



Dance and Aerobics

British
Gymnastics

Welcome to week 1 of **Gymnasts at home** **Dance and Aerobics.**

The session will consist of a **warm up game**, **activities** which develop gymnastics skills, and a **cool down**. The skills will be shown on **skill cards** which also contains a step by step description.

We hope you have fun learning about
Dance and Aerobics!

Share your achievements with us!
Tweet us [@BritGymnastics](#)
[#GymnastsAtHome](#) [#StayInWorkOut](#)

Always ensure you have enough space for the activities to take place before you begin. We recommend having at least 2 metres around you. If you are using small apparatus inside such as ropes, hoops or balls, clear your surroundings first to prevent any damage!

WEEK 1

**Don't forget to
print off your
certificate
each week!**

Disclaimer:

Participation in any of the activities listed is carried out wholly at your own risk!



Bean Game

You Will Need:

- Space to move on the spot performing one the following: jogging on the spot, jumping jacks, twisting jumps, jogging with high knees and curling into a ball.

The Activity:

Beans have been spilt all over the kitchen floor. Can the gymnasts mimic actions for all the beans as they help to tidy them up.



The Creativity:

- Ask the gymnasts to create their own actions for different beans. For example chilli bean, jelly bean or even beans on toast.
- To adapt the warm up, bean actions can be done seated or on the spot.



The Rules:

- 1 Introduce the type of beans that will be used in the game to all of the gymnasts:

Runner bean - jogging on the spot

Jumping bean - jumping jacks

String bean - twisting jumps

Broad bean - jogging with high knees

Baked bean - curling into a ball

- 2 The gymnasts move around the area using a slow jog. The name of a type of bean is called out and the gymnasts all perform the action relating to that bean.





Activity 1

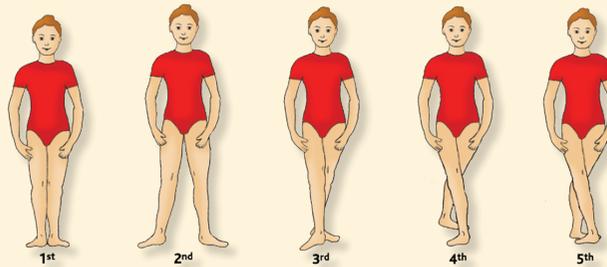
Dance and Aerobics



Standing position



Feet positions



Body wave on knees



Dance and Aerobics Activity 1

Pre-requisites and Body Preparation Exercises

For standing position:

Practise standing up straight with the back against a wall
Practise standing with a small object e.g. bean bag on the head

For feet positions:

Revise Standing position
Practise turning the knees and feet out whilst sitting in pike

For body wave on knees:

Revise all flexibility and strength exercises for the back and stomach from the Fitness category

Knowledge of Health Related Fitness

Development of correct posture

Development of standard positions essential for future learning

Development of flexibility for the back and stomach

Development of strength for the back and stomach

Safety

Gradually build up to each position, developing from the natural range of movement

After arching the body, remember to fold forwards, to allow the stretched muscles to relax



Technical Information

Standing position

A sound classical standing posture is essential in helping to attain technical control and freedom of movement in basic and advanced dance-related activities

Stand up tall, head looking forwards and with a long neck. With relaxed shoulders and neck. The weight of the body should be centred over the feet, with the armpits and hipbones aligned. Try not to let the shoulders lean back. Make the back as flat as possible by holding the stomach muscles in and squeezing the bottom tight. Legs should also be held tight



The arm position is optional, without compromising the standing posture

Practise until the position becomes as natural and automatic as possible

Feet positions

Demonstrate 1st, 2nd, 3rd, 4th and 5th positions, turning the feet out appropriately for each position

Note that when performing 2nd position, the distance between the feet should be approximately one-and-a-half times the length of a foot

Note that when performing 4th position, the distance between the feet should be approximately the length of a foot

Body wave on knees

Start kneeling up, with arms reaching upwards. Slowly reach forwards, folding at the hips. As the hands approach the floor, round the chest and head in, and swing the hands past the hips, at the same time extending the hips and arching the body backwards

The arms continue to travel backwards and upwards as the shoulders rise up to the starting position

Rest and repeat

Related Skills and Activities

Standing posture – once the posture is mastered, try standing on tiptoes, maintaining the body position

Feet positions – once each is mastered, move from one to the next in sequence

Body wave on knees – try the body wave with a partner or in a group



Parent points

Is the standing position as straight as possible?

Is each foot position performed as comfortably as possible?

Is the body wave action as smooth as possible?





