



- Gymnastics School -

Activity Pack - Week 3



Wiltshire Council

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Introduction

Due to the current lockdown, unfortunately we cannot provide your weekly Gymnastics School sessions, but we can provide some activities for you to do at home.

Welcome to our Week 3 Gymnastics School activity pack.

We will publish a new activity pack each week which will contain 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 at sportsdevelopment@wiltshire.gov.uk

Please stay safe and we look forward to seeing you all soon!

Get active

Online exercises at home

We have included some exercises you can do at home, outside with your family (same household) or a friend whilst adhering to government guidelines with social distancing.

Further suggestions of online resources that we can access in our homes to stay active are below:

[Joe Wicks The Body Coach](#) - Wake up with Joe is returning for fun, energetic, at home P.E lessons. Try and get everyone in your house involved - These workouts are not just for kids!

[Youth Sports Trust](#) - Fun individual and family activities can be completed within your home and can be adapted to suit a range of ages and abilities.

More ideas of activities you can access at home can be found on our [Active Communities](#) webpage.

Warm up exercises

It is important to warm up your whole body before completing the exercises and challenges in this pack. Have a go at these fun warm up games!

Gymnastics zoo

Join us on an imaginary trip to the zoo! Ask a member of your household to call out an animal. You need to move around the room and make the actions of that animal. You can also make the sounds too!

- Kangaroo:** On your toes with legs together, jumping around
- Giraffe:** Stretching very tall, walking with high legs and giant strides
- Rabbit:** In a crouch position, move hands forward together, then jump feet
- Crocodile:** On your front, commando crawl using opposite arm to leg action
- Crab:** Sit on your bottom, hands flat on floor, lift bottom and walk forwards
- Zebra:** Gallop around with one leg remaining in front
- Gorilla:** Side galloping, repeat on both sides
- Caterpillar:** Front support, walk feet to hands, then hands away from feet

Can you come up with you own animal move?

Now you should feel ready to move into the skills and challenges on the next page!

One minute challenge

How many of each of these exercises can you do in one minute? Every time you have an attempt, write the amount in each of the medals below:

1. Sit ups



2. Burpees



3. Tuck jumps



4. V-sits



5. Dish rocks



Gym Fit challenge

Have you looked at our Gym Fit challenges in our week one and two activity packs? Try out these further challenges and let us know how you get on!

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

UPPER BODY BEGINNER

GYM FIT U-B-ARM CIRCLES

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

High jumps - How many can you do in 30 seconds?

LOWER BODY INTERMEDIATE

GYM FIT L-I-HIGH JUMPS

LEVEL 1
SPRING HIGH KNEES



- From standing lift one knee as close to chest as possible
- 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



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

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

LEVEL 3
TUCK JUMP



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

- Using a rebound jumping action
- Repeat move

Weekly challenge - Floor routine

Each week we are setting you a range of moves that when put together will create a floor routine.

Week one and two reminder - from your starting position perform a tuck jump, cartwheel, arabesque and half turn.

Can you add the following movements to continue your floor routine?

Week three

From your half turn, perform a backward roll onto your knees, by taking the weight on your hands and push with your arms, keeping your chin on your chest



Front support and press up, by bending your elbows and keeping your body straight



Turn through side support by rotating your hand before turning to the side



Please make sure you practice this activity in a safe space under the supervision of an adult. How many times can you do these in a row?

Look out for the next moves and shapes in week four to finish your floor routine!

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Get creative

Acrostic poem

Can you create an acrostic poem about Gymnastics? Spell out a word or phrase with the start of each letter.

G

Y

M

N

A

E

T

I

L

E

Colouring

We love the creativity, design ideas and colours in these fantastic pictures received by our Wiltshire Council gymnasts! You can find the template for the leotard and shorts in our week one activity pack.



If you have not yet had a chance to complete the colouring or any of the other challenges, we hope this will provide you with some inspiration! The activity packs can be found on our [Active Communities](#) webpage.

We'd love to see your attempts! Please send your photos or videos to sportsdevelopment@wiltshire.gov.uk

Build a community

We know we cannot replace the usual face to face interaction of your regular weekly session, however we would love to see your creations, videos and photos! Please send them to us at sportsdevelopment@wiltshire.gov.uk or post on social media and tag us in using #GymSchool so we can find you!



[Active Wiltshire](#)



[Active Wiltshire](#)

Extra support and information

Wiltshire Wellbeing Hub

If you need help and do not have any family, friends or neighbours who can support you please let us know. We are here to help you with:

- deliveries of food and other essentials
- loneliness and wellbeing

You can request this help by calling our helpline on 0300 003 4576 or via email at wellbeinghub@wiltshire.gov.uk The Wellbeing Hub team are available Monday to Friday, 9am to 5pm



Further information on what support is available can be found on our [COVID-19 webpage](#).

More information on activities, online classes and resources can be found on our [Active Communities webpage](#) and on our Active Wiltshire [Facebook](#) and [Twitter](#).

Remember to keep playing your part to keep Wiltshire safe:

National restrictions from 5 November

KEEP PLAYING YOUR PART



You must stay at home and not mix with households unless in your bubble



Only leave home for food, medical reasons, education, work, volunteering or exercise



You must work from home if you can



Avoid travel unless essential



Schools and essential shops will remain open



Keep washing hands regularly



Wear face coverings



Make space

#WiltshireTogether www.wiltshire.gov.uk/public-health-coronavirus