

Gymnastics School Activity Pack



Due to current circumstances, unfortunately we cannot provide your gymnastics sessions in our centres, but we can provide some activities for you to do at home.

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Introduction

We know this is a challenging time, your sessions are currently suspended, and you have to stay at home most of the time. We hope that this activity pack will help fill some time in your day.

This pack contains some ideas for you to get active, be creative, stay in contact and stay focussed all from the comfort of your home.

We want this pack to be as interactive as possible so if you have any ideas for future packs please email us on sportsdevelopment@wiltshire.gov.uk.

Please stay safe and look we forward to seeing you all soon!

Get active

We have included some exercises you can do at home so that you are ready to get back on the mat when the time comes. Some of these activities are sport specific but if you really want a challenge why not try them all!

General exercises for the home

There are a wide range of resources online and on TV for you to stay active at home:

Gymnastics HQ: Gymnastics work out plans <https://gymnasticshq.com/gymnastics-at-home-workout-plans/>

Sport England: Activities suitable for all ages https://www.sportengland.org/stayinworkout/#join_the_movement

Youth Sports Trust: Activities designed for all ages and abilities <https://www.youthsporttrust.org/free-home-learning-resources-0>

[For more ideas of activities, you can access at home please visit our dedicated webpage for a full list of resources](#)

Warm up exercises

The aim of a warm up is to get the blood flowing to all of the parts of your body that you are going to use during gymnastics. It prepares the body for the stretching and exertion required to complete gymnastic skills.

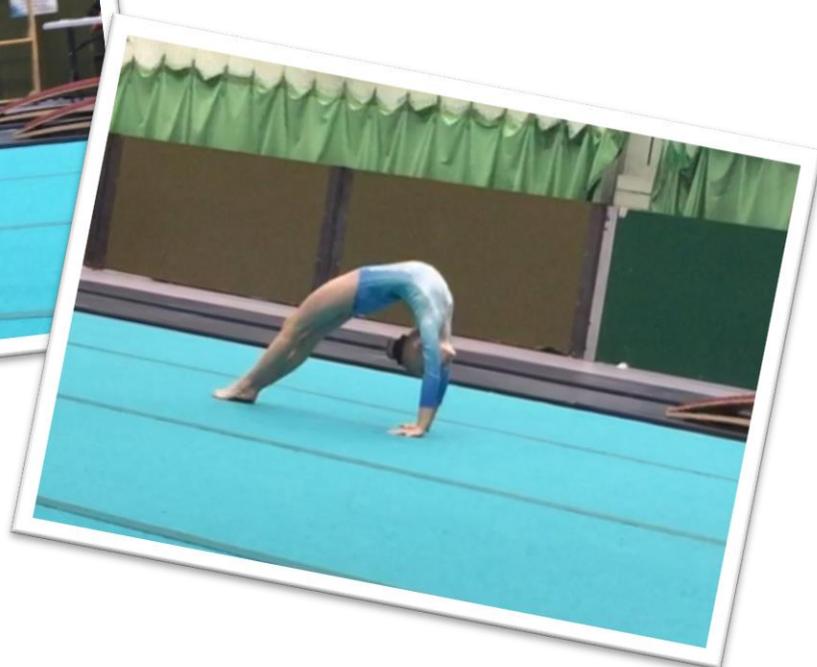
Try these simple exercises to get you ready for the challenges on the next page! A good warm up should last 10 to 15 minutes.

- Run around if outside or run on the spot indoors. If you have space, you can also try some hopping or skipping.
- Number game. Ask a family member to call out a number below and continue this action until the next number is called (a maximum of 10 to 12 of each exercise).
 - 1) Jumping jack/star jump
 - 2) High knees
 - 3) Skipping
 - 4) Squat
 - 5) Allow the child to choose.
- Start with your head, look from one side to the other.
- Raise shoulders up and down.
- Circle arms forward and backwards whilst walking.
- Circle hips as if you are circling a hula hoop. You can use a hula hoop if you have one.
- Stand in a star shape, touch your toes then the floor and push through your legs.
- Sitting on the floor with straight legs in front, reach over to your toes. Keep straight legs throughout.
- Sitting on the floor with straddled legs, reach with both hands to one side then the other.
- Push up to bridge then down to rock on your back and roll.

