work together to both slowly lean backwards, extending their arms until they are straight. They hold the balance for three seconds before bending their arms to return to standing.



Sideways Counterbalance

The gymnasts stand next to a partner with their feet together and their toes touching. They bend their arm that is closest to their partner and hold wrists. The gymnasts work together to both slowly lean sideways, extending their arm until they are straight. They hold the balance for three seconds before bending their arm to return to standing.



Backwards Counterbalance

The gymnasts stand back to back with their heels touching. They lean forwards slightly to enable them to hold onto each others wrists. The gymnasts work together to both slowly lean forwards, extending their arms until they are straight. They hold the balance for three seconds before bending their arms to return to standing.



Counterbalance on knees

The gymnasts start by facing each other with the base knelt down. The gymnasts hold wrists and the person kneeling assists their partner to step up onto their knees. In a balanced position, both gymnasts have bent arms. The gymnasts work together to both slowly lean backwards, extending their arms until they are straight. They hold the balance for three seconds before bending their arms to return.



Small
Apparatus

Activity 1



Ribbon

PATTERNS

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

! If children
don't have a
ribbon they can
make creative
hand and arm
movements!

Balancing
Together

Wide patterns in
counterbalance



Jump
into
Gymnastics

Ribbon
patterns in
counterbalance



High patterns in
counterbalance

instructions on next page



Activity 1

Balancing
Together

Ribbon PATTERNS

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

! If children don't have a ribbon they can make creative hand and arm movements!

The Activity:

Can the gymnasts counterbalance holding their partners wrists, release one arm and with their free arm, make patterns with a ribbon?

Challenge the Gymnasts to...

- Counterbalance holding one wrist and make high patterns with a ribbon.
- Counterbalance holding one wrist and make wide patterns with a ribbon.
- Counterbalance holding one wrist and make low patterns with a ribbon.
- In counterbalance, create a sequence moving their free arm from high to wide to low, mirroring their partner and making the same pattern with a ribbon.



Parent Points:

The gymnasts should stand with their toes touching to enable them to lean back to balance. Both gymnasts should lean back at the same time slowly and control their bodies, keeping good posture and their backs straight. The gymnasts should use the correct grasp at all times, holding onto each others wrists. Once the gymnasts are confident with the counterbalance positions, encourage them to keep a tight body position. To control the balance, gymnasts can also hold opposite wrists so that their arms are crossed. Encourage gymnasts to use their wrist to get movement within the ribbon rather than the whole arm. The gymnasts should try using both hands when making the patterns to develop coordination and transfer of skill. Help the gymnasts when they are creating a movement sequence, use music or clapping to create a rhythm for them to work to.



Small
Apparatus

Activity 2



Hoop

BALANCING

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

Balancing
Together

Balancing a hoop
on their ankle

! Children can
use a t-shirt
to balance
instead of a
hoop!

Balancing a hoop
on their wrist

Balancing a
hoop on their
knee

Both gymnasts balancing
a hoop on their knee

instructions on next page

Jump
into
Gymnastics



Activity 2



Hoop

BALANCING

Balancing
Together

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

! Children can use a t-shirt to balance instead of a hoop!

The Activity:

Can the gymnast balance a hoop on their wrist as they hold a sideways counterbalance with a partner?

Challenge the Gymnasts to...

- Counterbalance facing each other. One gymnast slowly lifts one leg from the floor and bends their knee. Another gymnast helps to balance a hoop on their knee.
- Counterbalance facing each other, lifting one leg. The gymnast balances on one foot and keeps their leg straight and another gymnast helps them to balance a hoop on their ankle.
- Counterbalance facing each other. Both gymnasts lift their left leg from the floor to balance on their right foot. Another gymnast helps them to balance a hoop on each gymnast's bent knee.



Parent Points:

The gymnasts should stand with their toes touching to enable them to lean back to balance. Both gymnasts should lean back at the same time slowly and control their bodies, keeping good posture and their backs straight. The gymnasts should use the correct grasp at all times, holding onto each other's wrists. Once the gymnasts are confident with the counterbalance positions, encourage them to keep a tight body position. To control the balance, gymnasts can also hold opposite wrists so that their arms are crossed.



Small
Apparatus

Activity 3



Scarf

THROW & CATCH

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

Balancing
Together

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



Jump
into
Gymnastics

Starting
position

Throwing
a scarf



Catching
a scarf

instructions on next page



Activity 3



Scarf

THROW & CATCH

Balancing
Together

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

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

The Activity:

The gymnasts counterbalance with one gymnast kneeling and the other stepping up to stand on their partners knees. The gymnasts release one hand and the gymnast who is standing is given a scarf to hold. Can the gymnast throw and catch the scarf?

Challenge the Gymnasts to...

- Throw and catch the scarf in their other hand.

Parent Points:

Ensure the kneeling gymnast is in a strong position with both feet tucked under their bottom. Both gymnasts should lean back at the same time slowly and control their bodies keeping good posture and their backs straight. The gymnasts should use the correct grasp at all times, holding onto each others wrists. Once the gymnasts are confident with the counterbalance positions, encourage them to keep a tight body position. To control the balance, gymnasts can also hold opposite wrists so that their arms are crossed.





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.