

Balancing on Hands & Feet

British
Gymnastics

Jump into Gymnastics at home!

Welcome to week 9 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 hands and feet!

We hope you have fun balancing.

Share photos of your moves 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 9

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!



5 GEARS

You Will Need:

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

The Activity:

The gymnasts are out for a bike ride, can they use their gears to speed up and down without getting too tired.



The Creativity:

- Use small hand apparatus and introduce an additional command 'Switch'.
- When this command is used the gymnasts must pass their bean bag/ball to another gymnast whilst still moving round the area.

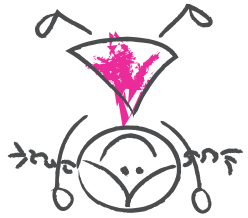
The Rules:

- 1 Introduce the game by explaining the movement needed for each of the 5 gears;

1 - Walking
2 - Hopping
3 - Jogging
4 - Skipping
5 - Running.
- 2 To start and stop the activity use 'Go' and 'Brake'.
- 3 After, call out a number and the gymnasts then move around the space in this way. Mix up the gears in different orders and at different speeds.



Skills



BALANCING ON HANDS & FEET

Front support



Front support



Pike-sit



Back support



Back support



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BALANCING ON HANDS & FEET

Front support

From kneeling, the gymnast places their hands, flat on the floor with their fingers pointing forwards, shoulder width apart with their arms straight. They then step backwards with their feet one at a time and lift their body to hold a straight position keeping their head in line with the rest of their body and their shoulders above their hands.



Back support

From sitting in a pike shape, the gymnast places their hands behind them flat on the floor with their fingers facing forwards towards their toes. The gymnast pushes down with their hands, making their arms straight and lifts their tummy up from the floor, pushing their hips as high as possible.



Small
Apparatus

Activity 1



Ball

BALANCING

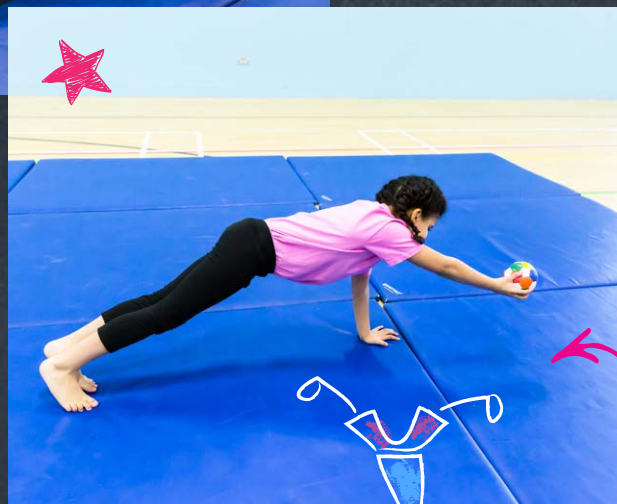
Balancing on
Hands & Feet



Front
support
with a ball



Balancing
a ball in
back
support



Front support lifting
one leg



Front support
lifting one arm

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Jump
into
Gymnastics

Activity 1



Ball

BALANCING

Balancing on
Hands & Feet

The Activity:

Can the gymnast hold a front support and balance a ball at the top of their back, between their shoulders?

Challenge the Gymnast to...

- Lift one arm to the side and balance a ball on their hand.
- Lift one arm in front and balance a ball on their hand.
- Lift one leg in front support, slightly bend their knee and balance a ball at the back of their knee.



Parent Points:

Once the gymnast is confident with the balances, encourage them to keep a tight body position. When creating new balances or changing the arm and leg positions in a balance, explain the need for the gymnast to re-position their centre of mass to maintain the balance.



