



Gymnastics conditioning and skills at home



Waiver

Please ensure that all users of the following resource prepare their own risk assessment and take responsibility for their own and any child's health and safety. This includes reading all safety tips for exercises within the technique folder.

MKNSSP accepts no liability, damage or **injury** caused through inappropriate use of this resource.

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Please read **before** delivering gymnastics conditioning

- Take into consideration children's current ability levels
- Improving strength and flexibility levels are personal, so children need to set individual, personal challenges and targets.
- Decrease or increase number of repetitions or time on each activity to suit.
- The main aim is for children to fully participate at their own level and aim to become stronger and fitter.
- Safety/performing exercises – please check that all exercises are performed correctly to avoid injury
- Conditioning exercises can be taught in any order.
- Conditioning exercises can be repeated so children can improve challenge themselves.
- Encourage children to think about (and engage) the muscles they are using to perform the exercise.
- Safety/performing exercises –please check that all exercises are performed correctly to avoid injury –see separate power point folder for technique.

Warm-up Card

1. Heart Raiser(CV)

On your spot

Perform 25 of each exercise, then repeat.

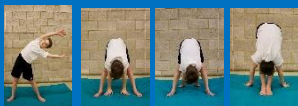
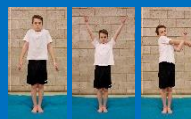
- Jog
- High knees
- Fast knees
- Jumping Jacks
- Heel kicks
- Squat jumps



2. Stretches

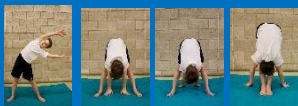
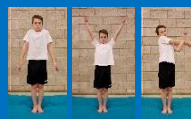
Neck

Ear to shoulders
Look up, look down
Side to side



Shoulders

Roll shoulders
Circle arms backwards, then forwards
Arm stretch



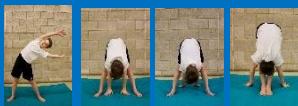
Side stretch

Forward stretch

Behind

Pike stretch

Stand with feet shoulder width apart



Rotate Wrists
Rotate Ankles



Straddle Reach Japana Pike Hold

Keep legs straight and good posture throughout

Butterfly Hips

Sit with a straight back and bottoms of feet together, bounce knees down towards floor.

Always start at the top of the body and work down.

Maintain your back in a straight position.

Repeat each action 6-8 times.

Always complete a heart raiser first.

Repeat on both sides of the body.

3. Conditioning

Perform these moves with the correct posture and control. Check your body position and try and improve. Perform 10 of each x 3 times or hold for 30 sec x 3 dependant on the skill, remember to hold your position.

Dish Hold



Arch Hold



V-sit



Front support

(try raising 1 leg)



Back support

(try raising 1 leg)



Popcorn























Side Plank







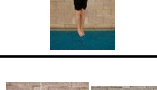



(try raising 1 leg)

Can you perform the skills with control?








Shapes		
	Straight	
	Star	
	Tuck	
	Pike	
	Squat	
	Straddle	
	Dish	
	Arch	
	Front Support	
	Back Support	
Sequence Building		

Balances		
	Arabesque	
	Needle Scale	
	V Sit	
	Shoulder stand	
	Tuck hold	
	Y Balance	
	Counter Balances	How many?
	Part body weight Balances	How many?
	Full Body weight balances	How many?
	Group Balance	How many?
Sequence Building		

Jumps, Turns & leaps		
	Take Off and landing position	
	Straight jump	
	Star jump	
	Tuck jump	
	Straight jump $\frac{1}{4}$	
	Straight jump full turn	
	Straddle and/or Wolf Jump	
	Scissor kick	
	Cat leap	
	Cat leap $\frac{1}{2}$ turn	

Can you perform the skills with control?



Rolls		Can change speed & direction?
	Log Roll	
	Egg Roll	
	Dish/Arch Roll	
	Teddy Bear Roll - with without a partner	
Linking		
	Bunny Hop along the floor	

	Sequence					
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

Sequence Building
 For each area choose 1 or 2 elements that you can perform well. These choices can then be included in any sequences you create