

Balancing Together

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 Balancing Together!

We hope you have fun balancing together.

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 5

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!



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 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.



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.





BALANCING TOGETHER

Counterbalance

Sideways Counterbalance



Backwards Counterbalance

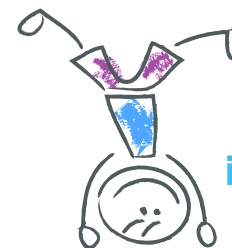


Counterbalance on knees



! The gymnasts should use the correct grasp at all times, holding onto each other's wrists. Both participants should lean back at the same time slowly and control their bodies, keeping good posture and their backs straight!

instructions on next page



Jump
into
Gymnastics



BALANCING TOGETHER

Skills

Counterbalance

The gymnasts stand facing a partner with their toes touching and holding wrists. They work together to both slowly lean backwards, extending their arms until they are straight. They hold the balance for three seconds before bending their arms to return to standing.



Sideways Counterbalance

The gymnasts stand next to a partner with their feet together and their toes touching. They bend their arm that is closest to their partner and hold wrists. The gymnasts work together to both slowly lean sideways, extending their arm until they are straight. They hold the balance for three seconds before bending their arm to return to standing.



Backwards Counterbalance

The gymnasts stand back to back with their heels touching. They lean forwards slightly to enable them to hold onto each others wrists. The gymnasts work together to both slowly lean forwards, extending their arms until they are straight. They hold the balance for three seconds before bending their arms to return to standing.



Counterbalance on knees

The gymnasts start by facing each other with the base knelt down. The gymnasts hold wrists and the person kneeling assists their partner to step up onto their knees. In a balanced position, both gymnasts have bent arms. The gymnasts work together to both slowly lean backwards, extending their arms until they are straight. They hold the balance for three seconds before bending their arms to return.



Working
Together

Activity 1



Partner Balance

STANDING COUNTERBALANCE

Balancing
Together

Counter
balance



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

Counterbalance
sideways



Holding wrists



Holding
opposite wrists



Counterbalance
back to back

instructions on next page

Jump
into
Gymnastics



Activity 1



Partner Balance

STANDING COUNTERBALANCE

The Activity:

Can the gymnasts stand facing each other holding wrists and lean back to counterbalance?

Challenge the Gymnasts to...

- Stand side by side holding one wrist and counterbalance leaning sideways.
- Stand back to back holding wrists and lean forwards to counterbalance.
- Stand facing each other holding wrists, lean back to counterbalance and release one hand to stretch out to the side.
- Counterbalance side by side with a ribbon in their free hand, creating a series of different patterns with the ribbon.
- Counterbalance back to back and slowly lift one leg to balance on one foot.



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. To control the balance, gymnasts can also hold opposite wrists so that their arms are crossed.



Working
Together

Activity 2



Partner Balance

KNEELING COUNTERBALANCE

Balancing
Together

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

Holding wrists

Kneeling
counterbalance

Counterbalance
with one free arm

Counterbalance
on one foot

instructions on next page

Jump
into
Gymnastics



Activity 2



Partner Balance

KNEELING COUNTERBALANCE

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

The Activity:

Can the gymnasts counterbalance with one gymnast kneeling and the other gymnast stepping up to stand on their knees, holding wrists?

Challenge the Gymnasts to...

- Let go with one hand and stretch it out to the side.
- Let go with one hand and stretch it out to the side making patterns with a ribbon.
- Balance on one foot, holding both wrists and whilst stood on their partners knees, the gymnast slowly lifts one leg to perform a balance on one foot.



Parent Points:

Ensure the kneeling gymnast is in a strong position with both feet tucked under their bottom. 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. To control the balance, gymnasts can also hold opposite wrists so that their arms are crossed.



Small
Apparatus

Activity 3



Bean Bag

BALANCING

Balancing
Together

Balancing a bean
bag on their foot

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



Starting position



Balancing a
bean bag on
their head



Balancing a bean bag
on their knee

instructions on next page



Jump
into
Gymnastics



Activity 3



Bean Bag **BALANCING**

Balancing
Together

! 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.





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.

