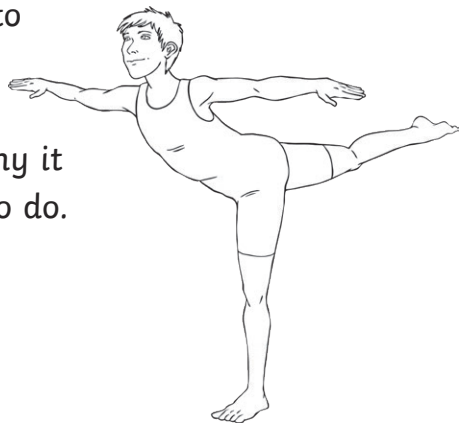
Gymnastics: Movement

All About Gymnastics

Design a poster to explain what gymnastics is all about and why it is a good sport to do.



Class Jumping Challenge

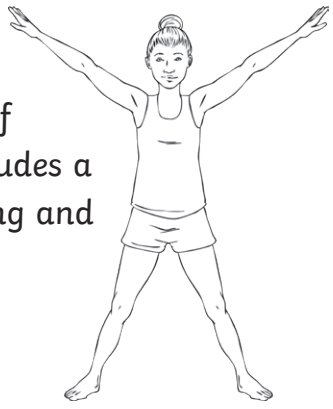
Practise these jumps every day for a week:

- jumping jacks;
- tuck jumps;
- star jumps.

At the end of the week, time how many of each jump you can do in 30 seconds. Will you be the class winner?

Planning a Warm-Up

Warming up before any exercise is very important as it increases the heart rate and helps to loosen joints and muscles, which prevents injuries.

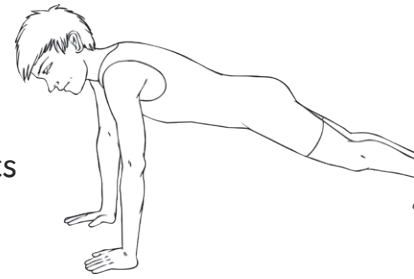


Plan a ten minute warm up activity of your own that includes a mixture of stretching and aerobic activities.

Strengthening

A good gymnast has strong muscles. Find out how to perform these strengthening exercises correctly and practise ten each day:

- squats;
- press-ups;
- sit-ups.



Write down which parts of the body are being strengthened in each exercise.

Stretching

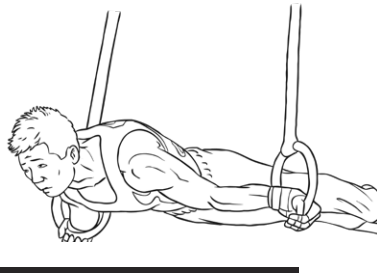
A good gymnast has flexible joints and muscles. Practise ten of these stretches each day:

- While standing up, touch your toes, keeping your legs straight.
- Clasp your hands behind your back and lift your arms.
- While kneeling, reach your arms back to hold on to your ankles (try to keep your legs together).

Write down which parts of the body are being stretched in each exercise.

Gymnastics in the Local Area

Find out about any gymnastics clubs or courses in your local area (or as close as possible).



Write down their names and addresses and explain what type of gymnastics they do.