

# Jumping

British  
Gymnastics

## Jump into Gymnastics at home!

Welcome to week 4 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 Jumping!

We hope you have fun exploring different ways of jumping.

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 4

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!



# BEAN GAME

## You Will Need:

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

## The Activity:

Beans have been spilt all over the kitchen floor. Can the gymnasts mimic actions for all the beans as they help to tidy them up.



## The Rules:

- 1 Introduce the type of beans that will be used in the game to all of the gymnasts:

**Runner bean** - running around  
**Jumping bean** - jumping up and down  
**String bean** - stretching tall  
**Broad bean** - stretching wide  
**Baked bean** - curling into a ball.

- 2 The gymnasts move around the area using a slow jog. The name of a type of bean is called out and the gymnasts all perform the action relating to that bean.

## The Creativity:

- Ask the gymnasts to create their own actions for different beans. For example chilli bean, jelly bean or even beans on toast.
- To adapt the warm up, bean actions can be done seated or on the spot.

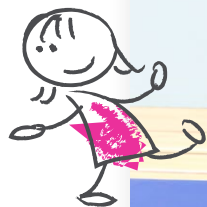






# JUMPING

Half turn jump



Tuck jump



Cat leap



Cat leap



instructions on next page



Jump  
into  
Gymnastics



# JUMPING



## Tuck jump

The gymnast bends their knees and swings their arms down and backwards. They push from the floor straightening their knees and lifting their arms forward and upwards. They quickly tuck their knees into their chest and then extend their legs in preparation for a safe landing.

## Catleap

Taking off from one foot, the gymnast lifts their free leg with a bent knee upwards to hip height. They then push from the floor and lift the other leg upwards in the same way and change their legs over to land on the opposite foot.



## Half turn jump

The gymnast bends their knees and swings their arms down and backwards. They push from the floor, straightening their knees and lifting their arms forwards and upwards, using their shoulders to direct the turn. During the turn they stay in a stretched position before preparing their body for a safe landing once the half turn is complete.



Small  
Apparatus

# Activity 1



Scarf

## THROW & CATCH

Jumping

! Children  
can use a  
t-shirt if they  
do not have a  
scarf!



Jump  
into  
Gymnastics

Stretch  
jump

Star jump



With a partner

instructions on next page





# Activity 1



Scarf

## THROW & CATCH

Jumping

! Children can use a t-shirt if they do not have a scarf!

### The Activity:

On taking off for a stretch jump, can the gymnast throw a scarf into the air and catch it on landing?

### Challenge the Gymnast to...

- Throw and catch the scarf in the opposite hand.
- Show different shaped jumps e.g. tuck, star whilst throwing the scarf.
- Throw the scarf to a partner and jump to catch it.



### Parent Points:

The gymnast should start in a balanced position with good posture. Their landing should be controlled with their knees bent and feet slightly apart. As the gymnast becomes more confident with the activity, correct their body positioning during the jump.

Small  
Apparatus

## Activity 2



Rope

# SKIPPING

Jumping



Skipping



Cross skip



Group skipping

instructions on next page



Jump  
into  
Gymnastics



# Activity 2



Rope

## SKIPPING

Jumping

### The Activity:

Can the gymnast skip on the spot with both feet together?

### Challenge the Gymnast to...

- Skip backward.
- Cross skip.
- Face a partner, with one gymnast holding the rope, balance on one leg and hop over the rope to skip together.
- Group skipping with a rotating rope, the gymnast jumps over the rope using different foot patterns and different shape jumps.

### Parent Points:

Teach the basic skipping technique first with the gymnast learning to swing the rope from behind them to in front of them. Practise the jumping action with the gymnast, first with one step over the rope, then a one foot to the other foot jump. Introduce the two together to create the skipping action. Once the gymnast is confident with the activity, encourage them to keep a tight body position with straight arms, legs and pointed toes.





Small  
Apparatus

# Activity 3



Bean bag

## HOLDING TIGHT

Jumping

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



Stretch  
jump



Tuck jump



Pike jump

Jump  
into  
Gymnastics



instructions on next page



# Activity 3



## Bean bag **HOLDING TIGHT**

### The Activity:

Can the gymnast perform a stretch jump, keeping the bean bag between their knees?

### Challenge the Gymnast to...

- Jump keeping the bean bag between their ankles.
- Tuck jump with the bean bag between their knees.
- Pike jump with it between their ankles.

Jumping

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

### Parent Points:

The gymnast should start in a balanced position with good posture. Their landing should be controlled with their knees bent and feet slightly apart. As the gymnast becomes more confident with the activity, correct their body positioning during the jump.





# 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.