

Gymnastics School Activity Pack 2



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

This activity pack contains further 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 we look forward to seeing you all soon!

Get active

We hope that you enjoyed taking part in the exercises and challenges from pack one. 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/>
- 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.
- 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/>

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

Try out some of these Gym Fit challenges from British Gymnastics.

Dishes - How many can you do in 30 seconds?

LEVEL 1 DISH LIFTS - ARMS AT SIDE	LEVEL 2 DISH LIFTS - ARMS AT EARS	LEVEL 3 DISH ROCKS
		
<ol style="list-style-type: none">1 Lie flat on back Arms by side2 Lift head and shoulders off floor and at same time lift legs 3 - 4 inches off floor Back should be rounded so that lower back is pressed into the floor Hold for a moment3 Lower and repeat	<ol style="list-style-type: none">1 Lie flat on back Arms stretched out above head2 Lift arms, head and shoulders off floor and at same time lift legs 3 - 4 inches off floor Back should be rounded so that lower back is pressed into the floor Hold for a moment3 Lower and repeat	<ol style="list-style-type: none">1 Lie flat on back Arms stretched out above head2 Lift arms, head and shoulders off floor and at same time lift legs 3 - 4 inches off floor Back should be rounded so that lower back is pressed into the floor3 Move body backwards and forwards in a rocking motion4

Jacks – How long does it take you to do 20?

LEVEL 1 SINGLE LEG JACKS



- 1 Start with hands on hips
- 2 Extend one leg out to the side
- 3 Return to centre
- 4 Extend opposite leg to the side
- Return to centre
- This is one rep
- Continue movements

LEVEL 2 JUMPING JACKS



- 1 Start with feet together and arms by your side
- 2 Jump both feet out to the side and at the same time raise arms above head
- 3 Return feet to centre and arms by side
- Repeat move

LEVEL 3 JUMPING JACK SQUAT



- 1 Start with feet together and arms by your side
- 2 Jump both feet out to side and at the same time raise arms above head
- 3 Return feet to centre and arms by side
- 4 Perform a half squat and return to standing
- Repeat move

Sit ups – How many can you do in 30 seconds?

LEVEL 1 SIT UPS - DECLINE



- 1 Sit on the floor
 - Knees bent, feet flat on floor
 - Arms stretched out in front
- 2 Lean backwards as far as you can without letting your back touch the floor and hold for 3 seconds
 - Back should be rounded at all times
- 3 Relax after the 3 seconds
 - Return to position 1 and repeat move

LEVEL 2 SIT UPS - KNEE TAPS



- 1 Lie on back
 - Knees bent, feet flat on floor
 - Arms by your sides
- 2 Lift shoulders and head off the floor
 - Tap side of knees with hands
 - Back should be rounded at all times
- 3 Lower to floor
 - Repeat move

LEVEL 3 SIT UPS - FULL



- 1 Lie on back
 - Knees bent, feet flat on floor
 - Hands placed at side of head
 - Elbows pushed back
- 2 Lift shoulders, head and back off the floor
- 3 Perform a full sit up
 - Back should be rounded at all times
- 4 Controlled lower to the floor
 - Repeat move

Arm circles – How long can you circle for, keeping your arms in the position?

LEVEL 1
ARM CIRCLES ABOVE



- Stand with arms raised above head
- Keeping arms straight move hands and arms in small circular motions

LEVEL 2
ARM CIRCLES SIDE



- Stand with arms out to side of body
- Keeping arms straight move hands and arms in small circular motions
- Perform forward circles and then repeat backwards

LEVEL 3
ARM CIRCLES SIDE WITH WEIGHT



- Stand with arms out to side of body with a small weight/bean bag in hands
- Keeping arms straight move hands and arms in small circular motions
- Perform forward circles and then repeat backwards

