



Dance and Aerobics

British
Gymnastics

Welcome to week 2 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!
#GymnastsAtHome

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 2

**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!



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".

Warm Up

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.

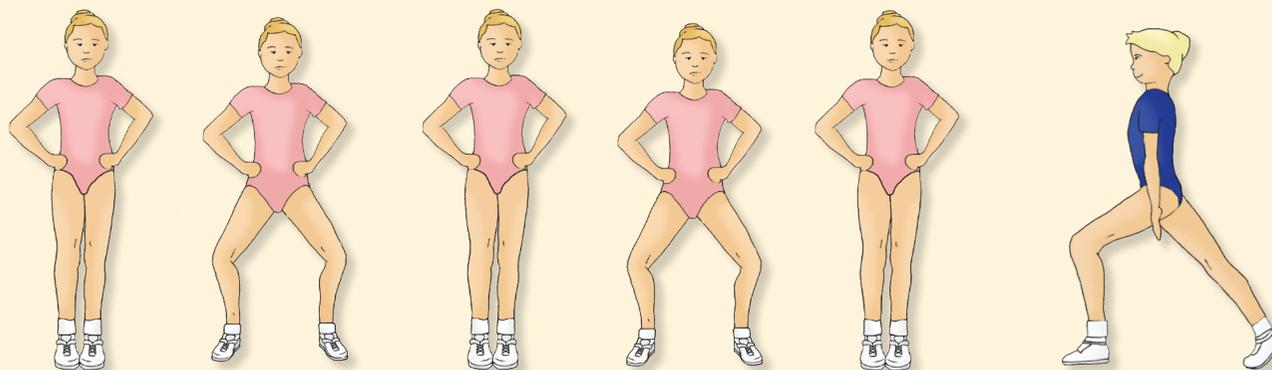


Activity 1

Dance and Aerobics



Jumping jacks and lunges



Grapevine along a line



Dance and Aerobics Activity 1

Pre-requisites and Body Preparation Exercises

For jumping jacks and lunges:

Revise Standing position

Practise an échappé action, but to and from a standing position with feet parallel

Revise all flexibility for the hip flexors and quadriceps from the Fitness category

For the grapevine:

Revise Standing position

Perform the stepping action slowly, counting out each step (1,2,3,4), repeating a further count of 4

Clap the hands during each step to help with a constant and regular rhythm

Knowledge of Health Related Fitness

Fundamental actions and movements

Coordination of actions using different leg positions and movements

Development of activities using a regular beat

Development of cardio-vascular fitness and core stability

Development of flexibility, particularly hamstrings

Safety

Ensure there is enough space around the floor

Work slowly without undue discomfort, to increase the natural range of movement for the lunges

Maintain a toe-ball-heel action

Maintain neutral alignment of all joints, particularly in the upper and lower body, without hyper-extension

Maintain a natural outward hip rotation



Technical Information

These are fundamental actions, particularly for contemporary dance. Try to perform each with rhythm and control

Jumping jacks and lunges

Jumping jacks - stand upright with feet together and parallel. There are two ways of performing the jack action; either hopping one foot out to the side or jumping both at the same time. For either style, land with the feet out to the side and slightly further than shoulder-width apart, bending at the knees on landing with feet turned out. Land with a toe-ball-heel action on both the out and in jumps

Lunge - from feet together, jump one foot forwards and the other backwards, returning immediately to stand. The front bent knee should be over the front foot, with the back leg as straight as possible, but not locked. The knees and feet should always stay on the same line as for a normal standing posture



The arm position is optional and should complement the leg movements

All the actions should be performed until two counts of 8 are completed

Grapevine along a line

This is a basic four-step action. From stand, step to the right side with the lead foot, and then step across with the trailing foot, immediately stepping to the same side with the lead foot, with the trailing foot finishing next to it

Demonstrate the stepping action in the same direction to a regular count of 4, performing two sets in a row to complete a count of 8

The arm position is optional and should complement the leg movements, although the shoulders and hips should stay square throughout. One complete row should have the trailing leg passing behind the lead foot, the second row with the foot passing in front

Repeat in the other direction to complete two counts of 8

Related Skills and Activities

Jumping jacks and lunges - once each individual action has been mastered, keeping with the rhythm of counts of 8, exploring different combinations

Try combining these actions with marching steps, skipping steps, jogging steps, knee lifts, and kicks

Grapevine along a line - once mastered, perform a grapevine sequence with a partner



Parent points

Are the jumping jacks and lunges performed with control?

