

WEEK 4 - Wb 01.02.2021

Hi everyone,

This is our fourth home learning Gymnastics session! As usual, take your shoes off, make some space in your bedroom or your living room and get ready for some fun.

Each Gymnastics session is organised in two parts: one part where you are learning or practicing movements and skills and the other part about discovering some of the types of Gymnastics.

The learning intention we are covering with this topic are the following:

First Level

1-21a – I am discovering ways that I can link actions and skills to create movement patterns and sequences. This has motivated me to practise and improve my skills to develop control and flow.

1-24a – I can recognise progress and achievement by discussing my thoughts and feelings and giving and accepting feedback.

Part One – Creating a routine made of shapes and rolls

Last week, we discovered four new rolls. This week again, we will keep on focusing on the **control** of our body, the **accuracy** of our postures and we will add an element of **creativity** as we are going to create a new shape and rolls routine.

Step One

Warm up – Put on your favourite tune, turn the volume on and show off your best dance move! Make sure you move all parts of your body and that you increase your heart rate!



Step Two

Before you practice and perform the following rolls, make sure it is safe to do so. If you are not sure, just check with an adult. Check that you have enough space around you and that the space is clear from tripping hazards. Ideally you would want to use a yoga mat or a rug as it will be more comfortable and will help you to manage the space.

Can you remember the 4 rolls we discovered last week? Can you still perform them with accuracy? If you need, check again those videos:

1. **Teddy bear roll** – Think about: Sit down with your back straight, straight open legs. Grab the side of your knees with your hands. Roll on your elbow, your back and then opposite elbow. Create enough momentum to end back sitting down the opposite way of your start position. Practice rolling on both sides – there's always an easier one. Try to keep the momentum to complete multiple rolls in a row.

https://www.youtube.com/watch?v=rruAv_HdE70

2. **Egg roll** – Think about: Start from a tuck shape on your back, bring your knees close to your chest with your hands, roll on your side until you get on your knees. Keep the momentum going and roll on to your back.

<https://www.youtube.com/watch?v=ABu2XcNzTws>

3. **Pencil roll** – Think about: Start the roll lying straight on your tummy, legs straight, big toes together, arms straight, hands together, tuck your head between your arms. Roll on your side and your back to create a momentum to roll back on your tummy.

Try to roll in both directions.

<https://www.youtube.com/watch?v=w3EwALrJ5Aw>

4. **Dish Roll** – Think about: Perform a pencil roll but keeping your hand and feet. Use the momentum to perform a couple of rotation. Practice both sides.

<https://www.youtube.com/watch?v=GsxwRQ-0kN4>

Can you remember some of the shape we practiced two weeks ago? Practice 5 of your favourites ones.

Step Three

Time to plan your new routine! Choose 3 to 7 shapes and a few rolls and create a routine. You can write or draw each shape and roll to help you memorise it and perform them in the right order. To show that you are in control of your body, make sure you can hold each shape for 5 seconds before the next shape or roll. Gymnastic is not about speed, it's about showing control. So, take your time and breathe in between each shape or roll.

Ask a member of your family for some feedback: are your shapes and rolls accurate? Did you manage to perform them in the order you planned them? Talk about what you could improve and give it another go!

Ask someone to record a video of your routine. Watch it and give yourself some feedback!

Can you memorize your routine and perform it again the next day?

Part Two – Aerobic and Acrobatic

Step One – Discover

We have now learnt about Artistic, Trampoline, DMT, Tumble, Rhythmic and TeamGym. This week, we will learn about 2 final gymnastics disciplines; Acrobatic and Aerobic.

Acrobatic - This discipline is in not the Olympics. The gymnasts can be on their own, in a pair or in a group. There is dance involved and the gymnasts have to be very strong and flexible, and have great balance.

Aerobic - This discipline is not in the Olympics. This discipline is a high energy and high-intensity dance to music with gymnastics skills.

Step Two - Watch

Here is a video of each discipline.

Acrobatic - <https://www.youtube.com/watch?v=pyeAKOkDGW5>

Aerobic - <https://www.youtube.com/watch?v=z5fMO-JUG2Q>

Step Three – Create

Do some research to find out more information about your favourite gymnastics discipline. Create a poster to give some information about that discipline. For Example:

- Who is the World Champion?
- How do you get the most points?
- Which apparatus do they use?
- Is there a club which does this discipline in Edinburgh?