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Learning and Participation Resource Pack

GYMNASTICS SKILLS

Suitable for ages 7 +



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Overview

Gymnastic Exercises - A series of gymnastic skills broken down into tasks of preparations in order to achieve the required skill. Piecing skills together to make a routine. Working at a gentle pace and within your own ability.

Lesson Ideas

Warm up/icebreakers:

Split warm up into 3 sections

- Cardiovascular (Build up - start off with fast walks progressively getting the heart and blood pumping around the body)
- Mobilising the joints (Rolling shoulders back, circulating the hips getting fluid into the joints, head side to side, up and down and circles clockwise/anti clockwise)
- Stretches (Make sure they are **not** static stretches they are constantly moving for example lunges which have a small bounce in)

Movement Numbers Game:

Pick a different skill or movement for numbers 1, 2, 3 and 4.

For example: 1 = Turn (Make it inventive for different levels, turn on 1 foot etc)

2 = Freeze

3 = Change Direction

4 = Tuck Jump

Task ideas/starting points:

Learning and breaking down each skill:

Types of rolls:

Egg Roll - Hugging both legs into chest whilst lying on your back and roll to the end of the mat ensuring your hands do not come off your



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legs otherwise you'll have a cracked leg

Sausage Roll - Lying on your back, legs together and hands above your head stretched, roll to the end of the mat keeping as straight as you can

Teddy Bear Roll - Sitting up in straddle position place hands under calves or thighs (not under kneecap as this is the weakest part of the leg) you rock back to your right, then left and sit back up. You are aiming to go around in a circle.

Forward Roll - The stages of a forward roll are:

1. Stretch up standing hands above head
2. Hands come out straight in front of you
3. Keeping hands where they are bend the legs slightly
4. Crouch down into a tuck position hands on the floor chin tucked away on chest
- 5 and 6. Rolling forward keeping that tucked position
- 7 and 8. Stand up and stretch to finish

Seal Stretch - Lying on your stomach, legs together, place hands underneath shoulders and push yourself up stretching out the back and looking up towards the ceiling. Ensure hips/legs are in contact with the floor at all times.

Toes to Head - Lying in Seal Stretch position, bend leg from the knees and you are aiming for the feet to touch the head. If this is easy then aim for the forehead or shoulders - some individuals have more of a supple spine than others.

Bridges - Lying on your back, place feet close towards your bottom and hands should be under the shoulders. Pushing up the chest and back off the flooring keeping hands/feet where they are and ensuring the head is not touching the floor.

Cartwheels - Stretch both hands in the air, make sure legs are shoulder width apart and stand sideways (you will have one side better for cartwheeling). Place hands onto the floor and kick the legs over.

Task developments:

Task 1:

Pick 3 skills which you want to work on and perfect them, making sure you have a clear start, middle and end ensuring the skill is clean and precise.

Task 2:

Make a mini Gym Routine with your favourite skills from the list above, connect each movement with different movements you don't just want skill after skill.

Ideas to help:

Direction change - Forward, Backwards, Up, Down, Diagonal

Freeze

Turns: One Leg, Two Feet, Low, High

Arm movements

Dynamics: Hard, Soft, Sharp, Fast, Slow

Repetition

Mini Games:

- Who can hold the bridge the longest
- Sausage Roll races
- Commands - Teacher says a skill and who ever does it the slowest is out

Differentiation for lower/higher ability:

Lower ability skills:

Cartwheel - If struggling with a cartwheel, start off by doing bunny hops forward this will help with their confidence in getting their hands and feet to move at different times and improve coordination. Once more confident, get them to do side bunny hops encouraging them to raise their legs higher when jumping which will increase confidence when they want to attempt a cartwheel. Focus on them landing on their feet and avoid landing on their knees.

Forward Roll - Some individuals have a fear to roll over so get them into a tuck position hands on the floor and feet on the floor. Get them to lift their bottom in the air and slightly go forward this will increase confidence as they build on their trust.

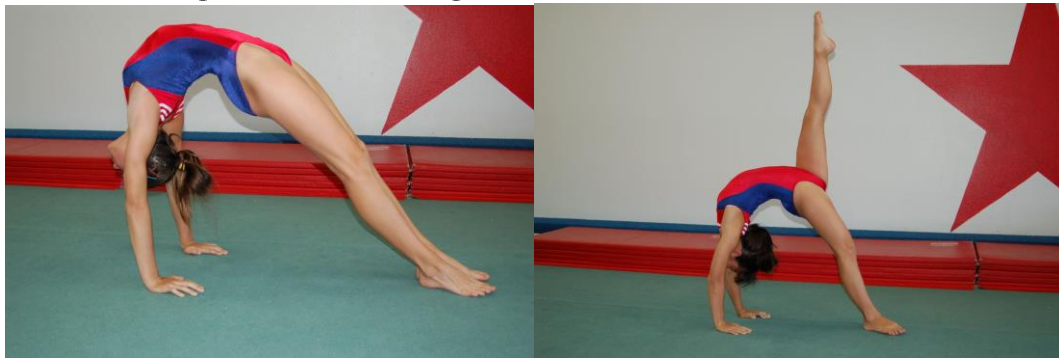
Higher Ability Skills:

Cartwheel Progressions:

- One handed cartwheels - The hand not taking body weight needs to be behind your back tucked away.
- Cartwheel at speed - Small run up and cartwheel, making sure you run into the cartwheel and don't stop when you're about to cartwheel, make it fluid.
- Slow the cartwheel right down this takes strength and concentration, make sure the legs are straight and toes are pointed.

Bridges:

- Bring mat to the wall and walk your hands down to the wall to the floor until in a bridge.
- Go into bridge position and walk the feet out until straight or bridge with one leg in the air images below.



Cool Down:

Lying down on the floor closing eyes, relaxing and taking deep breaths, in through the nose and out through the mouth letting everything relax (3-5mins)

Play a piece of music (3 tracks - 15mins in total) and do some static stretches and get rid of any remaining lactic acid in the muscles. Hold each stretch for 30 seconds which is equivalent to 4 counts of 8.

Outcome

A fun gymnastics lesson which will teach students basic but effective skills that can be developed.

Please Note: Attempts at gymnastics positions without the guidance of a gymnastics teacher are taken at the supervising adult's risk.

If you require further information contact
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