

# Deerness Gymnastics Academy Training Ideas

We have put together some ideas for any budding gymnasts who would like to continue some gymnastics activities at home.



Gymnasts remember to ask an adult first if it is ok for you to do the session and ask where there is a safe space for you to use. You do not need any special equipment or clothing just make sure you have enough space and are wearing things you can move comfortably in.

The session is split into 4 bits do as much or as little as you like but always start with the warm up so your body is ready for action.

- ❖ Warm up
- ❖ Stretching
- ❖ Skills
- ❖ Conditioning



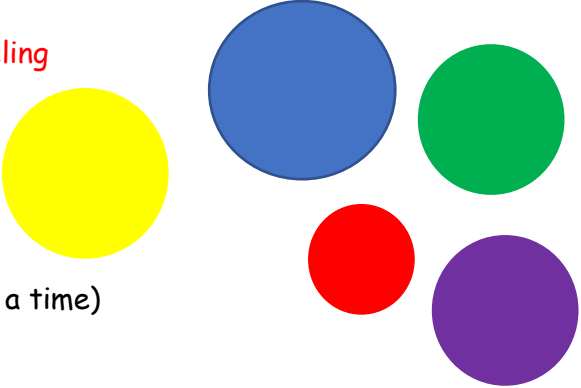



## Let's Get Started







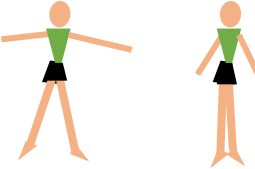
<p>1. Warm up</p> <p>Cardio fitness</p> <p>5-10mins</p>	<p>This is a very important part of the session and will ensure you are mentally and physically ready to train.</p> <p>Look out for these changes and signs in your body that will let you know you are "warmed up":</p> <ul style="list-style-type: none"><li>• you should feel hotter</li><li>• you should be slightly out of breath or at least breathing more heavily</li><li>• your face and cheeks might start to go redder</li><li>• your heart should be beating faster</li><li>• you might start to sweat</li></ul> <p>Some ideas to help you achieve this are:</p> <ul style="list-style-type: none"><li>• running around the garden or up and down the stairs</li><li>• dancing to your favourite music</li><li>• Hula hooping</li><li>• Skipping</li></ul> <p>Our favourite is dancing round the kitchen to the radio.</p>  <p>Try to do one or more of these activities for 5 or more minutes continuously (or until you are out of breath.....see other changes/signs that your body might encounter!</p>  <p>Hot, hot hot !</p>
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Once your warm up is complete you can go on to all or any of the other parts of the session.



Good luck and enjoy!

<p>2. Stretching</p> <p>5 mins</p>	<p>Once you are feeling warmed up you can now start to stretch.</p> <p>Think about each part of your body and work your way down from top to bottom.</p> <p>This session we're going to think about circling</p> <ul style="list-style-type: none"> <li>• Head circles</li> <li>• Arm circles</li> <li>• Wrist circles</li> <li>• Hip circles</li> <li>• Sitting in long sit leg circles (one at a time)</li> <li>• Ankle circle</li> </ul> 		
<p>3. Skills</p> <p>5-10mins</p>	<p>Once you have warmed up you can start to practice some skills.</p> <p>This session we're going to think about balancing. In gymnastics it is important for balances to be statue still for at least 3 seconds.</p> <p>There are lots of ways gymnasts can balance either using large patches eg bottoms, backs, shoulders and stomachs or small points eg hands, feet, head, knees and elbows. The more of you there is on the floor the easier it is to balance. For example, is easier to balance on your back than it is on one hand. When we balance on small points, we often combine parts eg feet and hands or knees and elbows.</p> <p>See if you can do some of the balances below.</p> <p>Do you think they use large patches or small points?</p> <p>Can you make up some balances of your own?</p>		
<p>Front Support</p>  <p>Check points</p> <ul style="list-style-type: none"> <li>• Hands flat, fingers facing forwards</li> <li>• Shoulders directly above hands</li> <li>• Body in a tight, straight shape (no "mountains"- bottoms sticking up or "valleys" - hips dropped and back hollowed)</li> <li>• Feet together</li> <li>• Legs tight and straight</li> </ul>	<p>Rear Support</p>  <p>Check Points:</p> <ul style="list-style-type: none"> <li>• Flat hands, fingers facing sideways or backward</li> <li>• Hips pressed upwards</li> <li>• Legs together and straight</li> <li>• Feet together and pointed</li> </ul>	<p>One foot stand</p>  <p>Check Points:</p> <ul style="list-style-type: none"> <li>• Standing with good posture, eyes still and focussed on a none moving object</li> <li>• Standing leg straight</li> <li>• Lifted leg bent at the knee at right angles</li> <li>• Lifted foot pointed</li> <li>• Arms straight and out to side at shoulder level</li> </ul>	

<p>V sit</p>  <p>Check points</p> <ul style="list-style-type: none"> <li>• Try to make a V shape</li> <li>• Legs straight and feet pointed</li> <li>• Hands resting on floor behind but you could try just balancing on your bottom hands free</li> <li>• Keep a straight back</li> </ul>	<p>Banana hold</p>  <p>Check Points:</p> <ul style="list-style-type: none"> <li>• Arms stretched in front</li> <li>• Legs together and straight</li> <li>• Feet together and pointed</li> </ul>	<p>Shoulder stand</p>  <p>Check Points:</p> <ul style="list-style-type: none"> <li>• Straight back and tight tummy muscles</li> <li>• Legs straight and feet pointed</li> <li>• Hands supporting hips but you could try going hands free</li> </ul>
<p>4. Conditioning 5-10mins</p>	<p>Once you have warmed up you can start to practice some conditioning exercises. This session we will include an exercise for each of the 3 major muscle groups; stomach, back, arms and legs</p> <ol style="list-style-type: none"> <li> <p>1. Stomach - lie on your back and bend your knees, until your heels touch your bottom, place your hands behind your head and try to sit up to kiss your knees.</p>  <p>"Sit ups"</p> </li> <li> <p>2. Back - banana hold see how long you can hold the shape.</p>  <p>"Banana hold"</p> </li> <li> <p>3. Arms - mini press ups on hands and knees bend and straighten the arms, keeping your weight on your hands.</p>  <p>"Mini press ups"</p> </li> <li> <p>4. Legs- jumping jacks, how many can you do in 20 seconds?</p>  <p>"Jumping Jacks"</p> </li> </ol>	

