

Gymnastics School Activity Pack 3



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.

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 you've had the opportunity to try some of the exercises and challenges in packs one and two.

This activity pack contains further ideas for you to get active, 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 we look forward to seeing you all soon!

Get active

We hope that you enjoyed taking part in the exercises and challenges from packs one and two. We have included further exercises in this pack to help improve your fitness, co-ordination and strength. Why not try them all and let us know how you get on by emailing your photos or videos to sportsdevelopment@wiltshire.gov.uk

Before you start any physical activity, please make sure that it is safe for you to exercise based on any current health or medical conditions you may have. Please ensure you have plenty of space around you in order to perform any of the exercises you take part in, and that you are wearing the appropriate attire, including footwear, to do the activity that you are participating in.

General exercises for the home

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

- Gymnastics HQ: Gymnastics work out plans available at <https://gymnasticshq.com/gymnastics-at-home-workout-plans/>
- Join Commonwealth Games medallist and former Team GB rhythmic gymnast and Wiltshire Council Elite Athlete, Francesca Fox for a workout video on her Facebook page or join one of her free 30-minute classes on zoom! <https://www.facebook.com/ffgymnastics/>
- Sport England: <https://www.sportengland.org/news/how-stay-active-while-youre-home>
Sport England have a dedicated page of activities suitable for all ages. Activities can be performed at home or outside whilst adhering to the Governments safe social distancing guidelines.

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

Following on from the beginner Gym Fit challenges in pack two, try out some of these intermediate challenges from British Gymnastics.

Knee crunches – How many can you do in 30 seconds?

CORE INTERMEDIATE



C-I-KNEE CRUNCHES

LEVEL 1
KNEE CRUNCH



- 1 Lay flat on floor with arms above head and legs bent
- 2 Crunch knees into chest
- 3 Lower feet back to the floor with control

- Repeat move
- Back should be rounded at all times

LEVEL 2
HALF DISH KNEE CRUNCH



- 1 Lay flat on floor with arms above head and legs bent
- 2 Lift shoulders off the floor
- 3 Crunch knees into chest

- Lower feet back to the floor with control
- Keep shoulders off floor
- Repeat move
- Back should be rounded at all times

LEVEL 3
FULL DISH KNEE CRUNCH



- 1 Lay flat on floor with arms above head
- 2 Lift shoulders and feet off the floor
- 3 Crunch knees into chest whilst bringing shoulders upwards at the same time
- 4 Lower back to position 2 with control

- Keep shoulders and feet off floor
- Repeat move
- Back should be rounded at all times


High Jumps – How many can you do in 30 seconds?

LOWER BODY INTERMEDIATE



L-I-HIGH JUMPS


LEVEL 1
SPRING HIGH KNEES



- 1 From standing lift one knee as close to chest as possible
- 2 Push through standing leg to perform a small jump and change leg so opposite knee is now lifted

- Repeat move


LEVEL 2
FLOOR SQUAT STRETCH JUMP



- 1 Squat so hands are touching the floor, knees bent, bottom down
- 2 Extend to perform a straight jump

- Arms above head
- Land with slight bend in knees and return to squat position

LEVEL 3
TUCK JUMP



- 1 Use arms to perform a jump
- 2 Lift knees into stomach

- Using a rebound jumping action
- Repeat move

Penguin walks – How far can you travel in 30 seconds?

LOWER BODY INTERMEDIATE



L-I-PENGUIN WALKS

LEVEL 1
PENGUIN WALKS

- 1 Squat down keeping hands off floor
- 2 Walk around the floor in forwards motion
- 3 Stay as low as possible

LEVEL 2
PENGUIN HOPS

- 1 Squat down keeping hands off floor
- 2 Jump around the floor in forwards motion
- 3 Stay as low as possible

LEVEL 3
PENGUIN HOPS CHANGING DIRECTIONS

- 1 Squat down keeping hands off floor
- 2 Jump around the floor changing directions e.g. jump forwards/backwards/side to side
- 3 Stay as low as possible

Side jumps – How many can you do in 30 seconds?

CARDIO VASCULAR INTERMEDIATE



CV-I-SIDE JUMPS

LEVEL 1
SIDE TO SIDE JUMPS

- 1 Mark a line on the floor (chalk line, skipping rope etc)
Start one side of line, feet together
- 2 Jump over the line so you land the other side with feet together
- 3 Continue jumping side to side

LEVEL 2
TRAVELLING SIDE JUMPS

- 1 Place a line across the floor (10m in length)
- 2 Perform a side jump over the line
- 3 Side jump back over the line
- 4 Travel the length of the line
Turn around at the end and return

LEVEL 3
SIDE TO SIDE JUMPS OVER PLATFORMS

- 1 Place a small foam platform on the floor
Start one side of the platform, feet together
- 2 Jump over the platform so you land the other side with feet together
- 3 Continue jumping side to side

Ask the Athlete

Ever wanted to know what it feels like to represent GB or win an Olympic/Paralympic medal? Now is your chance!

Why not tune in to our second series of Ask the Athlete launching on 1 July with some of Wiltshire's elite athletes past and present, answering questions that have been submitted by the public. Listen out for Jessica Daykin, member of British Gymnastics Senior Squad and British Championships silver medallist on beam.

You can watch each Thursday afternoon on the [Active Wiltshire facebook](#) page or you can catch up on the Ask the Athlete playlist from series one on [Wiltshire Council's You tube channel](#)

You can submit your questions to sportsdevelopment@wiltshire.gov.uk by noon each Monday.



One of Wiltshire Council's first Funding Future Olympian and Paralympian grant recipients, Francesca Fox, launched our Ask the Athlete series and answered gymnastics questions submitted via our Active Wiltshire Facebook page by the public.

Watch the full [video of Francesca's Q&A](#)

Positivity box

If there are days when you are feeling down, why not create a Positivity box just like former Team GB Rhythmic Gymnast Francesca Fox!

Get a box or any container and when something great has happened or you have achieved something positive, write it on a piece of paper and put it in your box/container.

Then when you are feeling low, read one of the pieces of paper and remind yourself of all the great things you have achieved!



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.



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



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.



Wiltshire Council has created an information pack for volunteer groups to help them support their communities during the ongoing COVID-19 situation.



Wiltshire Council has created an information pack with advice and guidance for parents to help support them during the ongoing COVID-19 situation. Click on the link below for Schools, education and school closures on the A-Z list of services



Please visit our coronavirus webpage to download any of the above packs:

<http://www.wiltshire.gov.uk/public-health-coronavirus>

Princes Trust - A team of youth workers and volunteers are still on hand through this challenging time to support young people. The phone lines, live chat and text service are open from 9am-9pm every day and the Coronavirus Support Hub is also available for advice and guidance. Please visit the website for more information and to download the COVID-19 Young People's action plan -

<https://www.princes-trust.org.uk/about-the-trust/coronavirus-response>

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:

Active Wiltshire  

Wiltshire Council  

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 at http://www.wiltshire.gov.uk/leisure-active-communities](http://www.wiltshire.gov.uk/leisure-active-communities)