



Dance and Aerobics

British
Gymnastics

Welcome to week 3 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 3

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!



Warm Up

Animal antics...

You Will Need:

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

The Activity:

Cheeky monkeys are great at doing gymnastics, but how many more animals can the gymnasts pretend to be? →



The Creativity:

- Use actions and sounds to describe the animal as well as words.
- Give gymnasts the opportunity of choosing the animal and describing it to the group.

The Rules:

- 1 The gymnasts begin by standing in line at the top of the area.
- 2 Call out words that describe the animal chosen for example 'it is grey', 'it has 4 legs', 'it has a trunk'. Once they have guessed the animal, the gymnasts travel to the bottom of the area using the movement patterns or characteristics of the animal.





Dance and Aerobics

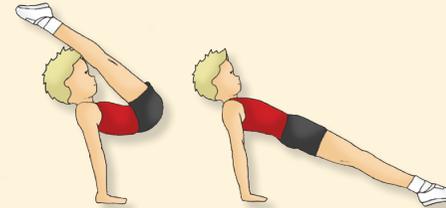


Activity 1

Straddle lateral push-ups

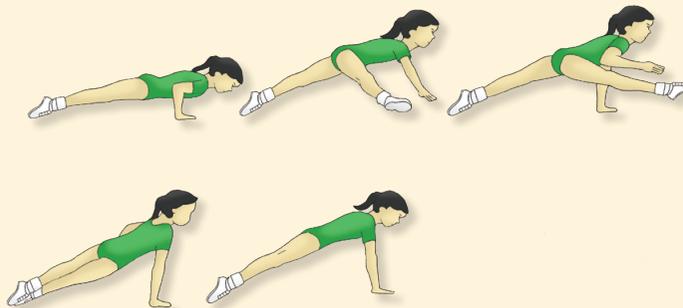


Lift towards a V support to back support



From push-up, single leg circle

(Description is for a right leg circle)



Dance and Aerobics Activity 1

Pre-requisites and Body Preparation Exercises

For straddle lateral push-ups:

Revise a front support push-up, trying to keep the back straight
Practise transferring weight from one bent elbow to another

For the lift towards a V support to back support:

Revise Half lever
Revise back support
Practise the kick into the V, by resting the shoulders on a low, padded platform

For the single leg circle:

Revise front support
Practise the single leg circle with the supporting leg bent

Knowledge of Health Related Fitness

Development of strength in the upper body and legs
Understanding how to keep body parts straight under tension, with or without movement
Transference of weight

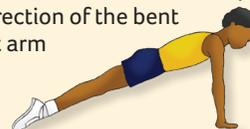
Safety

Perform the skills on a matted area at first
Ensure the V support does not rotate backwards
Keep the head in line with the back during the push-up activity, maintaining tension in the mid-body

Technical Information

Straddle lateral push-ups

Start in front support, legs straddled, with the hands slightly wider than shoulder-width. Keeping the back as straight as possible throughout, bend the arms out to the side into bent arm support. Lower one elbow to the floor, transferring the centre of gravity sideways in the direction of the bent arm. Raise the elbow off the floor and return to bent arm support. Press back to front support



Repeat before using the other arm

Lift towards a V support to back support

Start sitting with one leg bent and one leg straight. Kick the straight leg upwards, pushing through the bent leg at the same time. Join the legs together into V support, with the hips as close to the line of the shoulders as possible

Extend through the hip angle into a back support with the body as straight as possible. Rest and repeat

From push-up, single leg circle (Description is for a right leg circle)

Starting in front support, keep the legs as straight as possible throughout. Perform a push-up, starting the single leg circle at the end of the upward phase. Kick the right leg around the side of the body, lifting the right hand off the floor so that the leg can continue to swing to the front of the body. The right hand is returned to the floor, with the right leg swinging in front of the body to the left side. Lift the left hand to allow the right leg to swing around, returning to front support

The foot should not touch the floor before completion of the single leg circle

Repeat with the other leg

Related Skills and Activities

Straddle lateral push-ups – once mastered, try combining right and left lateral push-ups to music, making sure that the beat is regular

Lift towards a V support to back support – try lifting rather than kicking to the V support

After lifting or kicking to the V support, extend out with half turn into a push-up

Single leg circle – perform multiple circles, keeping to a regular beat

Parent points

Are the lateral push-ups controlled, with the back staying as straight as possible?

Is the V support performed with the hips close to the line of the shoulders?

