

# Gymnastics portal

## EASTER SPECIAL



### Week:4 Wednesday 8th April 2020

Please find our Week 4 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 have a 2 week portal break after this week so next portal on the 29th April. Feel free to start week 1 training again...or mix up the 4 weeks with your favourite exercises! OR relax and enjoy your Easter Holidays**

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!!!!!!

**ALL Warm up videos now on our YouTube channel, CLICK THE LINKS BELOW:**

**Pre school - WARM UP WITH GEORGIA [HERE](#)**

**Recreational levels - WARM UP WITH KATIE [HERE](#)**

**Squad ‘DANCE MONKEY WARM UP WITH KATIE [HERE](#)**

## **CARDIO WORKOUT**

(Videos coming soon to **YouTube**)

Pre School & Next Steps 5-10 Secs each

-1min workout see if you can do it twice through?

Novice/Beginners levels 15 Secs each

-1min 30 secs workout can you repeat it?

Intermediate & Mini Squad 20 Secs each

-2min workout repeat x3

*ALL OF THE ABOVE REST IN BETWEEN EACH ONE  
FOR AS LONG AS YOU NEED!!!!*

Squad 30 Secs each (20 secs rest only in between each)

-5min workout repeat x3 please

- 1) Jumping Jacks
- 2) Runners (front support position)
- 3) Hopping on 1 foot (keep changing)
- 4) Mountain climbers (hands on hips)
- 5) High knee running on the spot
- 6) Spotty dogs

## **EXTRA SQUAD ONLY**

- 7) Alternate elbow to knee jumps
- 8) Jump, Jump, Deep squat (repeat)
- 9) Burpees with half turn
- 10) Pointy toes jumps on the spot

## **Stretch section:**

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

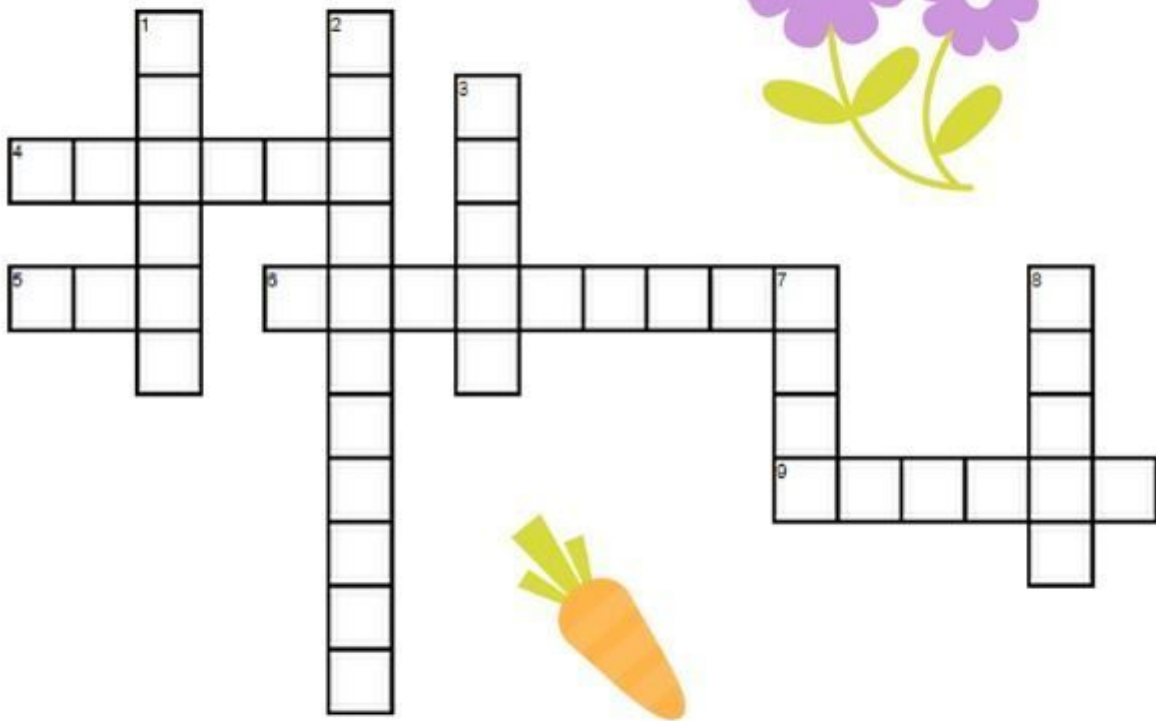
- Left leg splits 30secs-2mins
- Right leg splits 30secs-2mins
- Box splits 30secs-2mins
- X3 Pushes to bridge and hold for 5-10 secs each
- Shoulder stretch hold 30secs-2mins
- Butterfly sit head down 10-30secs
- Japana 10-30 secs
- Pike fold 10-30 secs

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

## Activity Section:



# Easter Crossword Puzzle



### ACROSS

- 4 A holiday celebrated with egg hunts
- 5 What you do to an Easter egg
- 6 Easter's most eaten candy
- 9 Easter is always in what season?