Is the grapevine sequence well coordinated to a regular beat?





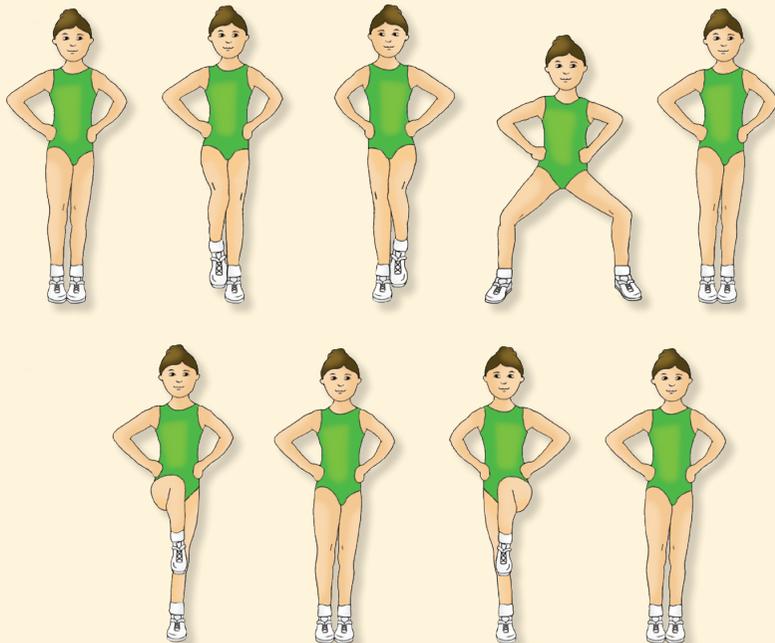
Dance and Aerobics



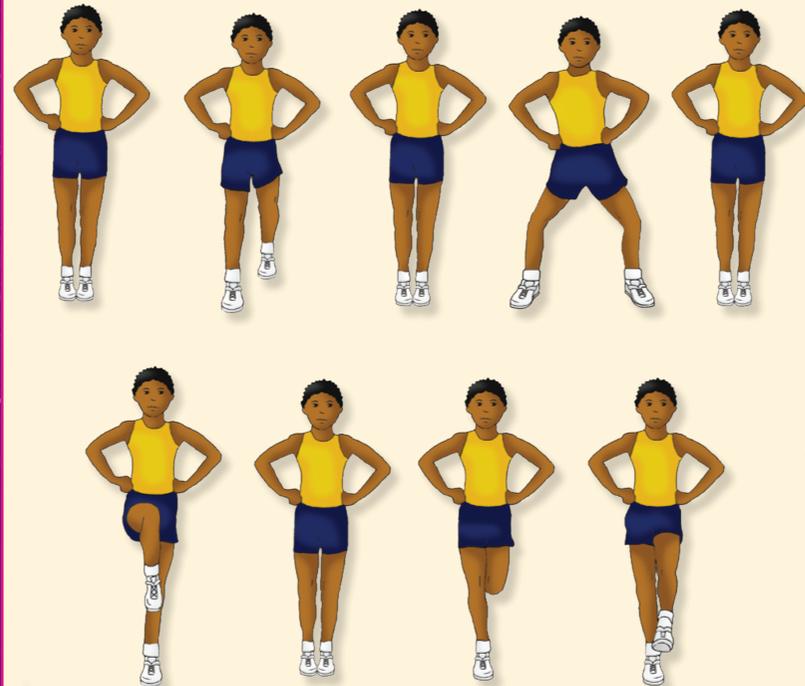
Activity 2



Routine 1 - march, march, jack, knee lift, knee lift



Routine 2 - lunge, jack, knee lift, skip



Dance and Aerobics Activity 2

Pre-requisites and Body Preparation Exercises

For stationary routine 1 and routine 2:

Revise standing position

Revise each constituent action, making sure each can be performed to a regular beat