Ask the Athlete – GB Rhythmic gymnast Francesca Fox

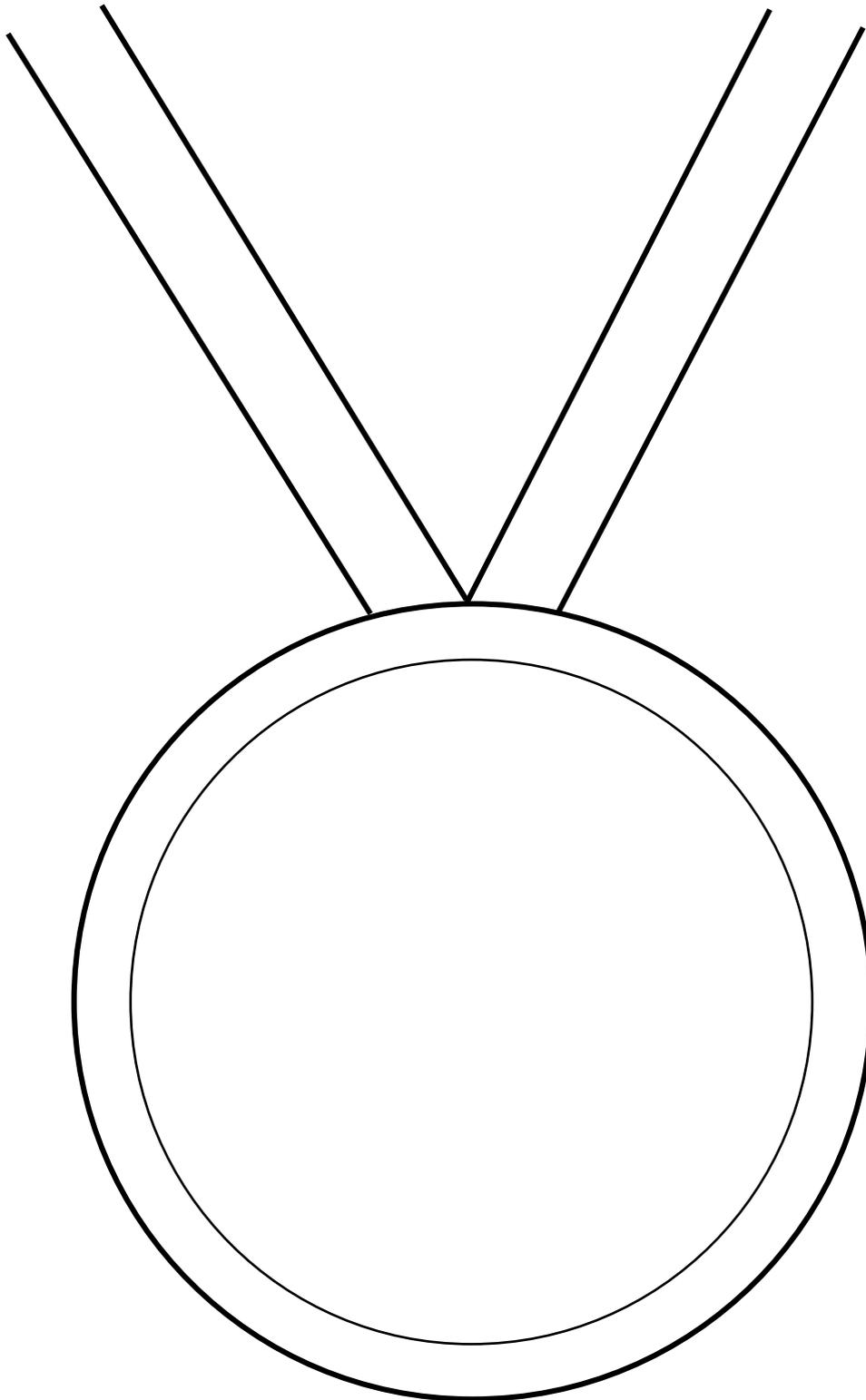
One of Wiltshire Council's first Funding Future Olympian and Paralympian grant recipients, Francesca Fox, has launched our Ask the Athlete series and answered gymnastics questions submitted via our [Active Wiltshire Facebook](#) page by the public.

