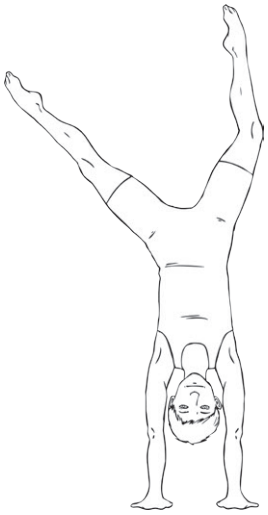
Home Learning Activities

Gymnastics Guide

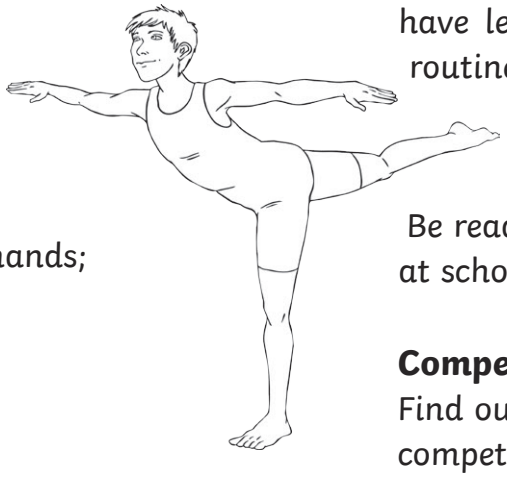


Produce a gymnastics guide to explain what is involved in these different types of gymnastics:

- artistic;
- rhythmic;
- acrobatic.

Balance

A successful gymnast has good balance. Create and practise five different balances of your own which use different parts of the body. Be as creative as possible. Take a photograph or draw a picture of each balance. Some ideas could include:



- right leg balance;
- left leg balance;
- balance on your hands;
- chest balance;
- knee balance;
- shoulder balance.

Gymnastics Game

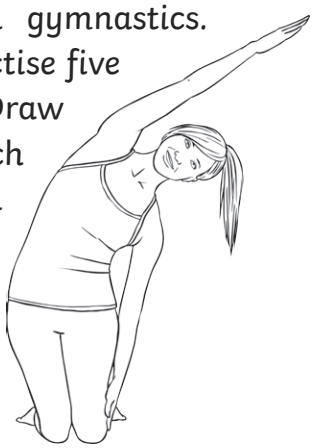
Create a game that can be played as a warm-up before a gymnastics training session. Ideas could include:

- copying moves;
- team challenge, e.g. how many rolls each team can perform in a minute etc.;
- partner races.

Write instructions for how to play the game so you can teach it to your friends at school.

Yoga

Yoga helps develop strength and flexibility which is important in gymnastics. Find out about and practise five different yoga poses. Draw and write about each one, describing which parts of the body are being worked.



My Routine

Plan and practise (if you have space) your own gymnastics routine. Try to include a variety of different movements and link them together with the linking actions you have learnt. Write down the steps in your routine so that you don't forget them. You could even set your routine to music if you like.

Be ready to perform your routine at school.

Competitive Gymnastics

Find out and write about a gymnastics competition. This can be a local, regional, national or international competition. You could include:

- where the competition is held and how often;
- the type of gymnastics performed;
- how the competition is organised;
- the competitors – which clubs they come from/how they are selected etc.;
- the judges/judging;
- photographs/pictures.