

Gymnastics portal

Week:1 Wednesday 18th March 2020

Please find our Week 1 home training program, with fun activities to keep your little ones entertained (we hope for an hour or so!) We will upload new activity packs each Tuesday evening for the time that Spectrum is closed.

Coach Jim says.....“Welcome! It’s warm up time”

Just like we do in the gym, it’s important to get your heart rate up and oxygen into your lungs. To get your blood flowing around your body so that you do not pull a muscle. Lets try a warm up now. Make sure you have plenty of room around you (no broken tv’s please) to be in loose fitting clothes (don’t rip your jeans!) and try to get the mums and dads involved kids!! Exercise is FUN!!!!!!

Start by.....

- Running on the spot for 30 seconds without stopping
- Do x5-10 star jumps on the spot
- Run again on the spot for 30 seconds, this time trying to kick your bottom behind you
- Do x10 squat down and explode up jumps stretching your arms up above your head

Feeling warmer.....? See if you can remember any stretching exercises from our group warm up? Think about each part of your body and how you could wake it up! Start with your head and neck, then move to your shoulders, arms, waist, legs, ankles, toes, wrists, back etc

Now for the fun part.....

Tummy & Back Exercises

Novice/Beginners/Pre School/Next Steps levels

X5-10 Sit ups - Start by laying down on your back, bring arms up above your head to touch toes sitting in a piked (straight leg position)

X5-10 Somi Snaps - Laying down on your back, crunch your body up into a tight ball, grab your knees and release back out to lay down

X5-10 Toe pulses - Lay on your back with your arms down by your side, lift your legs into the air so they are pointing to the sky. Try and gently touch the ceiling with your pointy toes lifting your bottom a little off the floor each time

X5-10 Back raises - Lay on your tummy this time, place your arms out to the side like an aeroplane, nose touching the floor. Try and lift your arms, head and chest off of the floor and lower slowly.

Intermediate/1-3hr Lessons/Mini squad

X10-20 Sit ups

X10-20 Somi Snaps

X10-20 Toe pulses

X10-20 Back raises

Advanced/3hrs plus a week/Squads

X30 Sit ups

X30 Somi snaps

X30 Toe pulses

X30 Back raises

X30 V-Sits

X30 Side crunches

“Squad Sets = x10 lifts on each side” Squad girls you should know what sets are!

Stretch section:

Reduce times for lower levels - set an egg timer or the clock and hold.....

- Left leg splits 30secs-2mins
- Right leg splits 30secs-2mins
- Box splits 30secs-2mins
- X3 Pushes to bridge and hold for 5-10 secs each
- Shoulder stretch hold 30secs-2mins

Phew that was great.....Well done!

Activity Section:

See how many gymnastics words you can find for the alphabet below.....write the word next to the letter

A.....

B.....

C.....

D.....

E.....

F.....

G.....

H.....

I.....

J.....

K.....

L.....

M.....

N.....

O.....

P.....

Q.....

R.....

S.....

T.....

U.....

V.....

W.....

X.....

Y.....

Z.....

Spectrum Star Challenges:

- 1) We challenge you to make 1 piece of gymnastics equipment with your lego!!!
Send us your pictures and we will judge our favourites..
Bars? Beam? Vault? Pommel horse? Trampoline? Be creative!

- 2) Work out these gymnastics words:

rolof _ _ _ _ _

rbsa _ _ _ _ _

leopmmrohes _ _ _ _ _ _ _ _ _ _

girsn _ _ _ _ _

aerccipt _ _ _ _ _ _ _ _ _

tvlau _ _ _ _ _

dotearl _ _ _ _ _ _ _ _ _

- 3) Draw a picture of yourself in the gym at Spectrum doing your favourite skill below