



Key Steps

British
Gymnastics

Welcome to **week 3** of **British Gymnastics Key Steps at home!**

Our session will include a warm-up, key physical preparation exercises which show progression from week 2, 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 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!



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.



Warm Up

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.





Key Steps

Exercise

Parent points

Single bounce skips with ropes x 10



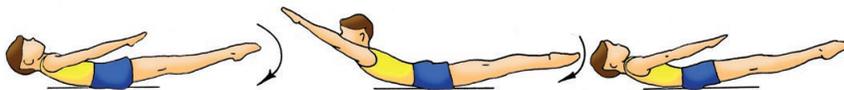
Try to get a rhythm going. When jumping do not bend your knees too much in order to rebound immediately from the floor. Try to keep the rope taut.

Dish



Keep your back pressed firmly into the floor, squeeze your stomach muscles and keep your chin on your chest. Keep your legs about 10cm from the floor and hold the shape for 10 seconds.

Roll to arch and back to dish



Keep your arms and legs off the floor throughout the move. Squeeze your stomach in the dish shape and try to keep your legs squeezed together in the arch.





Key Steps

Exercise

Parent points

Lift towards half lever



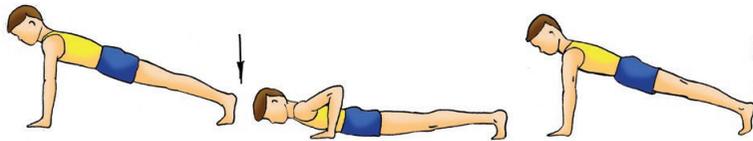
Keep your arms level with your thighs and push your bottom off the floor. Keep your fingers facing your toes, your hands flat on the floor and your head in a neutral position. Lift each leg off the floor at least 10cm.

Japana



Keep your back straight, your toes pointed and your knees pressed into the floor. Aim your little toes towards the floor, not your big toes. Keep your knees facing up towards the ceiling. Push your stomach towards the floor with your eyes facing towards your fingers.

Press up



Try to make a straight line from your head to your toes. Ensure your arms are supporting vertically under your shoulders, with your fingers facing forwards and your head in a neutral position. Maintain a straight body line while you lower to the floor and push up.





Key Steps

Exercise

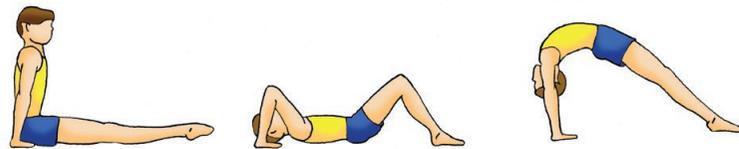
Parent points

Right leg splits, box splits, left leg splits



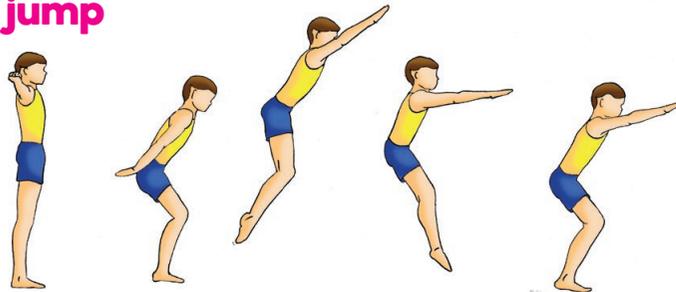
In right and left leg splits, ensure that your hips and shoulders are square and level and keep both legs straight. If you are all the way down in splits, take your arms of the floor and stretch them.

Bridge



Keep your arms shoulder-width apart. A good bridge is achieved with good shoulder flexibility, not by over-arching the back so push through your shoulders and try to press your legs straight with your feet flat on the floor.

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. Try to jump further than last time. Bend your knees on landing (no more than 90°).





Musical statues

You Will Need:

- Space for the group to safely move around within an area.
- Appropriate music and a music system.

The Activity:

Can you incorporate the following moves into a game of musical statues that can be performed when the music stops? Stretching out wide, standing on one leg, sitting in tuck, sitting in straddle, dish shape, arch shape, dish shape roll to arch shape, standing in a star shape, rocking backwards and forwards in straddle shape, and rocking backwards and forwards in pike shape.



The Creativity:

- The gymnasts could be given different positions to create when they freeze. These could be basic balances or they could link to a theme e.g. an animal.
- The gymnasts could work with a partner, mirroring and matching each others dance moves.
- If there is only one participant, the aim is to be able to achieve the exercise as quickly as possible when the music stops.

The Rules:

- 1 When the music starts, the gymnasts dance and move around the area.
- 2 When the music stops, the gymnasts must freeze.

