



Key Steps

British
Gymnastics

Welcome to **British Gymnastics Key Steps at home sessions!**

Over the next 3 weeks these sessions will include a warm-up, key physical preparation exercises and a cool down.

Week 1 introduces you to the **key exercises** which will become progressively more challenging in weeks 2 and 3!

We hope you have fun learning about Key Steps. We'd love it if you can get creative and make a sequence from the exercises.

Share your ideas 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 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!



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 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.



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.



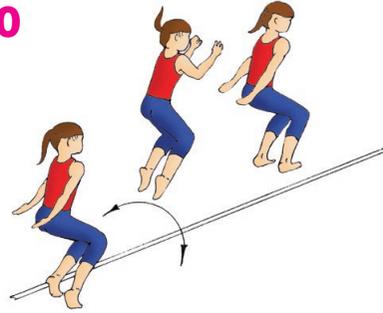


Key Steps

Exercise

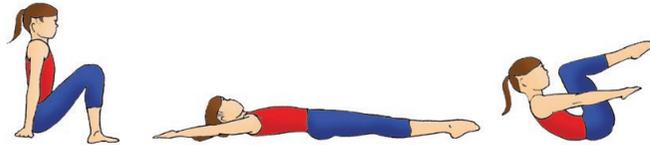
Parent points

Rebound jumps x 10



Your challenge here is to complete 10 continuous jumps. Try not to bend your knees too much, keep your feet together and travel side to side with control.

Tucked dish



In your dish shape keep your lower back pressed into the floor, squeeze your stomach muscles and keep your chin on your chest.

Back support



To make a back support shape push your hips up. Make sure your fingers are pointing towards your toes and your head is in a neutral position.





Key Steps

Exercise

Parent points

Straddle sit



Keep your back straight, point your toes and push underneath your knees into the floor. Keep your knees facing the ceiling and aim for your little toes to touch the floor rather than your big toes.

Arch



Keep your legs together and your arms shoulder width apart. Keep your head in a neutral position.

Front support



Try to keep your body in a straight line from your head to your toes. Keep your fingers facing forwards and ensure your hands are supporting you directly under your shoulders.





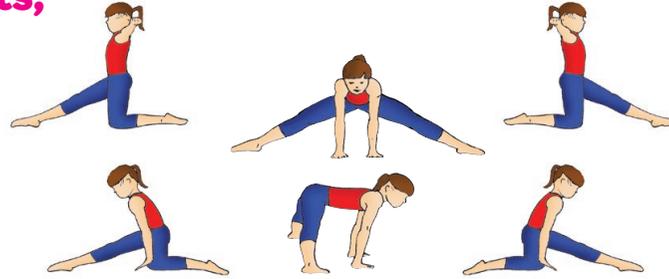
Key Steps



Exercise

Parent points

Right leg splits, box splits, left leg splits



In right and left leg splits make sure your hips and shoulders are square and level, keeping your legs straight. In side (box) splits keep both of your legs straight.

Shoulder flexibility



Maintain good body posture with a straight back, whilst reaching your arms up to your ears. See how far behind your ears you can take your arms, keeping them shoulder width apart.

Broad jump



Take your arms back behind before take off to enable them to swing through, giving extra length to the jump. Keep your feet shoulder width apart, push through your feet and extend your legs fully, and jump as far as possible. Bend your knees on landing (no more than 90°).





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.