Conditioning circuit

Set a time to do each exercise, either 30 seconds or if you want to challenge yourself you can do each exercise for one minute:

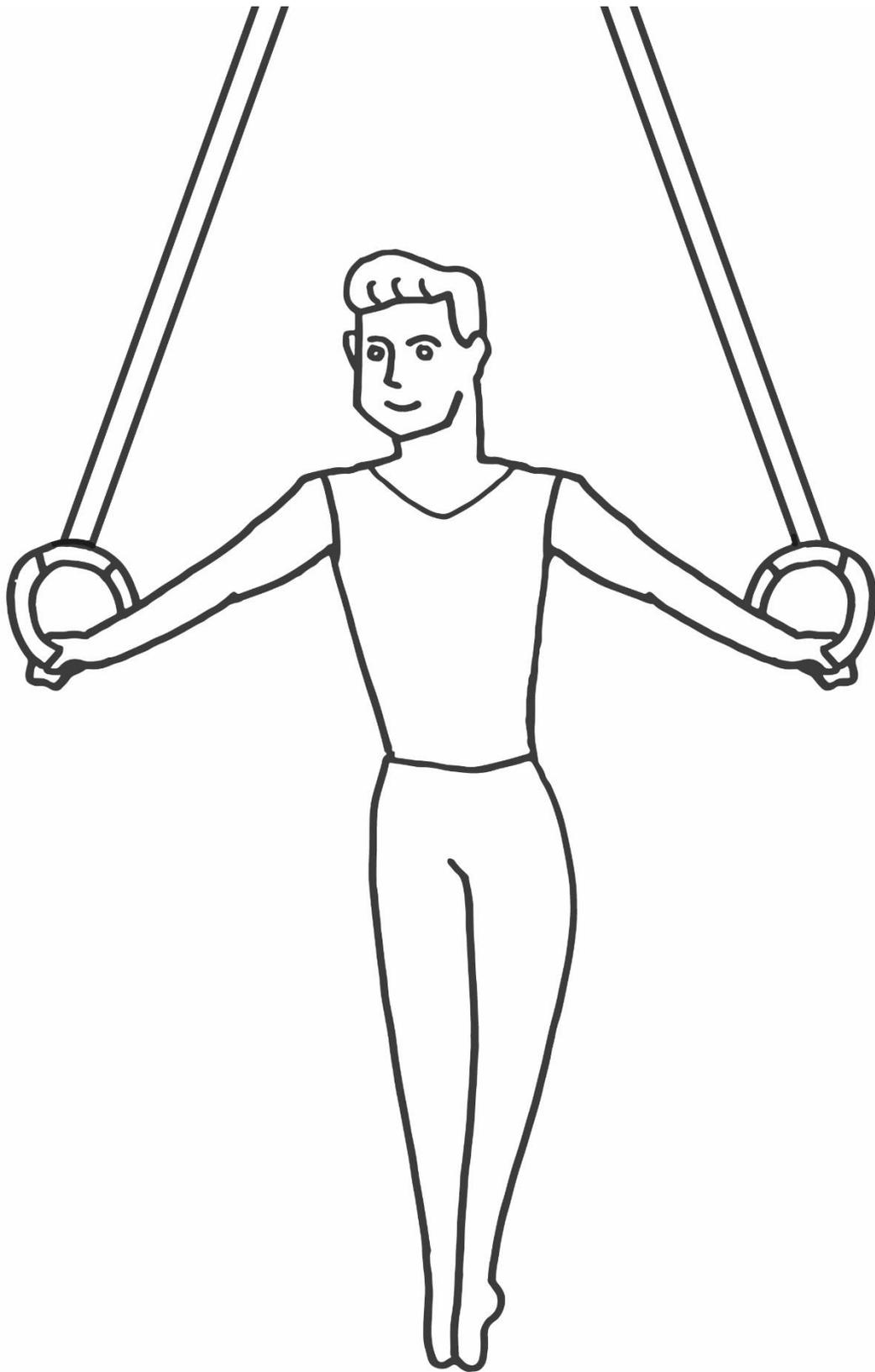
	How many did you complete?				
	1	2	3	4	5
Sit ups					
Burpees					
Squat thrusts					
Crunches					
Star jumps					
Leg levers					
Lunges					
One Legged V-sit					
Mountain climb					
Dish shape to arch shape					



