

Rolling

British
Gymnastics

Jump into Gymnastics at home!

Welcome to week 6 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 Rolling!

We hope you have fun rolling.

Share your rolling 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 6

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 to move on the spot performing one the following: jogging on the spot, jumping jacks, twisting jumps, jogging with high knees and curling into a ball.

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 - jogging on the spot
Jumping bean - jumping jacks
String bean - twisting jumps
Broad bean - jogging with high knees
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.





ROLLING

Rock and roll



Dish-arch roll



Teddy bear roll preparation



Dish-arch roll

instructions on next page

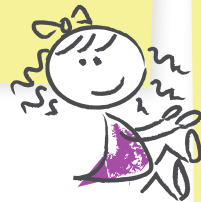




ROLLING

Rock and roll

The gymnast sits in a tuck shape holding on to the front of their legs. They roll back onto their shoulders, keeping their head tucked in towards their knees. They then roll forwards so that their feet come back to the floor.



Teddy bear roll preparation

The gymnast begins sitting in a straddle shape, holding onto their knees. They lean one shoulder sideways towards the floor and at the same time, lift the opposite leg. They roll onto their shoulder, staying in a straddle shape and then roll back into the sitting position. They then repeat this with the opposite shoulder, returning back into the sitting position.



Dish-arch roll

Holding a dish shape the gymnast leans onto one side of their body rolling over on to their tummy. As they roll, they change their body to an arch shape and finish the roll holding this position.

Small Apparatus

Activity 1



Scarf

TRAVELLING

Rolling

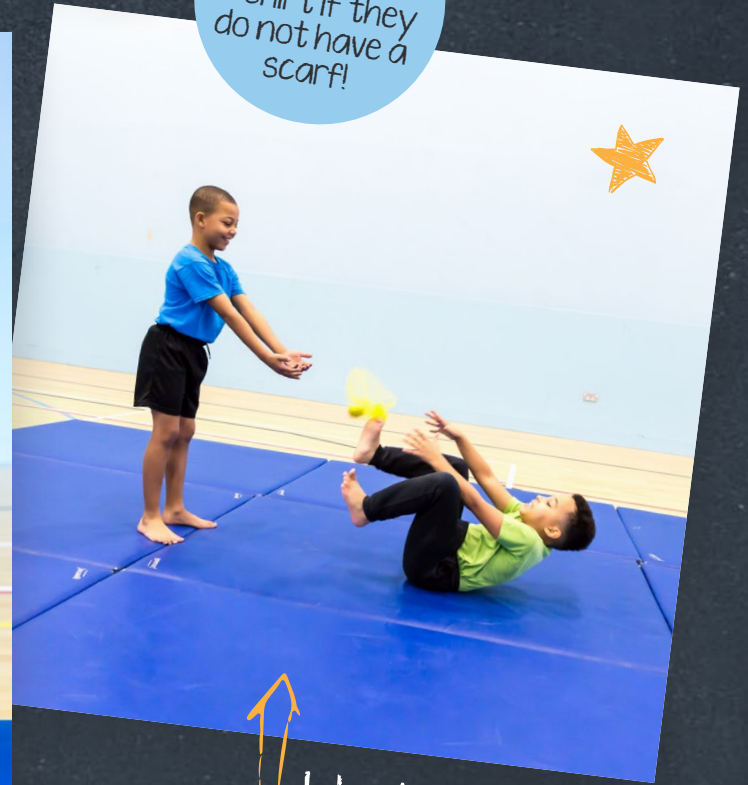
! Children can use a t-shirt if they do not have a scarf!



Scarf between toes



Scarf between knees



Working with a partner

instructions on next page



Jump into Gymnastics



Activity 1



Scarf

TRAVELLING

Rolling

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

The Activity:

Can the gymnast rock and roll forwards and backwards with the scarf between their knees, ankles, under their chin, between their toes and in each hand?

Challenge the Gymnast to...

- Rock and roll, keeping a scarf between their knees or other body parts mentioned above.
- Throw scarf, rock back and stand catching the scarf.
- Hold a scarf between their knees and roll sideways, collect the scarf and throw it to a partner who catches it, puts it between their knees and rolls.



Parent Points:

The gymnast should be competent at performing a rock and roll, and dish-arch roll, before extending the activity with small apparatus.



Small Apparatus

Activity 2



Bean bag

THROW & CATCH

Rolling

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

Rock and roll to throw and catch



Rock and roll with a bean bag

Throw and catch with a partner



instructions on next page



Activity 2



Bean bag

THROW & CATCH

Rolling

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

The Activity:

Can the gymnast rock and roll holding a bean bag? When they have rocked and rolled forwards and backwards, throw and catch the bean bag with two hands.

Challenge the Gymnast to...

- Rock and roll then throw a bean bag with one hand and catch in the other hand.
- Work in pairs sat facing each other in a tuck shape with one bean bag between them. One gymnast completes a rock and roll and then throws the bean bag to their partner who completes a rock and roll and throws the bean bag back to their partner.
- Work in pairs, stand facing each other roughly 1 metre apart. The first gymnast completes a rock and roll and when standing catches a bean bag thrown by their partner and then throws it back, their partner completes the same rock and roll activity and return the bean bag by throwing it back.



Parent Points:

The gymnast should try and maintain a 'C' position when rolling forwards and backwards. Partner can be a parent or sibling!



Working Together

Activity 3



Partner Movement

ROLLING TOGETHER

Rolling



Rock and roll side by side



Rock and roll to stand



Rock to stand



Straight jump

instructions on next page



Jump into Gymnastics



Activity 3



Partner Movement **ROLLING TOGETHER**

Rolling

The Activity:

Can the gymnasts rock and roll in different shapes next to a partner whilst holding hands?

Challenge the Gymnasts to...

- Rock and roll opposite each other and reach forward, holding hands with their partner to stand up.
- Hold hands and see-saw (one sit down, the other stood and swap whilst holding hands).
- Rock to stand and reach forward to hold their partner's hands to stand up and perform an immediate straight jump.

Parent Points:

The gymnast should be competent at performing a rock and roll before extending the activity with a partner. When rolling opposite each other, make sure the gymnasts have room to reach and stand up together safely. Encourage good body tension, straight legs and pointed toes during the rolls.





MUSICAL STATUES

You Will Need:

- Space for the group to safely move around within an area.
- Appropriate music and a music system.

The Activity:

Can you incorporate the following moves into a game of musical statues that can be performed when the music stops? Stretching out wide, standing on one leg, sitting in tuck, sitting in straddle, dish shape, arch shape, dish shape roll to arch shape, standing in a star shape, rocking backwards and forwards in straddle shape, and rocking backwards and forwards in pike shape.



The Creativity:

- The gymnasts could be given different positions to create when they freeze. These could be basic balances or they could link to a theme e.g. an animal.
- The gymnasts could work with a partner, mirroring and matching each others dance moves.
- If there is only one participant, the aim is to be able to achieve the exercise as quickly as possible when the music stops.

The Rules:

- 1 When the music starts, the gymnasts dance and move around the area.
- 2 When the music stops, the gymnasts must freeze.