Activity 2

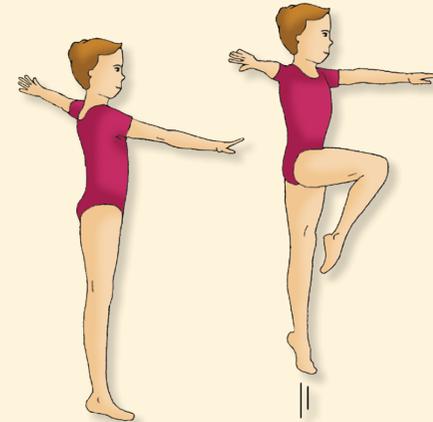
Dance and Aerobics



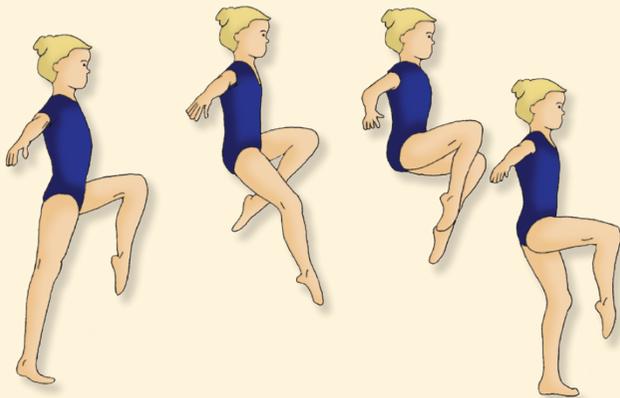
Back bend on two knees



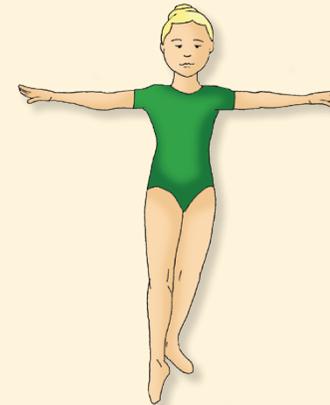
Step hops



Run and cat leap



Spring points to the front



Dance and Aerobics Activity 2

Pre-requisites and Body Preparation Exercises

For back bend on two knees:

Revise all flexibility exercises for the back from the Fitness category

Practise the back bend action with support, or with a low, padded platform behind the body to help support the arms or shoulders

For step hops:

Revise Standing position from Dance and Aerobics
Revise the hopping action with the knee raised, foot pointing towards the hopping leg

For run and cat leap:

Revise Standing position from Dance and Aerobics
Revise Cat leaps from Proficiency Core (work card 15)
Use an obstacle to leap over, encouraging a strong take-off into a high and long leap

For spring points:

Revise Standing position from Dance and Aerobics
In pike sit, practise tightening the leg muscles and extending the feet at the same time

Knowledge of Health Related Fitness

Development of flexibility for the back

Coordination of actions using different leg positions

Development of a strong take-off action for advanced leaping and jumping skills

Safety

Gradually build up flexibility, developing from the natural range of movement

After arching the body, remember to fold forwards to allow the stretched muscles to relax

Ensure there is enough space around the floor

Technical Information

Back bend on two knees

Start kneeling up with the arms stretched upwards. With control, slowly lean the head and shoulders backwards, pushing the hips slightly forwards to maintain balance

In the final position the hip angle should be open, with the chest and arms towards the horizontal as a minimum. Slowly return to kneeling

Rest and repeat



Step hops

From stand, step forwards and hop, making sure that the hopping leg is as straight as possible in the air, with the free leg raised in front, knee bent and level with the hips so that the foot is close to the knee of the hopping leg

Step forwards into another hop on the other foot. The arm position is optional

Repeat until six step hops have been performed

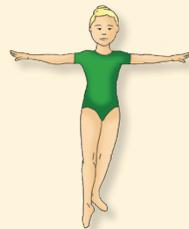
Run and cat leap

From a short and controlled run, perform a flighted cat leap, making sure that it lifts high and travels as much as possible. The arm position is optional

Perform two consecutive cat leaps. Rest and repeat, leading with the other leg

Spring points to the front

Start in 1st position. Extend one leg in front with the knee slightly turned out, foot stretched and turned out in line with the knee, toes touching the floor. The arm position is optional



Plié through the back leg and with a strong push straighten the leg and change them over, immediately "springing" back and landing on the back leg through a plié position

Perform four continuous spring points. Rest and repeat

Related Skills and Activities

Back bend on two knees – once the posture is mastered, try kneeling on one knee in turn and perform the back bend

Step hops – once mastered, try extending each leg out in front at the top of each hop

Run and cat leap – try the action with a partner or in a group, making sure the leaps are coordinated

Spring points to the front – try the action with a partner or in a group, making sure the actions are coordinated

Parent points

Is the back bend performed with control, demonstrating an improvement in flexibility?