Colouring

Enjoy colouring or painting our gymnasts in any colours you choose or write some interesting facts or information about the gymnast in the picture.

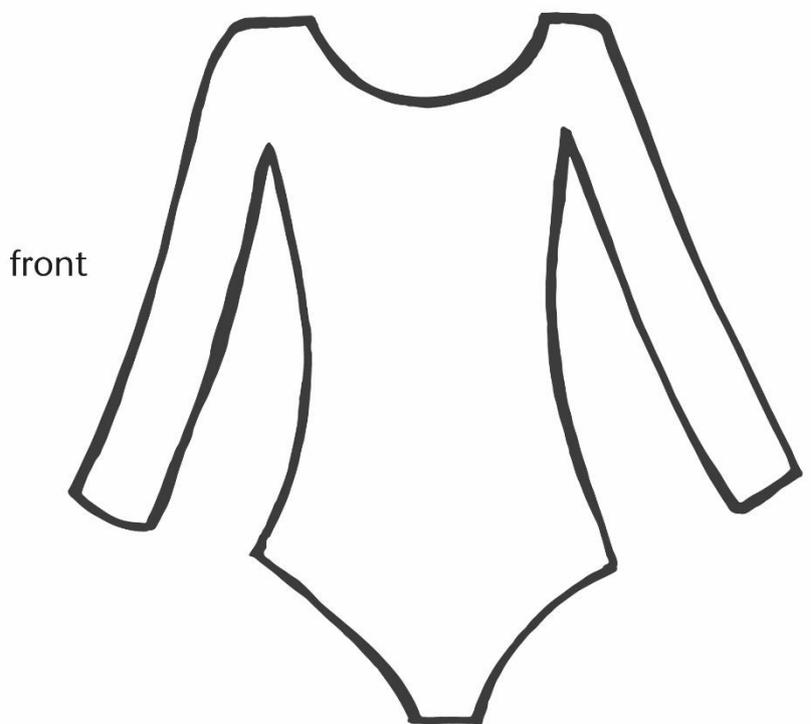




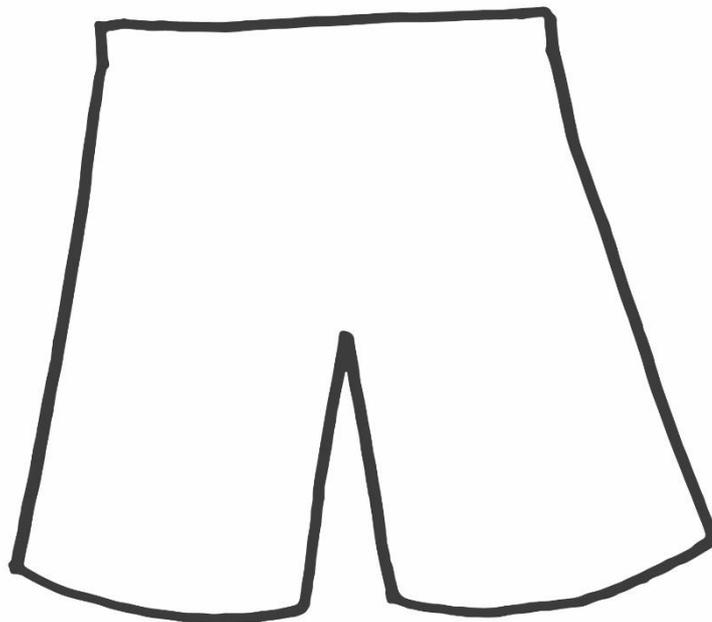
Design

Get creative and design a new leotard or shorts that you would like to wear. Think about the different patterns, colours and shapes that you can use to make your leotard eye catching!

