**Gymnastics Skills**

**Warm-ups:** Circuits, Lines, Games, Stretching (dynamic and static)

**Locomotion:**

Running, butt kicks, skipping, skip backwards, skip with arm circles, high knee skips, side shuffle with arm swing, bunny hops with arms up, add tuck jumps, leg kicks forwards, backwards, straight leg floor touches.

With partner: Ankle stability side hops, wheel barrow, stacked bear crawl.

**Animal Travels:**

Inch worm, crab walk, bear crawl (forwards), spider walk (sideways), bunny hops (arms up), donkey kicks (tougher – one legged donkey kicks)

**Leaps:**

Chasse, cat leap, stride leap, stag leap, hitch (scissor) kick, cat leap with full turn. Leap combinations – begin with chasse, add one or two in a series.

**Jumps:** (always with proper landing, “ride the motorcycle”, knees slightly bent, eyes forward)

Stretch layout, star, tuck, straddle, pike, wolf jump (tuck and pike combined), ½ and full turn with any of the above.

Can use a platform for more excitement.

**Teaching kids positions:**

Layout = “pin” shape Tuck = “ball” shape Outstretched = “wall” shape Pike = “L” shape

**Balances:**

Stork stand, front scale (head up arms out), front leg balance, side leg balance, knee scale, (advanced – Y scale, needle scale). Front support, rear support, travelling from front to rear via roll or hand walk. Bridge (from lying, fingers point to toes). Advanced – bridge from standing (advanced, push hips forwards. Lead-up – stand with back to wall, push hips forwards and hand walk down wall)

Candlestick (straight arm, or arms support hips). Candlestick rises (starting from standing).

Head stand series: Teddy bear, tuck, straight (use top of head and tripod with hand. Spot supporting hips and legs)

Handstand lead-up: donkey kicks, straight legs and switch coming down, using wall, wall-walks for strengthening.

**Tumbling:**

Log roll: with arms in or outstretched. Can do games with people jumping over you.

Forward roll: tuck (squat down, hands down, chin to chest, push with legs, don’t touch head on ground), straddle (throw head and shoulders forwards to get back up), tuck to standing with one leg only. Dive rolls – adding a small jump (can use small crash mat for safety).

Shoulder roll: (head to side, “protect the gun”, make sure hips still go forwards)

Backward roll: shoulder (easiest – head to one side, knees go over shoulder), straight backward roll lead-up: rock back and forth onto hands (fingers point to toes), straight backward roll (stay tucked, fingers to toes, weight onto hands and push, do not extend legs, keep a tuck or ball shape), straddle (kick legs out sideways and push with hands), (advanced – pike backward roll onto feet or momentary handstand onto feet).

Cartwheel lead-up: bench jumps (make sure bench is stable), throw legs has high as possible. Place skipping ropes on ground in shape of “C” and go “hand hand foot foot” doing a mini-cartwheel. Full cartwheel (don’t pre-twist. Shoulders point forwards, lunge into it and finish with shoulders pointing reverse direction)

Front Handspring lead-up: Flat-backs. Kick up into a handstand and land on a flat back on a low crash mat.

**Apparatus:**

Beam or Bench: Crawl across, front kicks, rear kicks, side kicks, turning on one or two feet, any leaps and jumps. Always use good posture and eyes to the end of bench, arms up or down by sides.

Bar work:

Hangs: Straight, tuck, pike, while swinging, inverted tuck, inverted pike, inverted straddle, skin the cat, skin the cat and reverse.

Long hang swings, half turn, jump up to bar and forward roll over.

Pullover – keep arms bent, kick one leg at a time or both together.

Strengthening: Flexed-arm hang, chin-ups, swinging tuck or pike hang, tuck or pike “river jumps” over soft obstacle.

Parallel Bars: Hand walks, swings, dips, hangs, straddle travels. Make sure mats and safety platforms are in place.

Vault:

Take-off with straight legs, always a 2 foot takeoff.

The farther your take-off from the spring board, the greater your power and height.

Jump up and down springboard with hands on vault table, get hips as high as possible.

Kneel-On – get knees onto vault.

Jump the fence – legs go over sideways

Squat-On – get feet onto vault between hands

Straddle-On – get feet onto vault outside of hands

Squat-Through – feet go all the way through between hands

Straddle-Over – feet go all the way through outside hands

Head Spring – NOT recommended

Jumping off springboard (without the vault) onto good crash mats = fun!!

If you have no apparatus, be creative. Use benches, climbing ropes for strength, playgrounds for bars, use walls, build pyramids and do partner stunts, create routines, group routines, use music, rhythmic equipment such as balls, ribbons, etc. For younger kids, incorporate skills into games. Try discovery learning, using phrases such as “show me…” rather than “do this.”

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