Practise the first two actions together, then the second two actions

Practise the first three actions together

Practise the last three actions together

Knowledge of Health Related Fitness

Fundamental actions and movements performed as a sequence

Development of activities using a regular beat

Development of cardio-vascular fitness

Safety

Ensure there is enough space around the floor

Build up slowly, ensuring that the steps are performed smoothly

Maintain a toe-ball-heel action

Maintain neutral alignment of all joints, particularly in the upper and lower body, without hyper-extension

Maintain a natural outward hip rotation

Technical Information

Routine 1 - march, march, jack, knee lift, knee lift

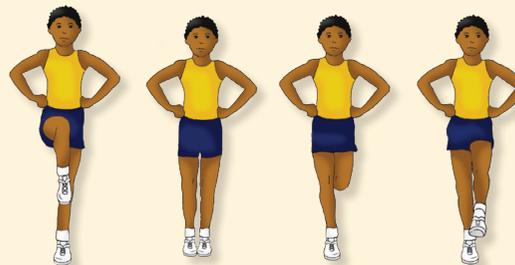
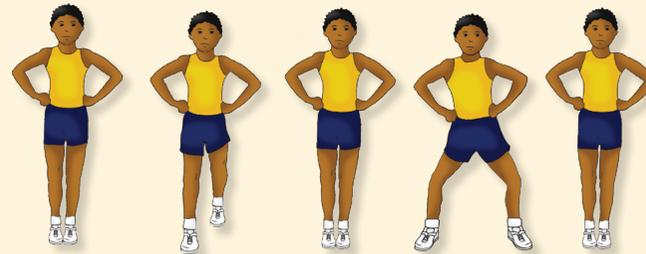
Routine 2 - lunge, jack, knee lift, skip

Remain on the spot throughout, with a straight back and head up. Once each constituent part is mastered, perform each sequence

Each routine requires that the feet return together after each basic action. Each action will require 2 beats, therefore perform 4 of each per count of 8

Ensure that the transition between steps is both smooth and uninterrupted in both time and execution

The arm positions and movements are optional and should complement the leg movements



Related Skills and Activities

Ask your parents, guardians or siblings to get involved with this one!

Once mastered, perform each routine with a partner or in a group

Combine the two routines to make a longer sequence; ensuring that the beat remains constant



Parent points

Is the posture of the body uniform throughout?

Are the routines well-timed, with transitions between actions as smooth as possible?