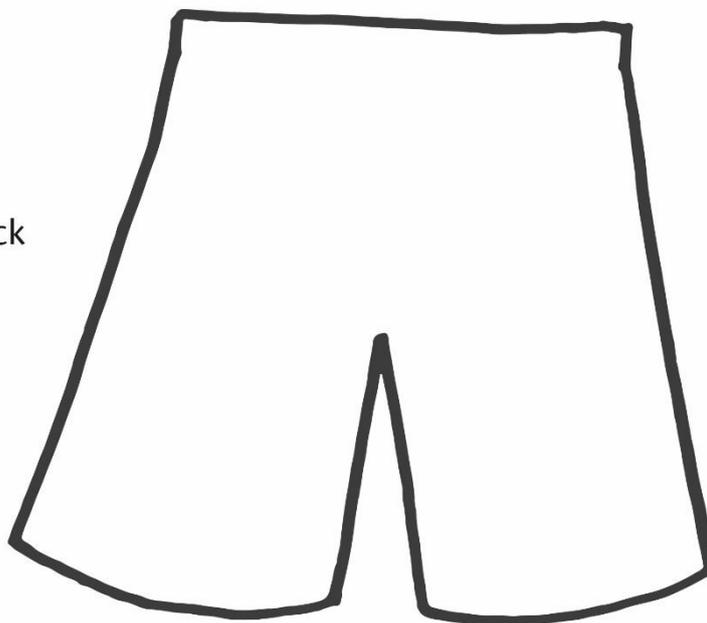
Send us your finished designs via email to sportsdevelopment@wiltshire.gov.uk with your name and age, and we will share them on our [Active Wiltshire Facebook](#) page.



front



back



Gymnastics challenges

Below are a set of challenges to test your strength, flexibility and control.

Have a go at completing them all. Why not take a photo or video and share it on our [Active Wiltshire Facebook](#) page or [Active Wiltshire Twitter](#) page

- 1) Can you hold a plank position for one minute?
- 2) Can you skip continuously for one minute?
- 3) Can you hold a Ski Sit for one minute?
- 4) Can you hold a frog balance for five seconds?
- 5) Can you get your legs straight in your bridge and hold for five seconds?
- 6) Can you get your chest to the floor and hold a Japana for ten seconds?
- 7) Can you hold the splits on your right leg and left leg for 30 seconds (Try to improve over the next two weeks and if you really want to challenge yourself try to hold the position for one minute)?

Write a short story about your favourite gymnastics session

Whilst you are not able to attend your weekly gymnastics class, can you write a short story below about your favourite gymnastics' session?

You might want to write about your favourite piece of equipment, why you like it, what move you like doing the most and what moves you would like to learn in the future.



Create a floor routine

Some of you may have competed in gymnastics competitions in the past and part of the competition would have been a floor routine.

Can you design a floor routine including ten of your favourite gymnastic moves, balances and shapes?

We would love to see your ideas, please send a copy of your routine to sportsdevelopment@wilshire.gov.uk

Please detail your moves in the table below.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Stay focussed

It is important to do things that not only keep you active but also help to keep your mind fit and healthy too.

Gymnastics word search

Can you find the 20 words and names hidden in the word search?

Z Q R K L E E H W T R A C T V J H C
R Y A C D R O F L A H A R U A L R J
C C S T R E T C H S N V Q F U G A I
T W V E S T R A D D L E E F L W B I
X H E C N A L A B X A A V J T G H Y
N O E I R L Y S J O N E S E J N G R
S T F S K L H E U Y J D F S Y I I S
D T N A R Q R K J B R Y B S B R H J
M J R B C I Z O P F C Z R I J P M O
V T O O X S Y W O V X G O C J S G X
S L X W H I E S B L U B B A L D N K
P E K L E S V C D G F X E D Z N E N
L O N E D N I S N O R E M A C A E D
I T P Z N S C S T A X C E Y M H G A
T A O O F V L L H M R R T K F I D J
S R Y U E K U S I K Z F S I Y C I N
K D N A T S D N A H T L M N H K R W
T F D R A O B G N I R P S G V R B Y

