

# Gymnastics portal

**Week:2 Wednesday 25th March 2020**

**Please find our Week 2 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 every Tuesday evening for the time that Spectrum is closed. We will also be uploading some **very exciting videos** soon so watch this space!!!**

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!!!!!!

**(Warm up videos for Pre School/Recreational/Squads coming soon!)**

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.....

## **Leg Exercises**

**Novice/Beginners/Pre School/Next Steps levels - See Milly doing the following exercises on our Gym Portal**

X5-10 Chair sits

X5-10 Calf raises

X5-10 Side lunges

X5-10 Leg lifts on your side

## **Intermediate/1-3hr Lessons/Mini squad**

X10-20 Chair sits

X10-20 Squat jumps

X10-20 Calf raises

X10-20 Side lunges

X10-20 Mountain climbers

X10-20 Leg lifts on side

X20-30 Runners

## **Advanced/3hrs plus a week/Squads**

X20-30 Squat jumps

X20-30 Calf raises on the bottom step

X20-30 Mountain climbers

X30 Leg lifts on side

X30 Inside leg lifts on side

X40-50 Runners

“Squad Core Sets” = x10 lifts on each side

## **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
- Butterfly sit head down 10-30secs
- Japana 10-30 secs

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

## Activity Section:

Find the following Gym words.....

### Gymnastics

S	A	L	L	A	R	O	U	N	D	M	D	L	O
F	F	L	C	A	R	T	W	H	E	E	L	C	S
S	M	N	I	K	C	U	T	E	D	A	U	T	L
R	V	T	V	C	H	O	O	P	M	G	I	O	D
A	A	R	M	L	E	S	P	F	O	A	Y	C	N
B	U	A	A	I	O	C	L	U	N	O	L	M	A
N	L	M	E	T	B	I	N	V	O	D	S	A	T
E	T	P	B	R	P	P	M	L	B	R	C	A	S
V	R	O	C	A	E	M	E	E	B	O	O	M	D
E	M	L	O	I	G	Y	D	O	I	O	A	R	N
N	A	I	E	N	N	L	A	T	R	L	C	G	A
U	T	N	D	I	U	O	L	A	E	F	H	N	H
P	S	E	M	N	L	R	S	R	E	I	R	T	S
M	A	H	A	G	M	E	S	D	G	O	I	N	M

UNEVEN BARS  
GYM  
FLIP  
BEAM  
CARTWHEEL  
HANDSTAND  
MEDALS  
TUCK  
OLYMPICS  
TRAMPOLINE  
VAULT  
ALL AROUND  
LEOTARD  
TRAINING  
MATS  
LUNGE  
RIBBON  
HOOP  
FLOOR  
COACH

Play this puzzle online at : <http://thewordsearch.com/puzzle/14177/>

## Spectrum Star Challenges:

### 1) We challenge you to a Parent V Gymnast battle!!!!

How many PRESS UPS can you do in 30secs??? BUT.....there's a twist.....the parents *must* have their gymnast on their backs! Who will win? Mwah-ha-ha! Send us your videos and we will publish them on facebook and our Gym Portal...



# NAME THE SHAPE?

Draw a line from SHAPE to the correct WORD

## The Basic Shapes in Gymnastics



ARCH

HANDSTAND

DISH

STRAIGHT

SPLIT

PIKE

STRADDLE

LUNGE

TUCK

BRIDGE

Well done! See you next week....