To watch the full video of Francesca's Q&A, please visit <https://youtu.be/9lp3ImEbLOA>



Design your own medal

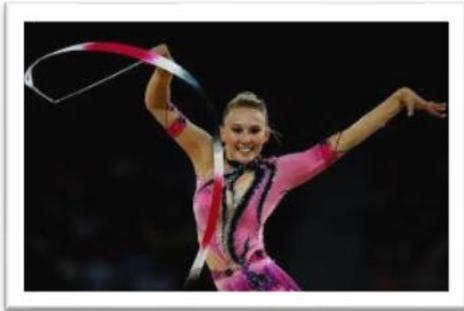
We are looking forward to seeing all the amazing GB gymnasts competing next year in the rescheduled 2021 Olympic Games. Can you design and colour your own Olympic medal?



Wiltshire Gymnastics toilet roll challenge

Can we create the longest toilet roll gymnastics pass across Wiltshire? Watch the video below of GB Gymnasts Francesca Fox, Eirlys Jones and Jessica Daykin who have started the pass off - We now want you to join in!

<https://youtu.be/qmwaxNPXmtk?list=PLrJBGaLNqeEQTBF4bPEczP0vGraGnLhc>



How to join in:

- 1) Set up a mobile phone to film in landscape

So like this



Not like this



- 2) Get your self-isolation partner to pass you a toilet roll off camera from the left-hand side of the screen
- 3) Receive the toilet roll in the centre of the screen and include a gymnastics move – this can be anything you would like, for example, a handstand, cartwheel, bridge, balance, splits, straddle, or anything you choose!
- 4) Pass the toilet roll off camera to the right-hand side of the screen
- 5) Email your video clip to sportsdevelopment@wiltshire.gov.uk

Once we have enough footage collated we will make a video and post it on our social media pages.

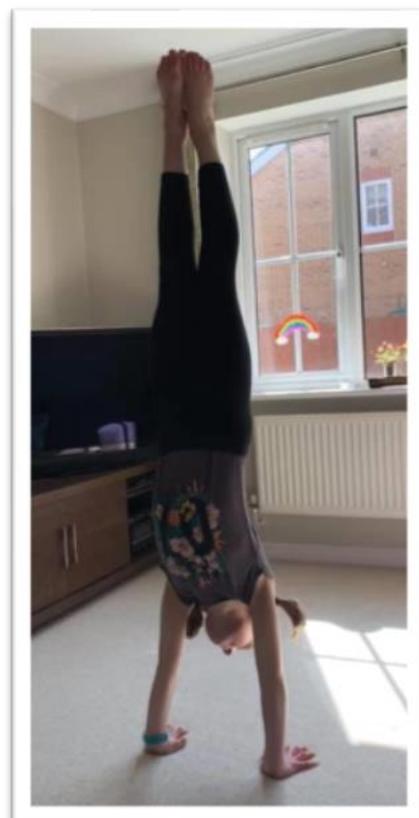
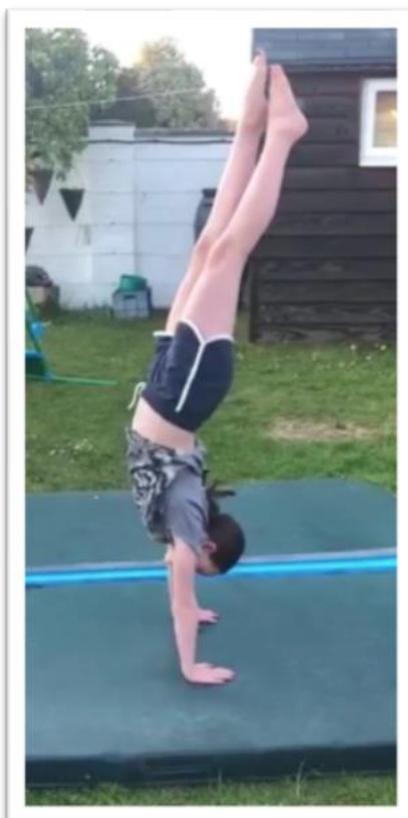
Keep your eye out for the video on our [Active Wiltshire Facebook](#) page.

