

# Balancing on One Foot

British  
Gymnastics

## Jump into Gymnastics at home!

Welcome to week 3 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 on One Foot!

We hope you have fun exploring different ways of balancing on one foot.

Share your balancing 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!

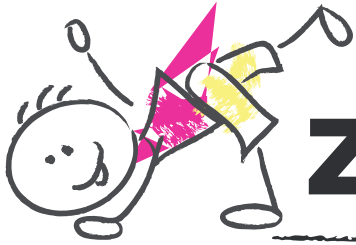
WEEK 3

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!



# ZOO GAME

## You Will Need:

- Space for the group to safely move around within a matted area.
- Two zones or lines are needed at the top and bottom of the area.

## The Activity:

How many animal movements can you make? They must be animals from the zoo. For example can you...

- Walk like a monkey
- Jump like a kangaroo
- Crawl like a spider
- Wiggle like a snake

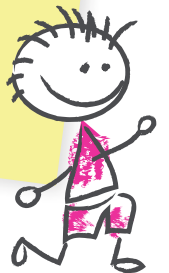


## The Creativity:

- Use different animals for each person in the team.
- Ask the gymnasts to choose the animals and create new actions.

## The Rules:

- 1 Split the gymnasts into equal teams of small numbers.
- 2 Line the teams up behind the start zone.
- 3 Call out an animal and the first gymnasts must move to the opposite zone in the action relating to that animal. When they get back to the start zone, they lightly tap the next gymnast on the hand for them to go.
- 4 The winning team is the first one to have all completed the relay.





Skills



# BALANCING ON ONE FOOT

One foot balance



One foot balance

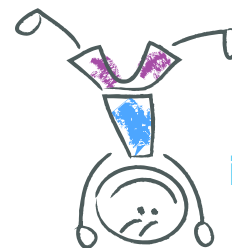
T-balance



instructions on next page



Jump  
into  
Gymnastics





# BALANCING ON ONE FOOT

## One foot balance

The leg the gymnast is standing on is kept as straight as possible with their foot slightly turned outwards and flat on the floor. Focusing their eyes on a fixed point, the gymnast lifts their free leg to the front, side or back to balance. The gymnast's arms can be held out to the side or stretched upwards.



## T-balance

The gymnast is aiming to create a 'T' shape with their body. They begin with their feet together and slowly lean over to one side, lifting the leg on the opposite side as they move. Once their leg and body are as near to horizontal as possible they hold the balance for three seconds before lowering their leg and raising their body to stand up.





Small  
Apparatus

# Activity 1



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

Bean bag

## BALANCING

Balancing  
Together

Balancing a bean  
bag on their foot



Starting position



Balancing a  
bean bag on  
their head



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



Balancing a bean bag  
on their knee

instructions on next page



Jump  
into  
Gymnastics

# Activity 1



Bean bag

## BALANCING

Balancing  
Together

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

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

### The Activity:

Starting with a bean bag on each gymnast's head, can they counterbalance back to back, keeping the bean bag balanced?

### Challenge the Gymnasts to...

- Counterbalance sideways, keeping a bean bag on their shoulders.
- Counterbalance sideways and lift one foot off the floor, balancing a bean bag on that foot.
- Counterbalance sideways and lift one foot off the floor bending the knee and balancing a bean bag on that 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 others wrists. Once the gymnasts are confident with the counterbalance positions, encourage them to keep a tight body position.





Small  
Apparatus

## Activity 2



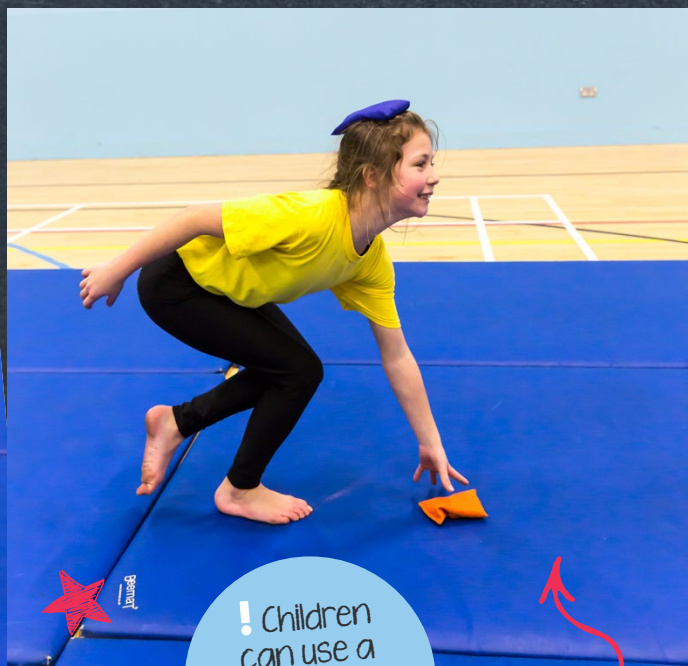
Bean bag

# COLLECTING

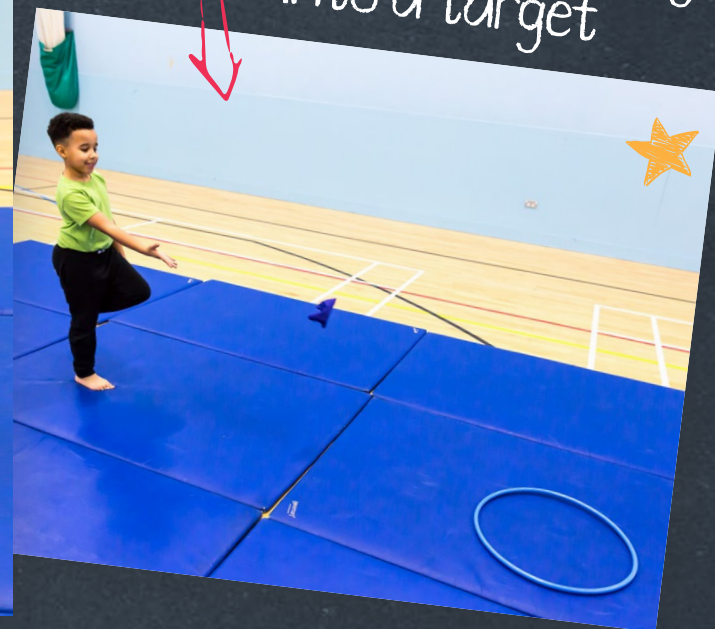
Balancing on  
One Foot



Collecting a  
bean bag from  
the floor



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



Throwing a bean bag  
into a target

Balancing a bean bag on their  
head and collecting a bean bag

instructions on next page



Jump  
into  
Gymnastics

# Activity 2



Bean bag

## COLLECTING

Balancing on  
One Foot

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

### The Activity:

Can the gymnast balance on one foot and pick up a bean bag from the floor?

### Challenge the Gymnast to...

- Start in a balance on one foot and slowly change their arm or leg position to create a different balance as they bend to collect a bean bag from the floor.
- Balance on one foot and collect a bean bag from the floor whilst balancing another bean bag on their head.
- Balance on one foot, collect a bean bag from the floor and throw it into a target zone. Hop to collect it and throw it into the next target zone.



### Parent Points:

Once the gymnast is confident with holding the balances, encourage them to keep a tight body position with straight arms, legs and pointed toes.



Small  
Apparatus

# Activity 3



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 3



Scarf

## BALANCING

! 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.







# 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.

