

# Jumping

British  
Gymnastics

## Jump into Gymnastics at home!

Welcome to week 7 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 we are going to revisit Jumping!

We hope you have fun learning different gymnastic jumps.

Share photos of your jumps 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 7

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!



# MUSICAL STATUES

## You Will Need:

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

## The Activity:

Show off your best dance moves but when the music stops, it's your best balance that will matter.



## The Rules:

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



## 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.
- Use different types of music to give the gymnasts the opportunity to dance in different ways.



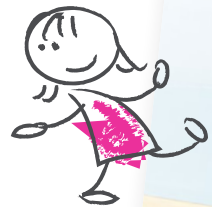


# Skills



# JUMPING

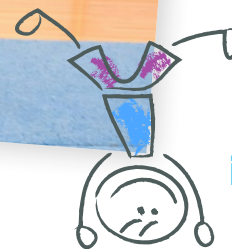
Jumping



Tuck jump



Landing



Cat leap



Cat leap



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# JUMPING

## Jumping

The gymnast starts in a straight standing position and swings their arms downwards and backwards behind them, bending their knees. They swing their arms forwards and upwards and straighten their knees jumping from the ground. The gymnast can jump using different foot patterns. They can hop from one foot to the same foot, leap from one foot to the other foot, jump from one foot to land one two feet and jump from two feet to land on one foot.

## Landing

The gymnast bends their knees and lands with their feet parallel and slightly apart. Their arms move downwards, in line with their shoulders. The gymnast holds the landing position for three seconds before stretching up to finish.

## 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.

## Cat leap

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.





Small  
Apparatus

# Activity 1

Ribbon



# JUMPING OVER

Jumping

! Children  
can use a  
rope, scarf or  
a line on the  
floor!



Jump  
into  
Gymnastics

Jumping  
over

Stretch jumps



Low jumps

instructions on next page



# Activity 1



## Ribbon **JUMPING OVER**

! Children can use a rope, scarf or a line on the floor!

### The Activity:

Can the gymnast jump side to side over a ribbon with both feet together as their partner holds it?

### Challenge the Gymnast to...

- Travel forwards jumping side to side over the ribbon.
- Travel forwards in high jumps that are stretched and tall.
- Travel forwards in small jumps that are low.

Jumping



### 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.





Working  
Together

# Activity 2

Partner Movement

## JUMPING TOGETHER



Jumping

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



Holding  
hands



Stretch jump



Supported star jump



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Jump  
into  
Gymnastics

# Activity 2



## Partner Movement **JUMPING TOGETHER**

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

### The Activity:

Can the gymnasts face each other, hold hands and stretch jump together?

### Challenge the Gymnasts to...

- Stand side by side and stretch jump together.
- Stand back to back and stretch jump together.
- Stand side by side and tuck jump together.
- Include hand apparatus such as a ribbon or scarf into their jumps.

Jumping



### Parent Points:

Encourage the gymnasts to be as synchronised as possible. The gymnasts should start in a balanced position with good posture. Their landing should be controlled with their knees bent and feet slightly apart. As the gymnasts become more confident with the skills, correct their body positioning during the jump.





Small  
Apparatus

# Activity 3



Scarf

## LEAPING

! Children  
can use a  
t-shirt if they  
don't have a  
scarf!

Jumping



Jump  
into  
Gymnastics

Leaping

Sequence of  
jumps



Passing the scarf

instructions on next page



# Activity 3



## Scarf LEAPING

! Children can use a t-shirt if they don't have a scarf!

### The Activity:

Using floor markers, can the gymnast travel forwards jumping from one foot to the other holding a scarf?

### Challenge the Gymnast to...

- Show a wider leap by travelling a further distance between the jumps.
- Create a sequence of jumps with different foot patterns to travel forwards.
- Pass the scarf between hands while jumping in their sequence.

Jumping



### Parent Points:

The gymnast should start in a balanced position with good posture. When leaping, their landing should be controlled with the knee on the landing leg slightly bent. As the gymnast becomes more confident with the activity, correct their body positioning during the leap or jump. Help the gymnast when they are creating a movement sequence, use music or clapping to create a rhythm for them to work to.







# ROW THE BOAT

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

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

## You Will Need:

- All gymnasts to be with a partner and space within a matted area for the gymnasts to lie down on their backs with their toes touching.
- One bean bag per pair of gymnasts.

## The Activity:

Row, row, row the boat as far as you can so the crocodiles don't catch you.

## The Creativity:

- Select appropriate music for the gymnasts to move to the beat.
- Encourage the gymnasts to pass and catch using different hands.
- Set challenges for the amount of passes that can be done within a set time limit.
- Have a boat race! One set of partners could be Cambridge and the other set of partners could be Oxford. Which partners can "row" for the longest?
- Replace the passing of the bean bag with holding onto a small hoop. The partners can both hold onto it together as they row.

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Cool Down

## The Rules:

- 1 The gymnasts begin by lying down end to end. One gymnast is holding the bean bag.
- 2 The gymnast holding the bean bag sits up and passes the bean bag to their partner.
- 3 The other gymnast catches the bean bag and passes it back.
- 4 The gymnasts continue alternating sitting up and passing the bean bag until they have reached a set amount of passes or completed the set time limit.