#HandstandUpToCorona

Francesca Fox, former British Champion, 2010 Commonwealth Games medallist and Team GB London 2012 Olympian, has set you all a challenge! How long can you hold a free-standing handstand?

Simply take a photo or video of your handstand and email it to sportsdevelopment@wiltshire.gov.uk and we can share some of these on our social media pages! We'd love to see your attempts.

A fantastic effort from some of our Wiltshire Council Gymnastics School participants so far!



Challenge yourself!

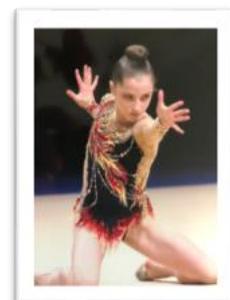
Watch the challenges on the links below from Eirlys Jones, GB Rhythmic Gymnastics Junior and Under 12 British and Welsh Champion and then give them a try! Make sure you use a plastic glass or beaker and don't mind getting wet! Activities should always be undertaken with the supervision of an adult.

- 1) Place a beaker of water on your stomach and move up into a bridge position and try not to spill it!

<https://youtu.be/kIH3c8v1jUs?list=PLrJBGaLNqeEQTBF4bPEczP0vGraGnLhc>

- 2) Place a beaker of water on the sole of your foot and move into a high arabesque position without spilling it! How high can your leg reach?

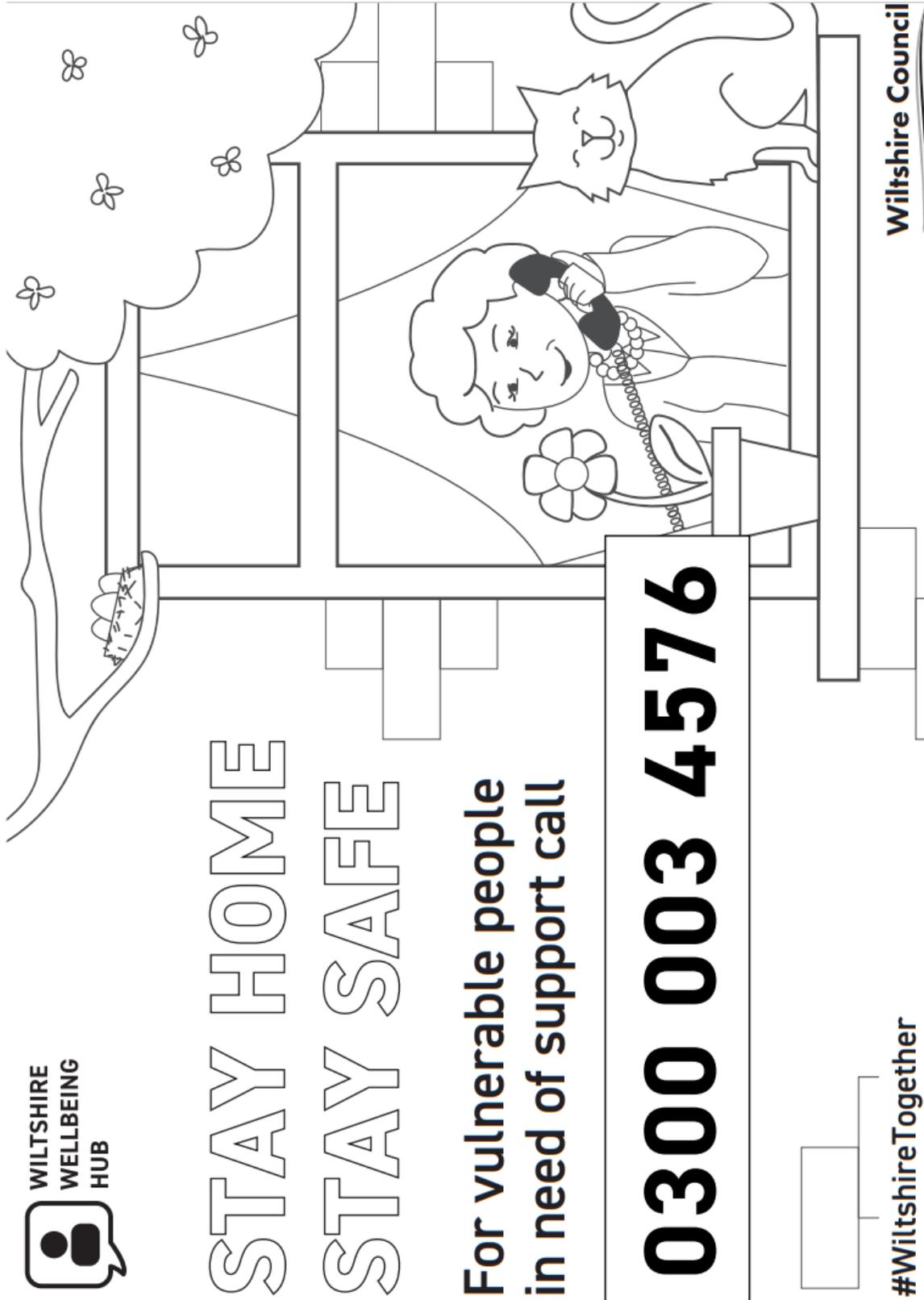
<https://youtu.be/pC3-1pIVX6o?list=PLrJBGaLNqeEQTBF4bPEczP0vGraGnLhc>



