

A-Z School Games Challenge

G – Gymnastics (Rhythmic) Challenge – Create a Routine

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkout #StayHomeGetActive and tag @CWSchoolSport @YourSchoolGames



TOP Gymnastics: Balls and beanies...

Skill: **HAND APPARATUS – BEANBAGS AND BALLS**

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Roll and retrieve

Flick and catch

Grip bean bag between legs throughout roll

Over and under

Balance and bounce

Balance on different body parts

Finger ball walking

Bounce and retrieve

Balance and bounce

Over and under

Over and under

- ▶ In teams of four or five, players stand 1m apart, one behind the other, with legs astride.
- ▶ Child at back rolls ball through legs of other team members.
- ▶ Child at front collects and runs to back of line while everyone else moves forward one place.
- ▶ When all have had their turn and player that started has returned to rear, he/she collects ball, runs with it to the front and passes overhead.
- ▶ Game ends when second rotation is complete.
- ▶ As skill improves, introduce throwing behind head instead of passing.

Safety

- Ensure the children:
- ▶ are aware of others
 - ▶ avoid windows and doors when throwing
 - ▶ throw/roll into space and are aware of others when following a movement pathway
 - ▶ have been warmed-up.

Easier

- S** Throw and catch against a wall.
- T** Allow ball to bounce before catching.
- E** Use scarves or balloons for throwing and catching to increase reaction time.
- P** Partner helps you to stand from rocking position by gently pulling on hands.

Harder

- S** Throw and catch against a small target on wall.
- T** Throw and catch ball behind body or perform a 360 degree turn.
- E** Draw line/narrow path and ensure ball travels without deviation.
- P** Face away from partner and deliver ball above and overhead, then look for it under straddle legs as partner rolls back.

Using the skills above, can you put together a short routine?

Did you know:

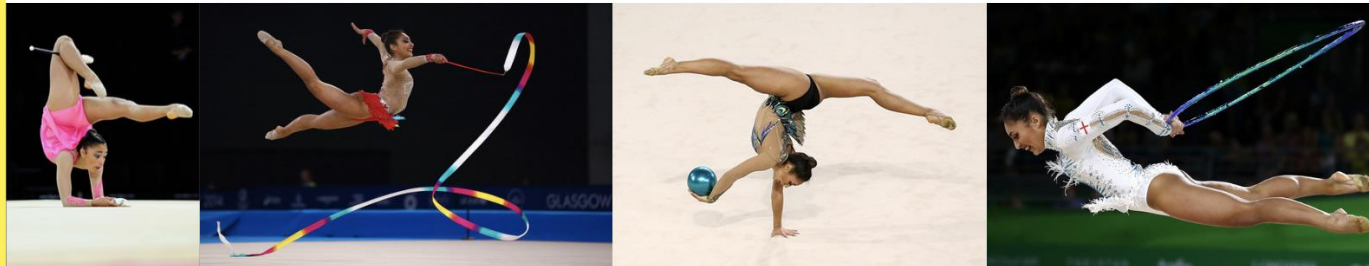
Rhythmic gymnastics is a sport in which gymnasts perform on a floor with these pieces of equipment:

HOOP - BALL – CLUBS – RIBBON - ROPE

The sport combines elements of gymnastics, dance and calisthenics; gymnasts must be strong, flexible, agile, dexterous and coordinated.

Birmingham-based **Mimi-Isabella Cesar** is a three-time British **all-around** medallist!

She made her Commonwealth Games debut at Glasgow 2014 and was a Team England ambassador for the Gold Coast 2018 Games. Here she is in action...



To Watch Mimi Cesar (@mimi_cesar) in action at the Rhythmic Gymnastics British Championships here - https://www.youtube.com/watch?v=BVLr5C_6bKE&feature=youtu.be

Can you make up your own routine?

If you have enjoyed this challenge and would like to discover more check out British Gymnastics YouTube <https://www.youtube.com/user/BritishGymnasticstv>

To find a local Gymnastics club follow the link - <https://www.british-gymnastics.org/discover/club>

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