

A-Z School Games Challenge

G – Gymnastics (Rhythmic) Challenge – Create a Routine

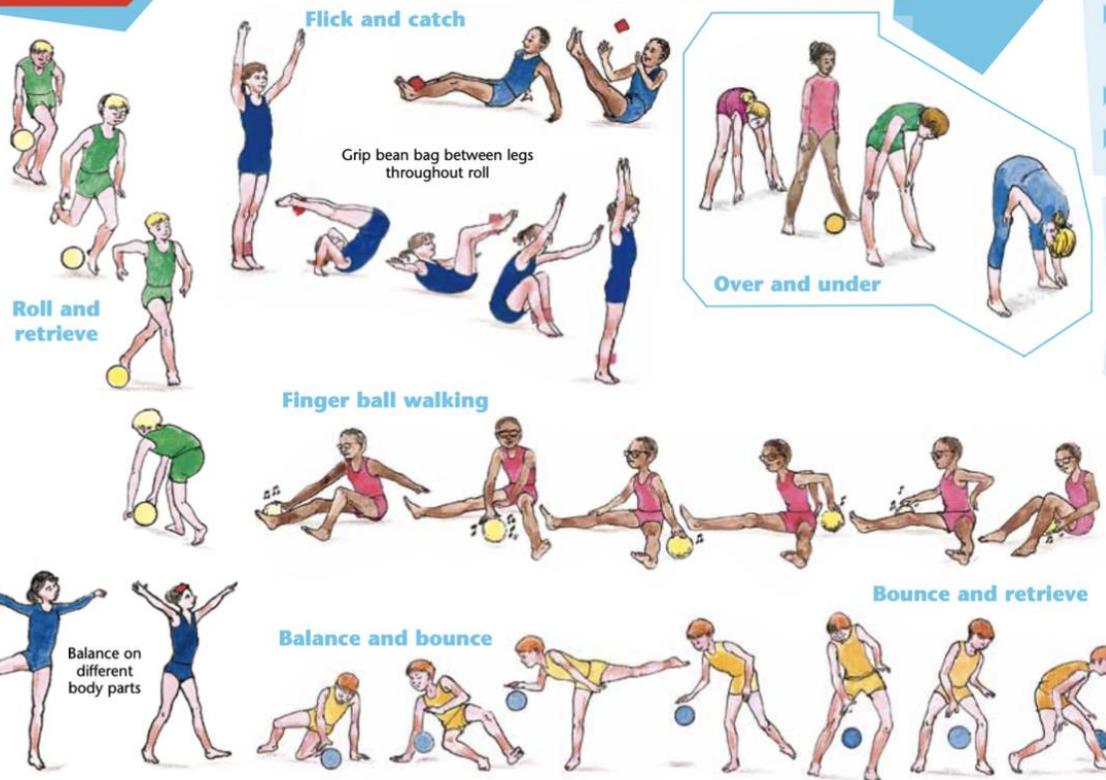
We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkOut and tag @swschoolgames



TOP Gymnastics: Balls and beanies...

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

14



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>

FOLLOW, RETWEET, GET INVOLVED!