Share your photos and videos by emailing them to sportsdevelopment@wiltshire.gov.uk

Colouring

To help us spread the word far and wide about the Wiltshire Wellbeing Hub and the support it can provide, we have designed a colouring-in sheet that you can print off and stick in your window. If you don't have a printer, feel free to design your own. The most important thing is that people who need support know that the hub is there for them.



Stay focussed

Get a routine

It is important to maintain a good schedule for your day to help you balance your school work with other activities.

Make a daily plan - it is important to keep to a regular daily routine, why not use this template to help schedule your day?

	7-10am	11am-1pm	2pm-4pm	5pm-7pm	8pm-11pm
Monday	Wake up 7:30				
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Healthy eating - stay hydrated and aim to drink 2 litres of water a day, eat fresh nutrient dense foods with high vitamin content [Find out more about healthy eating](#)

Pick up a new hobby - reading, keeping a journal, art, crafts, music, helping with gardening or cooking.

Set future goals - this will help to focus your mind so why not set yourself some challenges you can undertake over the long term e.g. run a 5k, learn a new language, etc.

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.



The Wiltshire
WELLBEING HUB
For vulnerable people in need of support

0300 003 4576

✉ wellbeinghub@wiltshire.gov.uk

#WiltshireTogether Wiltshire Council

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](#)



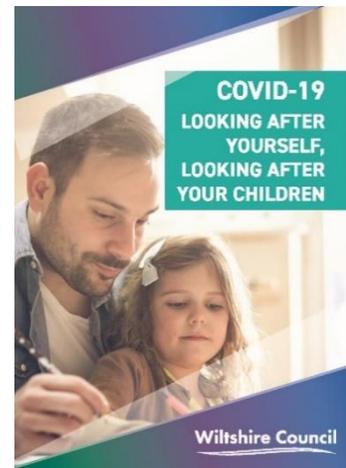
Wiltshire Council has published a directory of community volunteer groups that have been set up throughout the county, in the wake of the ongoing COVID-19 situation. [Find out more and download the directory](#)



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 with 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 this 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.

Remember 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](#)