Small
Apparatus

Activity 2



Ball

ROLLING

Balancing on
Hands & Feet



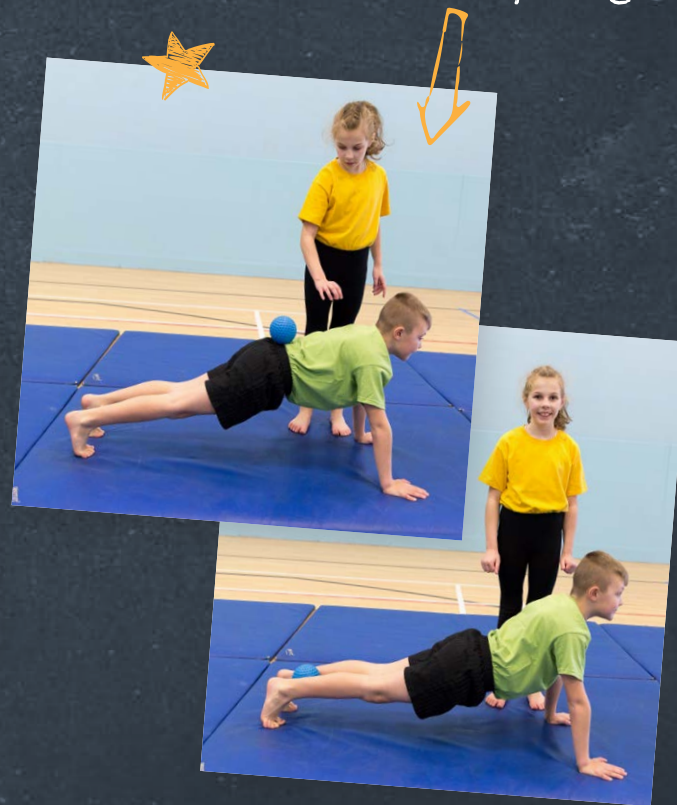
Rolling
between
hands and
feet



Rolling ball
down body



Rolling down
body in pairs



instructions on next page



Jump
into
Gymnastics

Activity 2



Ball

ROLLING

Balancing on
Hands & Feet

The Activity:

Can the gymnast hold a front support and roll a ball along the floor from their hands to their feet?

Challenge the Gymnast to...

- Hold front support and roll a ball backwards and forwards between their hands and feet.
- Hold front support and roll a ball side to side between each hand.
- Hold front support and roll a ball around their body in a circle using both their hands and feet.



Parent Points:

Once the gymnast is confident with the balances, encourage them to keep a tight body position. When creating new balances or changing the arm and leg positions in a balance, explain the need for the gymnast to re-position their centre of mass to maintain the balance.



Small
Apparatus

Activity 3



Bean bag

BALANCING

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

Balancing on
Hands & Feet



Front support
balancing a
bean bag

Lifting one
arm in
front



Lifting one arm
to the side



Working with
a partner



Lifting
one leg

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Jump
into
Gymnastics



Activity 3



Bean bag **BALANCING**

Balancing on
Hands & Feet

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

The Activity:

Can the gymnast balance a bean bag on their back in front support?

Challenge the Gymnast to...

- Lift one arm to the side and balance a bean bag on their hand.
- Lift one arm out in front and balance a bean bag on their hand.
- In back support lift one leg and balance a bean bag on their heel.
- Work with a partner to create a sequence of balances with a bean bag in different positions on the body.



Parent Points:

Once the gymnast is confident with the balances, encourage them to keep a tight body position. When creating new balances or changing the arm and leg positions in a balance, explain the need for the gymnast to re-position their centre of mass to maintain the balance.





DJ

You Will Need:

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

The Activity:

Instead of just listening to music, the gymnasts are now in charge of playing it!



The Creativity:

- Ask the gymnasts to create their own actions based on words related to music and DJ-ing.



The Rules:

- 1 Introduce the types of movement that are related to each command:

Play - running

Stop - standing still

Rewind - running backwards

Fast forward - running quickly

Pause - jumping up and down

Mute - gymnasts move as quietly as they can.

- 2 To begin the game, call out 'Play'.

- 3 Use the other commands to change the movement of the gymnasts, speeding up and slowing down the game.