Does the leg stay off the floor throughout the single leg circling action?





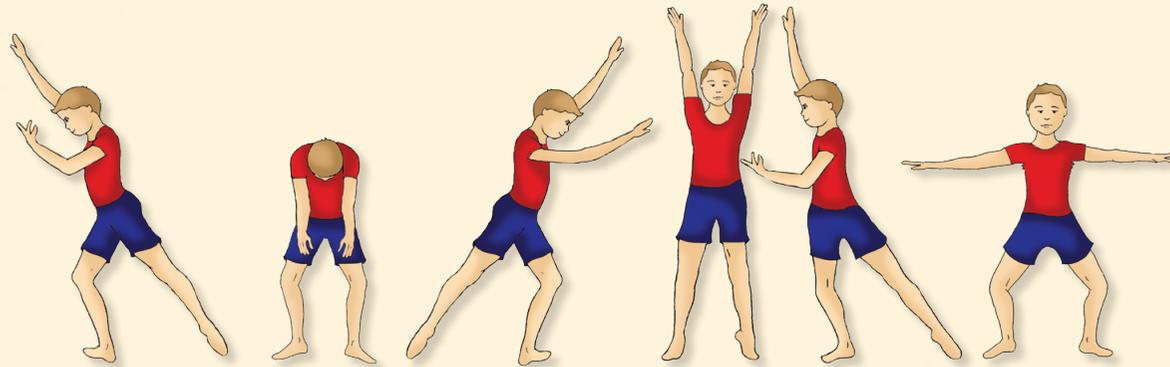
Activity 2



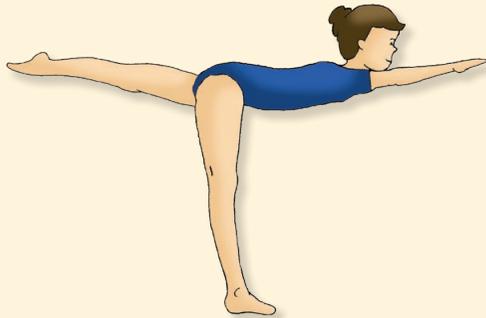
Dance and Aerobics



Body wave sideways



Front horizontal balance



Kneeling on one knee and back bend



Dance and Aerobics Activity 2

Pre-requisites and Body Preparation Exercises

For body wave sideways:
Revise standing position

For front horizontal balance:
Revise all one-footed balances
Revise all flexibility exercises for the hip flexors and hamstrings

For kneeling on one knee and back bend:
Revise all flexibility exercises for the back
Practise the back bend action with support, or with a low, padded platform behind the body to help support the arms or shoulders

Knowledge of Health Related Fitness

Development of:

Correct posture
Standard actions essential for future learning
Flexibility for the back

Development of advanced one-point balances

Safety

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

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

Practise the back bend on a matted surface

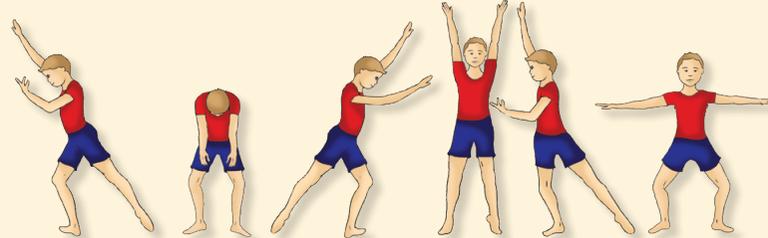
Technical Information

Body wave sideways

Start in 2nd position, with feet turned out. The left arm extends out to the side with the right arm swung across the body to approximately the height of the chest. Bend the left knee slightly into a lunge shape. Swing both arms downwards in front of the body, bending both legs through plié in 2nd position. Continue the swing of the arms to the right, lifting the right arm upwards, arriving in a lunge shape to the right

Return to a left lunge shape

Repeat three more times



Front horizontal balance

From stand step forwards, transferring weight onto the front foot. Keep the back flat as the back leg lifts and the shoulders rotate forwards to the horizontal. The head should be in line with the body. The arm position is optional

Hold for 2 to 3 seconds. Rest and repeat on the other foot

Kneeling on one knee and back bend

Start kneeling up. Place one leg in front either bent or extended. With control, slowly lean the head and shoulders backwards, pushing the hips slightly forwards to maintain balance, keeping the hips as square as possible throughout

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

Related Skills and Activities

Body wave sideways – once the action is mastered, try to work into and out of the body wave sideways from side steps e.g. chassé

Work with a partner or in a group

Front horizontal balance – vary the arm position

Work with a partner or in a group

Kneeling on one knee and back bend – once the action is mastered, try to work into and out of the back bend from different positions and actions



Parent points

Are the body waves sideways controlled and smooth?