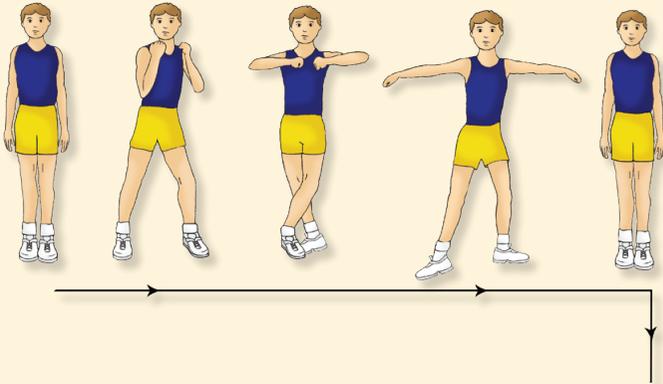


Activity 3

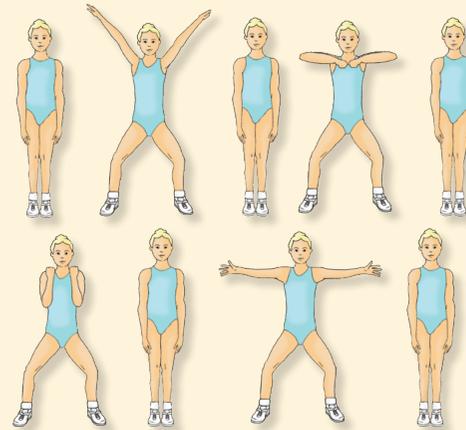
Dance and Aerobics



Grapevine in an L shape

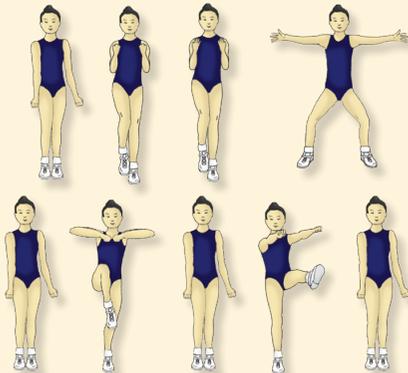


Jumping jacks



Travelling routines

Routine 1 - march, march, jack, knee lift, kick



Travelling routines

Routine 2 - lunge, jack, knee lift, skip



Dance and Aerobics Activity 3

Pre-requisites and Body Preparation Exercises

For grapevine in an L shape and jumping jacks:
Revise Grapevine along a line and Jumping jacks

For travelling routine 1 and routine 2:
Revise standing position

Revise each constituent action, ensuring each can be performed to a regular beat

Practise the first two actions together, then the second two actions

Practise the first three actions together

Practise the last three actions together

Knowledge of Health Related Fitness

Fundamental actions and movements performed as a sequence

Development of activities using a regular beat

Development of cardio-vascular fitness

Safety

Ensure there is enough space around the floor

Build up slowly, ensuring that the steps are performed smoothly

Maintain a toe-ball-heel action

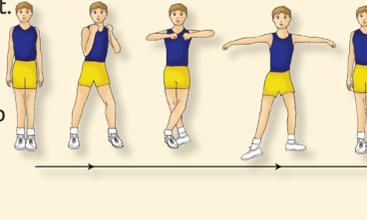
Maintain neutral alignment of all joints, particularly in the upper and lower body, without hyper-extension

Maintain a natural outward hip rotation

Technical Information

Grapevine in an L shape

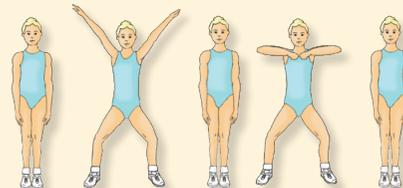
Perform a grapevine sequence to the right. On the last beat of the grapevine, step or jump together with a quarter turn to the right. Repeat the sequence, performing a further grapevine sequence to the right to complete the L shape, maintaining the count of 8 rhythm throughout



Jumping jacks

Perform 4 counts of 8 of jumping jacks

When the legs are together, the arms should be held down by the side of the body. When the legs are apart, vary the arm position e.g. straight and diagonally upwards, straight and wide to the side, bent with fists under the chin and elbows out to the side or bent with the elbows in at the side of the ribs with fists under the chin



Travelling routines

Routine 1 - march, march, jack, knee lift, kick

Routine 2 - lunge, jack, knee lift, skip

Keep the back straight and head up throughout. Once each constituent part is mastered, perform the travelling sequence

Travel forwards for the first count of 8 and then backwards for the second count of 8. Continue with a second set

Ensure the transition between steps is both smooth and uninterrupted in both time and execution

The arm positions and movements are optional and should complement the leg movements

Related Skills and Activities

Ask your parents, guardians or siblings to get involved with this one!

Grapevine in an L shape – try with a partner or in a group, either facing each other or side-by-side

Jumping jacks – try with a partner or in a group

Travelling routines - once mastered, perform each routine with a partner or in a group

Combine the two routines to make a longer sequence, making sure the beat remains constant

Parent points

Is the transition to the second grapevine sequence smooth?

Are the jumping jacks performed with a regular and constant rhythm?

Are the routines well-timed, with transitions between actions as smooth as possible?





Bop it

You Will Need:

- Space for the group to safely move around within an area.

The Activity:

Gymnasts become the Bop It, can they twist, pull and spin without getting muddled?



The Creativity:

- Ask the gymnasts to create their own commands and actions.
- Change the movement throughout the game to introduce different speeds, jumps and levels.

The Rules:

- 1 Introduce the game by explaining the movement needed for each command:

Twist it = standing still twisting the hips

Spin it = jumping around on the spot

Pull it = jumping jacks

Push it = press up

Bop It = crouch down low and jump up.

- 2 Choose a way that the gymnasts will move around the area: walking running, jumping, hopping, skipping, crawling

- 3 Gymnasts move around the area until a command is called.

- 4 The gymnasts then perform this action and then return to moving around the area.

