

Gymnastics Cards P4-7

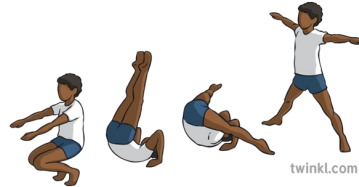
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Have Fun,
Stay Active!

Gymnastics Balance

Task

- Jog on the spot then Stretch first to warm up.
- Hold each balance for 30 seconds.



Arabesque



T - Balance



Bridge



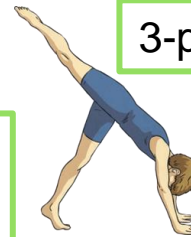
4-point balance



1-point balance



2-point balance



3-point balance

Challenge

- Hold each balance for 60 seconds.
- Can you think of any balances of your own?



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Plank

Have Fun,
Stay Active!

Gymnastics Jumps

Task

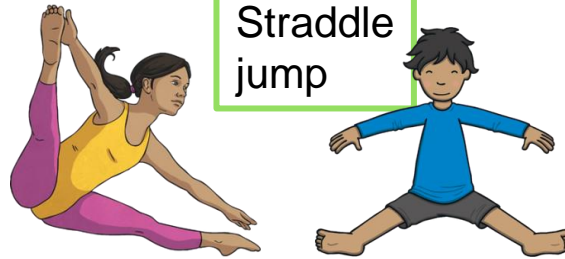
- Jog on the spot then Stretch first to warm up.
- Try each jump 4 times.
- Practice the ones you find easy first.

Star jump

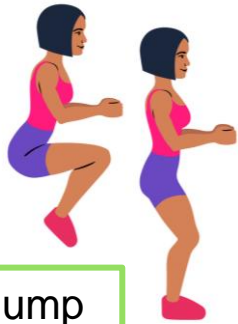


Have Fun,
Stay Active!

Straddle jump



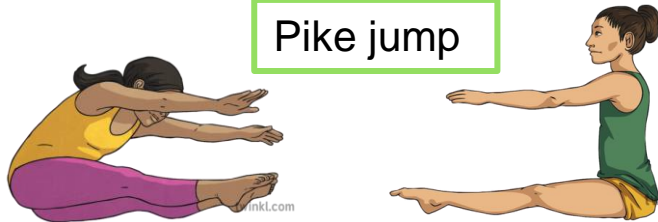
Tuck jump



Straight jump –
Half turn
Full turn
Quarter turn



Pike jump



Challenge

- Can you make up a jump sequence?
- Can you think of any jumps of your own?

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Split leap



Gymnastics Rotations

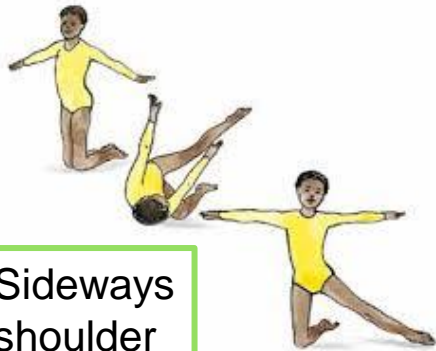
Task

- Jog on the spot then Stretch first to warm up.
- Try each rotation 4 times.
- Practice the ones you find easy first.



Pencil roll

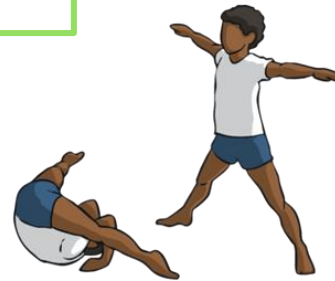
Have Fun,
Keep Fit!



Sideways
shoulder
roll



Back roll



Straddle
roll



Forward
roll



Teddy
bear roll

Challenge

- Can you make up a rotation sequence?
- Can you think of any rotations of your own?

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Go for Gymnastics- name game

Task

- Spell out your full name & complete the activity listed for each letter
- Include your middle name and repeat 2 or 3 times
- Spell out your favourite gymnastics word e.g. cartwheel



A – 10 Burpees

B – 20 Calf Raises

C – 30 second Star Jumps

D – 10 Press ups

E – 1 minute Running on Spot

F – 15 Sit ups

G – 20 second Plank hold

H – 30 second Box Split

I – 45 second Wall Sit

J – 10 Back raises

K – 20 Mountain Climbers

L – 30 second Bridge hold

M – 20 second left leg Split hold



N – 20 Squat Jumps

O – 10 Press ups

P – 15 second Pike Fold

Q – 20 Mountain Climbers

R – 25 Australian Press ups

S – 1 minute Running on spot

T – 10 Straddle v-sits

U – 20 Squat Jumps

V – 30 second Box Split

W – 20 second right leg Split hold

X – 10 v-sits

Y – 20 second Plank hold

Z – 10 Burpees



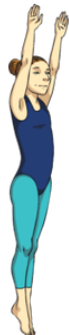
Gymnastics- make a routine

Task

- Make sure you have plenty of room and adult supervision
- Make up a gymnastics routine on grass, soft floor or a mat.
- Choose one action from jump and balance categories, the rest from skills.
- **Beginner** 5 moves
- **Intermediate** 7 moves
- **Expert** 10 moves (2 jumps and 2 balances, the rest skills)

Jumps

- Tuck
- Straight
- star
- Straddle
- Pike
- Split
- Half turn
- Full turn



Balances

- T – balance
- Arabesque
- Headstand
- Shoulder stand
- 2-point balance
- 3-point balance
- 4-point balance
- Plank



Skills

- Forward roll
- Forward roll straddle
- Teddy bear roll
- Backwards roll
- Handstand
- Cartwheel
- Bridge
- Walkover (front or back)
- Round off



Work at your own skill level, picking suitable skills for your ability.

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Gymnastics Handstand Workout

Task 1

Hold the down dog yoga pose for 30 seconds.
Try it 4 times.

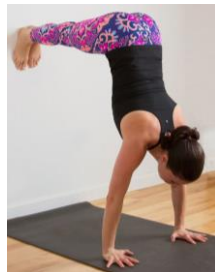
- Straight arms.
- Lock elbows.
- Tuck chin to chest.
- Push bottom high.



Task 2

Starting in down dog pose make sure your heels are at a wall.

- Hands flat on floor.
- Spread your fingers for balance.
- Start walking your feet up the wall halfway.
- Walk your feet back down the wall.
- Complete 4 times.



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Challenge

Once you've mastered task 1 & 2 try walking your feet up the wall fully.

- Take your time
- Lock elbows
- Spread fingers
- Tuck chin



Lots of practice builds your arm strength.

- Now try pull 1 foot off the wall then return to wall.
- Switch feet.
- Build up to bringing both feet off the wall.
- How long can you hold it?
- Try to improve your time each day.

