

Balancing on Body

British
Gymnastics

Jump into Gymnastics at home!

Welcome to week 8 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 hand apparatus on your body!

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 8

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!



TRAFFIC LIGHTS

You Will Need:

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

The Activity:

The gymnasts need to find their way to their gymnastics session and make sure they get there on time. Their only problem are the traffic lights which keep stopping them in their tracks.



The Creativity:

- Hold up or point to the different colours as visual cues rather than using voice commands.
- Use additional commands such as 'Petrol Station', for the gymnasts to form a line as quickly as possible, or 'Speed Bumps' to lie down in a straight line.
- Extend the game by asking the gymnasts to make up their own shapes or movement patterns based on travelling words.

The Rules:

- 1 The colours of the Traffic Lights are used to give instruction to the gymnasts of how to travel around the area.
- 2 **Green** = Go
Red = Stop
Amber = Jump up and down.
- 3 Call out an instruction for the gymnasts to follow e.g. green.
- 4 Continue calling out instructions for the gymnasts to follow, speeding up and slowing down the game.



Skills



BALANCING ON BODY

Shoulder stand



Pike-sit



V-sit



V-sit



Shoulder stand



Jump
into
Gymnastics



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BALANCING ON BODY

Shoulder stand

From lying on their back, the gymnast raises their legs and feet upwards. They place their hands on their lower back, with their elbows bent, pressing onto the floor. Keeping their body and legs as straight as possible, they hold the balance for three seconds before returning to lie down.



V-sit

Starting in a pike shape, sitting on the floor, the gymnast places their hands flat on the floor behind them facing forwards towards their toes. As they lean back, they lift their legs upwards to hold the balance for three seconds before lowering to the floor.



Working
Together

Activity 1



Partner Balance LINKING

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

Balancing
on Body



V-sit toes
touching



Shoulder stand
with toes touching



V-sit back
to back



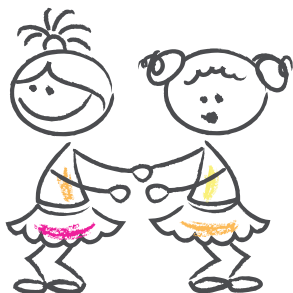
V-sit and shoulder
stand together

instructions on next page

Jump
into
Gymnastics



Activity 1



Partner Balance **LINKING**

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

The Activity:

Can the gymnasts complete a V-sit with their partner with their toes touching?

Challenge the Gymnasts to...

- Complete a V-sit with their hands touching sitting side by side.
- Complete a V-sit sitting back to back.
- Complete a shoulder stand with toes touching.
- Link balances. One gymnast performs a shoulder stand and their partner performs a V-sit.



Parent Points:

The gymnasts can use their arms to support the V-sit either by placing their hands flat behind them, with fingers facing forwards and leaning back, or by gently holding onto their thighs. During a shoulder stand, encourage the gymnasts to stretch their feet upwards towards the ceiling, not over their head. Ensure the gymnasts are competent at performing the activity before extending it further. Once the gymnasts are confident with making the balances, encourage them to keep a tight body position with straight arms, legs and pointed toes.



Small
Apparatus

Activity 2



Scarf

BALANCING

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

Balancing
on Body



Shoulder stand with
one knee bent

Jump
into
Gymnastics

V-sit with
a scarf



Shoulder stand with
a scarf

instructions on next page



Activity 2



Scarf

BALANCING

Balancing
on Body

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

The Activity:

Can the gymnast balance a scarf on their feet holding a V-sit?

Challenge the Gymnast to...

- Perform five V-sits keeping a scarf on their toes.
- Balance a scarf on their toes and roll into a shoulder stand.
- Roll into shoulder stand keeping a scarf on their toes, then bend one knee so that the scarf is left balancing on the foot of the straight leg.



Parent Points:

The gymnast can use their arms to support the V-sit either by placing their hands flat behind them, with fingers facing forwards and leaning back, or by gently holding onto their thighs. During a shoulder stand, encourage the gymnast to stretch their feet upwards towards the ceiling, not over their head. Ensure the gymnast is competent at performing the activity before extending it further. Once the gymnast is confident with making the balances, encourage them to keep a tight body position with straight arms, legs and pointed toes.



Small
Apparatus

Activity 3



Scarf

COLLECTING

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

Balancing
on Body

Shoulder stand



Jump
into
Gymnastics

Starting
position



Releasing a scarf

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Activity 3



Scarf

COLLECTING

Balancing
on Body

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

The Activity:

Can the gymnast pick up and lift a scarf from the floor with their feet and perform a V-sit hold?

Challenge the Gymnast to...

- Pick up and lift a scarf from the floor with their feet and when they get to the top of the V-sit, let go and catch it again to perform another V-sit balance.
- Lift the scarf from the floor with their feet to perform a shoulder stand.



Parent Points:

The gymnast can use their arms to support the V-sit either by placing their hands flat behind them, with fingers facing forwards and leaning back, or by gently holding onto their thighs. During a shoulder stand, encourage the gymnast to stretch their feet upwards towards the ceiling, not over their head. Ensure the gymnast is competent at performing the activity before extending it further. Once the gymnast is confident with making the balances, encourage them to keep a tight body position with straight arms, legs and pointed toes.





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.

