

Moving

British
Gymnastics

Jump into Gymnastics at home!

Welcome to week 2 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.

The second week is all about Moving!

We hope you have fun exploring different ways of moving.

Share your moving skills 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 2

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!



DJ

You Will Need:

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

The Activity:

Instead of just listening to music, the gymnasts are now in charge of playing it!



The Creativity:

- Ask the gymnasts to create their own actions based on words related to music and DJ-ing.



The Rules:

- 1 Introduce the types of movement that are related to each command:

Play - running

Stop - standing still

Rewind - running backwards

Fast forward - running quickly

Pause - jumping up and down

Mute - gymnasts move as quietly as they can.

- 2 To begin the game, call out 'Play'.

- 3 Use the other commands to change the movement of the gymnasts, speeding up and slowing down the game.



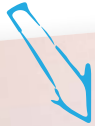
Skills



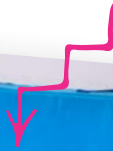
MOVING



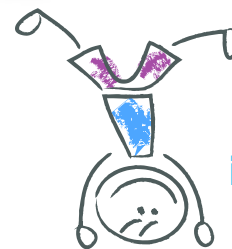
Running



Walking



Running



instructions on next page





MOVING



Walking

The gymnast keeps their leg straight and toe pointed each time their foot is lifted from the floor. Their arms follow a low swinging motion from front to back in time with the pace of their step.

Running

The gymnast lifts their knees, keeping their arms and feet parallel. They keep their head up looking forwards and maintain an even pace.



Small Apparatus

Activity 1



Scarf

MAKING PATTERNS

Moving



Waving



Stretching wide



Partner Patterns



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Activity 1

Moving



Scarf MAKING PATTERNS

The Activity:

Holding a scarf in one hand, can the gymnast create different patterns with the scarf whilst moving forwards?

Challenge the Gymnast to...

- Change direction whilst making the patterns, running forwards and backwards.
- Run showing different heights and widths, stretching tall and wide whilst making patterns.
- Run forwards linking three different patterns e.g. a circle, triangle and wave.
- Work with a partner to create a sequence of patterns using different speeds, heights, direction and widths.



Parent Points:

The gymnast should try using both hands when making patterns with the scarf 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

Moving



Ball

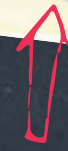
ROLLING



Rolling forwards



Rolling through the cones



Relay rolling

instructions on next page



Jump into Gymnastics

Activity 2



Ball ROLLING



Moving

The Activity:

Within a set area, can the gymnast roll a ball forwards and chase after it to catch it before it goes out of an area?

Challenge the Gymnast to...

- Begin rolling a ball and continue running next to it, gently bending down and pushing it forwards to keep it rolling.
- Lay out some cones in a straight line along the floor with a gap of 1 metre in between each one and roll a ball forwards, continuing to run next to it, pushing it forwards and guiding it in and out of the cones.

Parent Points:

Teach the gymnast how to roll a ball in a straight line using an underarm action with the ball in the palm of their hand and close to the ground. The gymnast should keep their arm as straight as possible with their wrist and hand pointing in the direction they want the ball to roll. Practise rolling a ball in-between two lines or skipping ropes before adding in any travelling.



Small
Apparatus

Activity 3



Bean bag

THROWING & CATCHING

Moving



Throwing



Catching



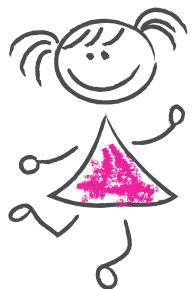
Working with a partner

instructions on next page



Jump
into
Gymnastics

Activity 3



Bean bag

THROWING & CATCHING

Moving

The Activity:

Using an underarm action, can the gymnast throw a bean bag forwards above their head, run and catch it with two hands?

Challenge the Gymnast to...

- Throw a bean bag, run forwards and catch it with one hand.
- Throw a bean bag, run forwards and catch it with the opposite hand.
- Walk in different directions and at different heights, throwing and catching a bean bag from one hand to the other.
- Throw a bean bag and sit down and then catch it.
- Throw a bean bag, turn around then catch it.
- With a partner, stand opposite each other, roughly 2-3 metres apart and throw a bean bag up into the space in the middle of where they are standing and the other gymnast runs forwards to catch it.



Parent Points:

Start by practising throwing and catching a bean bag standing still. Gradually introduce steps moving forwards until the gymnast is confident in increasing their speed to a slow run. Practising in this way will ensure the gymnast understands the weight of a bean bag, how far and high they need to throw it in order for it to land where they want it to.



ANIMAL ANTICS

You Will Need:

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

The Activity:

Cheeky monkeys are great at doing gymnastics, but how many more animals can the gymnasts pretend to be? →



The Creativity:

- Use actions and sounds to describe the animal as well as words.
- Give gymnasts the opportunity of choosing the animal and describing it to the group.

The Rules:

- 1 The gymnasts begin by standing in line at the top of the area.
- 2 Call out words that describe the animal chosen for example 'it is grey', 'it has 4 legs', 'it has a trunk'. Once they have guessed the animal, the gymnasts travel to the bottom of the area using the movement patterns or characteristics of the animal.