Cook. Craft. Love.

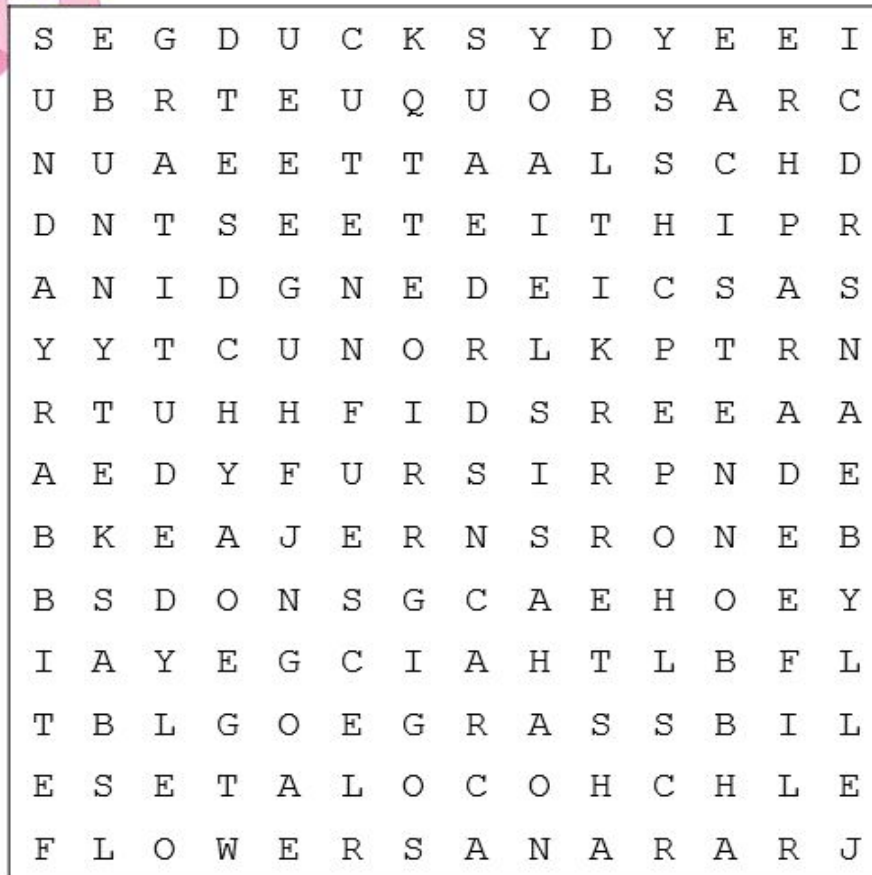
### DOWN

- 1 Egg holder
- 2 A white sticky sweet treat
- 3 A soft yellow animal that chirps
- 7 What you hunt for
- 8 Easter's mascot



# Easter Sunday

Sunday following the first  
full moon after the Spring equinox



BASKET  
BLESSINGS  
BONNET  
BOUQUET  
BUNNY  
CHICKS  
CHILDREN  
CHOCOLATES  
CHURCH

DAFFODILS  
DUCKS  
DYE  
EASTER  
EGGS  
FLOWERS  
GRASS  
GRATITUDE  
HOPE

HUNT  
JELLYBEANS  
JOY  
LIFE  
PARADE  
RABBIT  
SPRING  
SUNDAY



## Spectrum Star Challenges:

1) See how many Easter words you can make out of the word SPECTRUM

**S** .....  
**P** .....  
**E** .....  
**C** *CHOCOLATE* .....  
**T** .....  
**R** .....  
**U** .....  
**M** .....

2) 'ALPHABET WORK-OUT CHALLENGE'

Spell out 'EASTER EGG HUNT' with the exercises below. Do as many repetitions as your age. Example: 7years old = 7 reps of each...GIVE IT A GO!

- A - PRESS UPS
- B - JOG ON THE SPOT 1 MIN
- C - SQUAT JUMPS
- D - BURPEES
- E - STAR JUMPS
- F - LUNGES
- G - 1 MIN SKIPPING
- H - 30 SEC PLANK HOLD
- I - SKI JUMPS
- J - WIDE SQUATS
- K - SIT UPS
- L - REAR SUPPORT PRESS UPS
- M - BACK RAISES

N - HOLD DISH 20 SECS  
O - V SITS  
P - SOMI SNAPS  
Q - SPOTTY DOGS  
R - CALF RAISES  
S - ON TUMMY LEG RAISES  
T - HOLD ARMS OUT TO THE SIDE 30 SECS  
U - MOUNTAIN CLIMBERS  
V - CHAIR SITS  
W - HOLD SIDE PLANK 10 SECS EACH SIDE  
X - WALL SIT 30 SECS  
Y - SIDE LUNGES ON EACH LEG  
Z - HOLD DEEP SQUAT 20 SECS

Amazing job....See you in 2weeks! Xx

