Gymnastics Inset

Resource Book
Charlotte Slade
Moving Matters
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Warm up Ideas

Alphabet game
Children travel in space, call out letters, they make shape with body

Body Part Game
Children travel in space, call out part of the body they need to balance on.
Variation: call out number they need to balance on 4 parts of the body etc
Animal Walks

Chicken and Frog

Duck and Kangaroo

Caterpillar

Bear, Monkey, Elephant

Snake
Balances
Balances

The Bridge
Fingers point to toes
Push through the arms
Feet flat
Legs together and straight

Shoulder stand
Legs straight together
Feet pointed
Support hips with hands
Elbows on the mat

Tuck
Toes pointed, legs together
Try to keep back rounded and
chin on chest

V Sit
Back straight, legs
straight, feet
pointed

Back Support
Fingers pointing at toes
Tummy tight
Arms straight

Front Support
Fingers point forward
Tummy tight
Arms straight

Dish

Arch
Head Stand Progression

Triangle base
The hands should be placed shoulder width apart, top of the forehead placed in front of the hands

Five points of support
Head, both hands and both feet on floor (5)
Bend arms and place knees on your elbows

Four points of support
As above but lift one foot off the floor

Three points of support
Rest knees on elbows and lift both feet off the floor

Two points of support
Lift chest up
Head Stand

Hands shoulder width apart, forehead placed in front of the hands to make a base triangle

Practice supported headstand in pairs, partner is kneeling and supporting the hips

Various ways to get into the headstand, getting progressively harder

Tuck up to headstand

Pike lift to headstand, engage the stomach muscles

From straddle stand to head stand
Hand Stand Progression

Press down on hands so that child learns the feeling of weight on hands, arms and body keep straight, arms next to head

Bunny Jumps
Taking weight on hands

Front Support on the floor
Front Support with legs on bench
Hand Stand

First stand with good posture

Practices falling off balances and stepping into lunge, wide gap between the feet, try to keep straight line with body, think about weight travelling forwards, keep arms straight

Straight legs, pointed feet
Arms straight, fingers splayed
Tight body shape
Counter Balance and Counter Tension
Rotations
Forward Roll Progression

Rocking like a ball
Tuck up tight, chin on chest

Shoulder stand, then roll down to stand up, keep feet together, reach forwards with hands, try to stand with out placing hands on ground
This can also be performed on an incline

Roll from box top or bench
Lift bottom over head, chin on chest

Same as above, rolling down from an incline
Forward Roll

Chin on chest, roll across shoulders, stay tucked, feet together to stand up

Progression: Piked forward roll and forward roll to straddle stand
Backward Roll Progression

Rocking like a ball, chin on chest, hands behind shoulders “bunny ears”

Place a mat on top of the spring board

Squat on board, tip backwards, knees tucked in

From squat position, land on knees progress to feet
Backward Roll

Feet together, chin up, bend knees into squat position, rock backwards onto bottom, place hands behind shoulders “bunny ears”, knees tucked in, chin on chest, fingers pointing to shoulders, strong push from hands, lift hips upwards, finish on feet showing good posture

Progression: Backward Piked and Backward roll to Straddle Stand
Cartwheel

Foot, hand, hand, foot, foot
Repeat out loud, place markers on the floor, travel along rope or masking tape stuck to mat

Stand with hands out ready to support, place hand on hip, child back will face you, use the cross over grip, don’t let go of child until they stand and have balance
Fun Rolls

Arch Dish Roll
Legs straight toes pointed, core tight, squeeze bottom muscles, arch, dish, arch, dish

Teddy Bear Roll
Sitting in straddle, roll onto side, onto back, roll onto side, should finish 180 from where you started
Flight
Flight Landing

Swing arms behind, bend knees, jump into air, keep body tight, head up looking forwards, land, bend knees, hands in front of the body, try not to sink deep in the landing

Shape Jumps: to perform in the air or off a bench, box, table
Jumps off the spring board

Run up towards the spring board, try not to slow down keep looking forwards
Low jump from one foot, land on the edge of the spring board with two feet – you could put spots on the board
As the board depresses the child will travel upwards, swing the arms forwards and up above head, keep looking forwards
Safe landing – hold position before walking off the mat

Have children jump on piled up gym mats rather than a crash mat as this is not stable when the child land on their feet and can encourage silly behaviour