Are the step hops well-timed with good flight?

Are the cat leaps well-timed with good flight?

Are the spring points performed dynamically and with control?





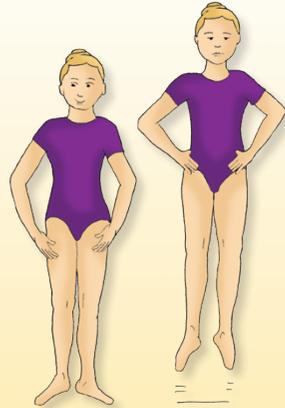
Activity 3



Dance and Aerobics



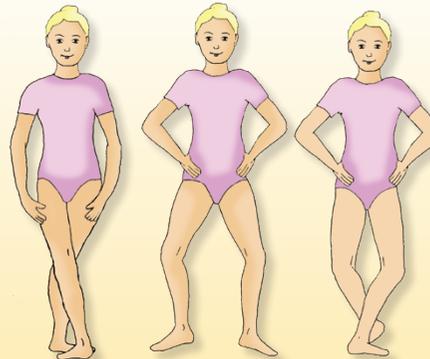
Sauté jumps with feet in 1st position



Passé balance



Échappé



Dance and Aerobics Activity 3

Pre-requisites and Body Preparation Exercises

For sauté jumps in 1st position:

Revise Standing position from Dance and Aerobics

Practise the demi-plié without jumping

For passé balance:

Revise Standing position from Dance and Aerobics

Practise the action lying down on the back or front, to help ensure the knee remains out to the side during movement and balance

For échappé:

Revise Standing position from Dance and Aerobics

Revise 5th and 2nd positions

Knowledge of Health Related Fitness

Fundamental jumping action

Fundamental balance technique

Coordination of actions using different leg positions

Development of a strong take-off action for advanced leaping and jumping skills

Safety

Ensure there is enough space around the floor

Use a platform to rest one hand on to help balance



Technical Information

Sauté jumps with feet in 1st position

From demi-plié in 1st position, keeping the back straight, jump upwards dynamically, making sure the legs and feet are as straight as possible in the air. Land with control back into a demi-plié in 1st position, and immediately spring up into a second jump. The arm position is optional

Repeat until four jumps have been performed

Passé balance

From 5th position, keeping the back straight, lift the front leg, keeping the foot as stretched as possible, toes touching the ankle. Slowly slide the raised leg up the supporting leg until the toes touch just beneath the knee. Keep the knee pointing outwards in line with the hips

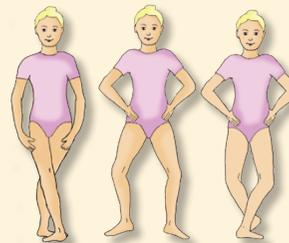
Hold for 2 to 3 seconds and slowly slide the raised leg back down to the floor, finishing in 5th position

Repeat using the other foot

Échappé

From demi-plié in 5th position, keeping the back straight, jump upwards dynamically, ensuring the legs and feet are as straight as possible in the air. Maintain the 5th position with the feet briefly at the top of the jump, before opening the legs to 2nd position. Land with control into demi-plié in 2nd position and immediately spring up into a second jump, landing in demi-plié in 5th position with the feet changed over. The arm position is optional

Repeat until four jumps have been performed



Related Skills and Activities

Jumps with feet in 1st position – once the action has been mastered, try with a half or full turn

Try jumping into different shapes, e.g. tuck, star or straddle

Passé balance – try getting into passé from different positions and shapes

Once mastered, try passé whilst swinging, circling or throwing hand apparatus

Échappé – combine with the jumps with feet in 1st position

Parent points

Are the jumps controlled and performed with good leg extension once in the air?

Are the feet positions as accurate as possible throughout?

Is the passé balance held long enough and performed with control?





Simon says...

You Will Need:

- Space for the gymnast(s) to safely move around within an area.

The Activity:

Following instructions is key but don't let Simon catch you out! ➡



The Creativity:

- Build up the speed of the statements from Simon to make the game more difficult.
- Introduce activities that include movement or partner work "Simon says find someone wearing yellow", "Simon says do 5 star jumps with a partner".

Cool Down

The Rules:

- 1 The parent/guardian or a gymnast takes the role of 'Simon'.
- 2 The gymnasts stand in space, facing the 'Simon'.
- 3 'Simon' makes a statement "Simon says touch your toes" for the gymnasts to copy.
- 4 This copying continues until Simon makes a statement without saying "Simon says..." when this happens the gymnasts should remain still or continuing to do the previous action.
- 5 The game continues within a set time period.