

# Deerness Gymnastics Academy Training Ideas

## Session 4

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:

- Hula hooping
- Dancing to your favourite music
- Playing tag

Our favourite way of warming up this week has been skipping with both a real rope when outside and a pretend rope inside. We even tried doing it to music.



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.



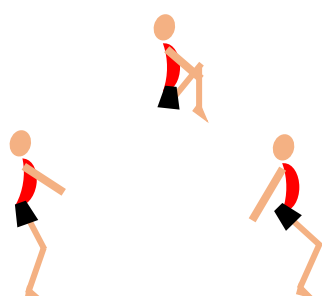
Good luck and enjoy!

<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 combining some of our previous stretching exercises.</p> <ul style="list-style-type: none"> <li>• Turn your head from side to side.</li> <li>• Circle your arms past your ears and down past your legs.</li> <li>• Make waves with your wrists and fingers.</li> <li>• Standing with feet apart, hands on hips turn your body from side to side.</li> <li>• Whilst sitting lift and circle your legs one at a time.</li> <li>• Circle your ankles round and round.</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 creating a sequence.</p> <p>See if you can combine a balance , a jump and a roll.</p> <p>You could even create a starting position and a finishing position to your routine and maybe set your sequence to music.</p>

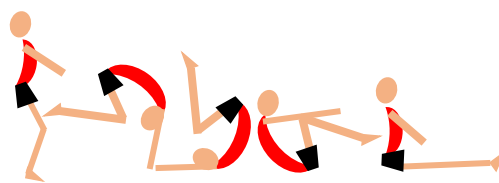
See here for some sequence ideas:



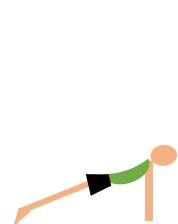
1 Foot stand .....



Tuck jump.....



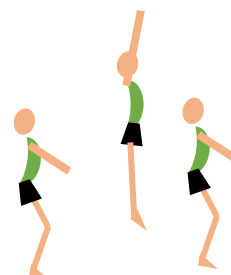
Forward roll to long sit



Front support .....



Forward roll to stand .....



Stretch jump

Get creative! What will you include in your sequence? Remember to show of all your best moves!

Try performing your sequence to an audience, real or imaginary, soft toys and teddies make a great judging panel.

4.  
Conditioning

5-10mins

Once you have warmed up you can start to practice some conditioning exercises.

You could try to combine some of the exercises you have done previously and create a conditioning sequence.

Here are some exercises to choose from:

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.



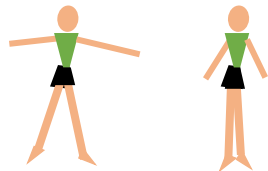
"Banana hold"

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"

5. Arms - on your hands and knees slowly lift one arm, then the other in front of you without changing the rest of your body shape. See if you can do 10



"Mini arm changes"

6. Legs- running on the spot, see if you can keep going for 30 seconds