Eirlys Jones

Laura Halford

Cameron Sinden

Francesca Fox

Jessica Daykin

Beam

Floor

High bar

Leotard

Springboard

Vault

Handspring

Bridge

Handstand

Cartwheel

Shorts

Splits

Balance

Straddle

Stretch

Gymnastics quiz

Improve your Gymnastics knowledge by putting your research skills to the test and answering the questions below:

1. Who is the best Female USA Gymnast of all time?
 - a) Shannon Miller
 - b) Simone Biles
 - c) Aly Raisman
 - d) Gabby Douglas

2. Which of the below options is not a form of Gymnastics?
 - a) Acrobatics
 - b) Rhythmic
 - c) Artistic
 - d) Ballet

3. Men cannot compete in Rhythmic Gymnastics at the Olympics. True or False?
 - a) True
 - b) False

4. What do you call the skin-tight outfit gymnasts wear?
 - a) Leopard
 - b) Skoot suit
 - c) Leotard
 - d) Gym suit

5. Which of these is not a gymnastic move?
 - a) Cartwheel
 - b) Front handspring
 - c) Back walkover
 - d) Three handed cartwheel

6. Can you name three gymnasts on the 2019 Men's British Artistic World Championship team?
 - 1)
 - 2)
 - 3)

7. Can you name three gymnasts on the 2019 Women's British Artistic World Championship team?
 - 1)
 - 2)

8. What was Olga Korbut's famous move performed on the beam?
 - a) Back somersault
 - b) Free cartwheel
 - c) Korbut flick
 - d) Front somersault

9. What is a Valdez?
- Handstand forward roll
 - Flick
 - Handstand pirouette
 - Seated back walkover
10. Why do gymnasts put chalk on their hands?
- To write their scores on a blackboard later
 - Because it looks good
 - To soak up sweat and stop them from slipping
 - To keep their hands fresh

Goal setting

Use the chart below to record your gymnastic goals. These can include learning a new skill or improving an existing one, improving strength or flexibility, or wanting to be the next top British gymnast!

	Goals – what you would like to achieve
This week	
This month	
This year	
Next two years	
Dream	

Extra support and information

Wiltshire Council has set up a dedicated hub to support the most vulnerable residents during the ongoing COVID-19 situation. People can get in touch with the hub via email at wellbeinghub@wiltshire.gov.uk or by calling 0300 003 4576. It's available from 8am-8pm Monday-Friday and 10am-4pm Saturday and Sunday.



Wiltshire Council have produced a corona virus community pack to give you guidance on how to stay safe and supported during this time.

[Find out more and download the pack](#)



Wiltshire Council has published a directory of community volunteer groups that have been set up throughout the county, in the wake of the ongoing COVID-19 situation. [Find out more and download the directory](#)



Wiltshire Council has created an information pack for volunteer groups to help them support their communities during the ongoing COVID-19 situation. [Find out more and download the pack](#)



Wiltshire Council has created an information pack for advice and support for parents to help support them during the ongoing COVID-19 situation. [Find out more and download the pack](#). Click on the link for Schools, education and school closures on the A-Z list of services



We would love to see how you get on with any of the activities or challenges in the pack so please send any video clips or pictures to sportsdevelopment@wiltshire.gov.uk

Remember to visit and like our social media pages to stay updated:



Please feel free to tag us in any content you upload online, especially if you get involved in one of our challenges in this pack.

A reminder that Wiltshire Council has a dedicated webpage with a full list of community resources including leisure activities, libraries, history, arts, digital learning and home schooling. [Find out more](#)

Word search answers



Quiz answers

1. A
2. D
3. A
4. C
5. D
6. Giarnni Regini-Moran, Tom Fraser, Dom Cunningham, James Hall, Max Whitlock
7. Rebecca Downie, Alice Kinsella, Ellie Downie, Georgia-Mae Fenton, Taeja James
8. C
9. D
10. C