

Deerness Gymnastics Academy Training Ideas

Session 3

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.

Again, this 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

1.
Warm up

Cardio fitness

5-10mins

Remember this is a very important part of the session and will ensure you are mentally and physically ready to train.

Look out for these changes and signs in your body that will let you know you are "warmed up":

- you should feel hotter
- you should be slightly out of breath or at least breathing more heavily
- your face and cheeks might start to go redder
- your heart should be beating faster
- you might start to sweat

Some ideas to help you achieve this are:

- Running round the garden or up and down the stairs
- Dancing to your favourite music
- Skipping

Our favourite way of warming up this week has been "30seconds of....." we've jumped, run on the spot, skipped, hula hooped, hopped and danced...each for 30seconds !



Try to do one or more of these activities for 5 or more minutes continuously (or until you are out of breath.....watch out for changes/signs that your body might encounter!)



Hot, hot hot !

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!

2. Stretching

5 mins

Once you are feeling warmed up you can now start to stretch.

Think about each part of your body and work your way down from top to bottom.

This session we're going to think about turning.



- Turn your head from side to side.
- Stretch your arms out to the side and turn them palms up then wrists up, keep alternating.
- Turn circles with your wrists.
- Standing with feet apart, hands on hips turn your body from side to side
- Lunge from one side to the other.
- Whilst sitting turn your feet inwards and outwards.

3. Skills

5-10mins

Once you have warmed up you can start to practice some skills.

This session we're going to think about rolls. Gymnasts can roll forwards, backwards and sideways

See if you can roll in different directions.

Remember tuck your chin on your chest and round your back if your rolling forwards or backwards.

If your doing a sideways log roll, you should be in a tight, stretched shape.

Be inventive!

See how many different types of roll you can perform.

See if you can change the entry and exit in or out of your rolls.
For example, forward roll to straddle-sit.

If you don't feel confident doing a full roll backwards or forwards practice rocking forwards and backwards in a tucked shape. Keep your back rounded as you roll, you can practice different exits from here.

4.
Conditioning

5-10mins

Once you have warmed up you can start to practice some conditioning exercises. This session we will include an exercise for each of the 4 major muscle groups; stomach, back, arms and legs.

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.



"Sit ups"

2. Back - banana hold see how long you can hold the shape.



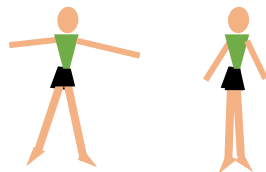
"Banana hold"

3. Arms - mini press ups on hands and knees bend and straighten the arms, keeping your weight on your hands.



"Mini press ups"

4. Legs- jumping jacks, how many can you do in 20 seconds?



"Jumping Jacks"