Is the front horizontal balance stable and held long enough?

Is the back bend action demonstrated with good flexibility?





Activity 3

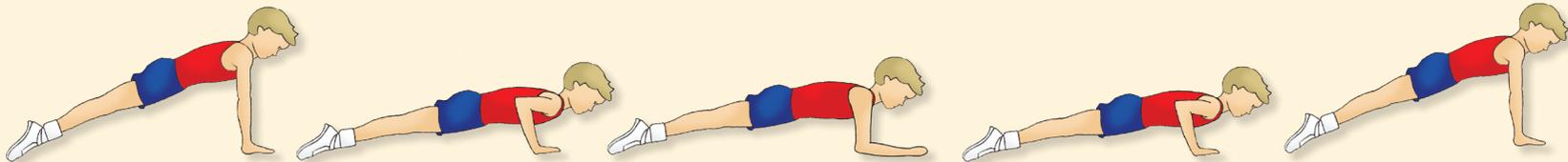
Dance and Aerobics



Lateral push-ups



Hinge push-ups



Wenson push-ups



Dance and Aerobics Activity 3

Pre-requisites and Body Preparation Exercises

For lateral push-ups:

Revise a front support push-up, trying to keep the back straight
Revise Straddle lateral push-ups

For hinge push-ups:

Revise a front support push-up, trying to keep the back straight
Practise moving the body weight from bent arm support onto the elbows without the push-up action

For Wenson push-ups:

Revise a front support push-up, trying to keep the back straight
Revise all hip flexibility, particularly splits

Technical Information

Lateral push-ups

Start in front support with the hands slightly wider than shoulder-width, with feet together. Keeping the back as straight as possible throughout, bend the arms out to the side into bent arm support. Lower one elbow to the floor, transferring the centre of gravity sideways in the direction of the bent arm. Raise the elbow off the floor and return to bent arm support. Press back to front support

Repeat before performing two lateral push-ups using the other arm



Hinge push-ups

Starting in front support, keep the back as straight as possible throughout, bend the arms into the side of the body into bent arm support. Lower both elbows to the floor, keeping them facing the feet, at the same time allowing the ankles to flex a little more so that the body weight transfers backwards slightly

Transfer the weight forwards back to a bent arm support and press back to front support

Repeat twice

Wenson push-ups

This is a variation of a standard push-up, with one leg held on the upper arm (triceps). Both legs should be as straight as possible

Start in front support with one leg on the upper arm (triceps), keeping the shoulders square and both arms straight. Bend the arms out to the side, lowering the body towards the floor with the raised leg remaining on the upper arm (triceps). Push back to front support before moving the leg away from the upper arm

Repeat

Related Skills and Activities

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

Lateral push-ups – once mastered individually, try combining right and left lateral push-ups to music, ensuring that the beat is regular

Hinge push-ups – once mastered, combine with another push-up variation to music, ensuring that the beat is regular

Wenson push-ups – try the push-up action using both legs in turn

Perform all push-up variations with a partner or in a group

Knowledge of Health Related Fitness

Development of strength in the upper body

Understanding how to keep the body straight under tension during movement

Combination of flexibility and strength

Transference of weight

Safety

Ensure that the standard push-up is mastered before extending to each variation

When developing the flexibility required for the Wenson push-ups, start from the natural range of movement and increase gradually



Parent points

Is each push-up variation controlled, with the back staying as straight as possible?





5 gears

You Will Need:

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

The Activity:

The gymnasts are out for a bike ride, can they use their gears to speed up and down without getting too tired.



The Creativity:

- Use small hand apparatus and introduce an additional command 'Switch'.
- When this command is used the gymnasts must pass their bean bag/ball to another gymnast whilst still moving round the area.

The Rules:

- 1 Introduce the game by explaining the movement needed for each of the 5 gears;
 - 1 - Walking
 - 2 - Hopping
 - 3 - Jogging
 - 4 - Skipping
 - 5 - Running.
- 2 To start and stop the activity use 'Go' and 'Brake'.
- 3 After, call out a number and the gymnasts then move around the space in this way. Mix up the gears in different orders and at different speeds.

