



# Key Steps

British  
Gymnastics

Welcome to **week 2** of **British Gymnastics Key Steps at home!**

Our session will include a warm-up, key physical preparation exercises which show progression from week 1 and a cool down.

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**

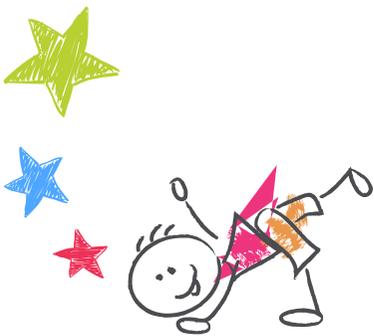
Always ensure you have enough space for the activities to take place before you begin. We recommend having at least 2 metres around you. If you are using small apparatus inside such as ropes, hoops or balls, clear your surroundings first to prevent any damage!

## WEEK 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!



# 5 gears

## You Will Need:

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

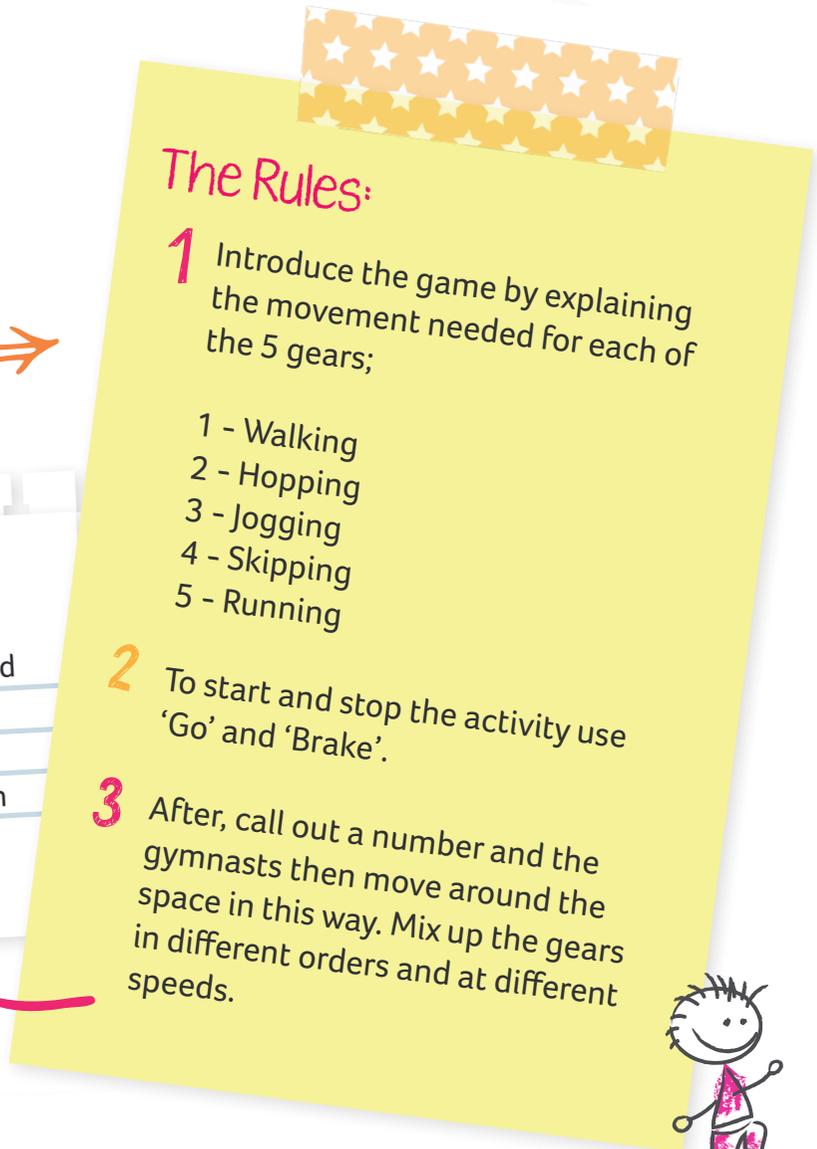
## The Activity:

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.





# Key Steps

## Exercise

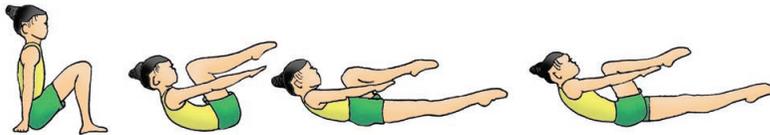
## Parent points

### Single bounce skips with rope x 5



Try to get a rhythm going. When jumping do not bend your knees too much in order to rebound immediately from the floor. Try to keep the rope taught.

### Dish with one leg out at a time



Keep your lower back pressed firmly into the floor, squeeze your stomach muscles and keep your chin on your chest. Keep the straight leg about 10cm from the floor.

### Lift towards half lever



Push your hips up. Keep your fingers facing your toes and your head in a neutral position.



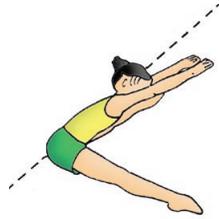


# Key Steps

## Exercise

## Parent points

### Stretch forward towards japana



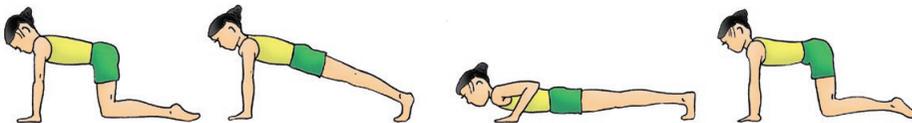
Keep your back straight, point your toes and push underneath your knees into the floor. Keep your knees facing the ceiling and aim for your little toes to touch the floor rather than your big toes. Push your stomach towards the floor, not your shoulders. Aim for your legs to be approximately 90° apart.

### Arch



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

### Front support lower to floor



Try to make a straight line from your head to your toes. Ensure your arms are supporting vertically under the shoulders, with fingers facing forwards and your head in a neutral position. Maintain a straight body line while you lower to the floor (all body parts should touch the floor at the same time).



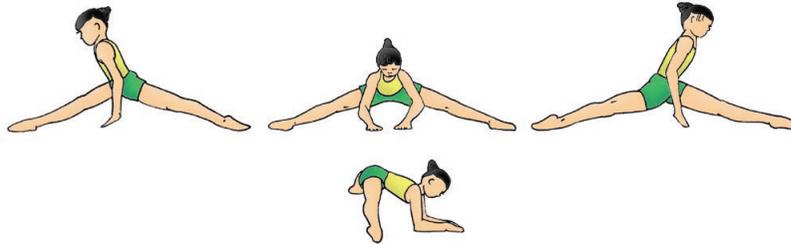


# Key Steps

## Exercise

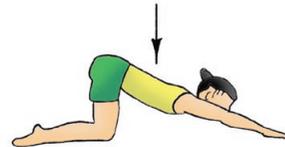
## Parent points

### Right leg splits, box splits, left leg splits



In right and left leg splits make sure your hips and shoulders are square and level. Keep both legs straight, support your body weight with your arms and slide down to splits as far as possible.

### Shoulder flexibility stretch



Keep your knees bent at 90°, with your arms shoulder width apart, push your arm pits down towards the floor. Try not to arch your back.

### 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°).





# 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.

