

Making Shapes

British
Gymnastics

Welcome to Jump into Gymnastics at home!

Each week we'll release a new gymnastics session for you to try 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.

The first week is all about Making Shapes!

We hope you have fun making different gymnastics shapes.

Share your shapes 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 1

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!



BOP IT



You Will Need:

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

The Activity:

Gymnasts become the Bop It, can they twist, pull and spin without getting muddled?



The Rules:

- 1 Introduce the game by explaining the movement needed for each command:

Twist it = standing still twisting the hips

Spin it = jumping around on the spot

Pull it = jumping jacks

Push it = press up

Bop It = crouch down low and jump up.

- 2 Choose a way that the gymnasts will move around the area: walking running, jumping, hopping, skipping, crawling

- 3 Gymnasts move around the area until a command is called.

- 4 The gymnasts then perform this action and then return to moving around the area.



The Creativity:

- Ask the gymnasts to create their own commands and actions.
- Change the movement throughout the game to introduce different speeds, jumps and levels.



Skills



MAKING SHAPES

Straight



Tuck



Straddle



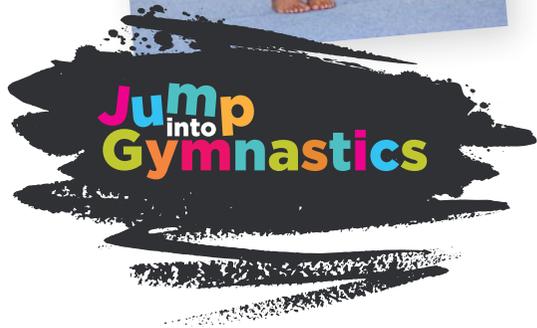
Pike



instructions on next page



Jump
into
Gymnastics





MAKING SHAPES

Straight

The gymnast reaches up tall with a straight back. They have their arms up above their head and their legs straight with their feet together.



Tuck

The gymnast sits with a rounded back, tucking their knees into their chest keeping their feet on the floor.



Straddle

The gymnast sits with a straight back with their arms out to the side. They stretch their legs out straight into a wide position and point their toes.



Pike

The gymnast sits with a straight back with their legs out straight in front of them, keeping their feet together. Their arms can be stretched upwards or stretched out vertically in front of them.



Small Apparatus

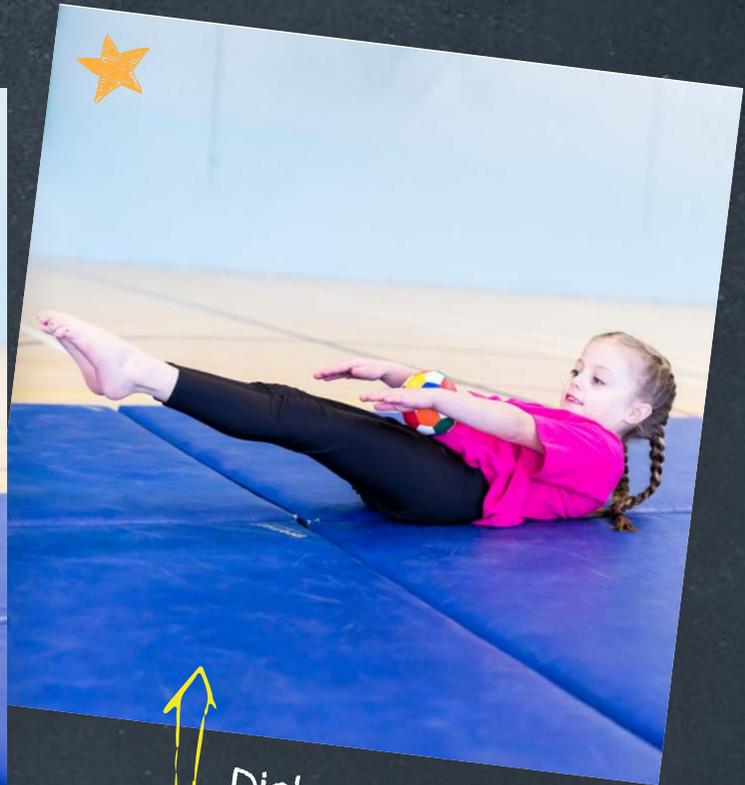
Activity 1

Ball



ROLLING ON BODY

Making Shapes



Rolling along legs

Rolling along arms



Dish rocks

instructions on next page



Activity 1



Ball

ROLLING ON BODY

The Activity:

Can the gymnast sit in a pike shape and holding onto a ball, roll it from their feet, along their body and up to their chest and back down again?

Challenge the Gymnast to...

- Sit in a straddle shape and with their arms out straight in front of them, roll a ball from their hands to their chest and back again.
- In a dish shape, roll a ball from their feet to their tummy and back again, through moving their body in a rocking motion.



Parent Points:

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 2

Making Shapes



Bean bag

BALANCE



Balancing a bean bag in pike shape



Balancing a bean bag in a straddle shape



Balancing a bean bag in a tuck shape

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Jump into Gymnastics

Activity 2



Bean bag **BALANCE**

The Activity:

Sitting in a pike shape, can the gymnast balance a bean bag on their head?

Challenge the Gymnast to...

- Balance a bean bag on different body parts whilst performing different body shapes at different heights e.g. lying down, standing up.



Parent Points:

Once the gymnast is confident with making the shapes, encourage them to keep a tight body position with straight arms, legs and pointed toes.

Small Apparatus

Activity 3

Making Shapes



ROTATION



Tuck shape



Changing hands



Star shape

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Jump into Gymnastics



Activity 3



Hoop **ROTATION**

The Activity:

Can the gymnast sit in a tuck shape and rotate a hoop around their wrist?

Challenge the Gymnast to...

- Rotate the hoop above their head.
- Change hands during the rotation.
- Rotate a hoop around their wrist standing in a star shape.



Parent Points:

To start the rotation, holding their arm out to the side, the gymnast gently begins a small circular motion with their arm, keeping both the elbow and wrist straight. Once the rotation has started the gymnast should make this movement much smaller. To perfect the rotation, the gymnast should rotate the hoop around the palm of their hand using their thumb to control the rotation.



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 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.

The Creativity:

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

