

# Gymnastics

**Miss Williams**  
**Anton Junior School**

# Five Basic Shapes



## Straight Shape

- Reach up tall – straight back – stretch fingers
- Legs should be straight



## Tuck Shape

- Straight back
- Tuck heels up to your bottom
- One hand on each leg



## Star Shape

- Straight back
- Wide legs
- Stretch arms and fingers out



## Straddle Shape

- Straight back
- Wide legs
- Reach arms towards your toes



## Pike Shape

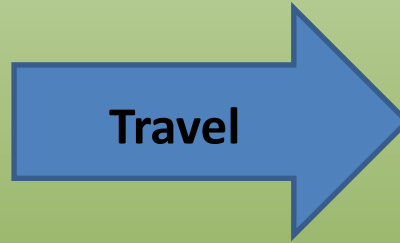
- Straight back
- Legs together
- Reach arms towards your toes
- Legs flat against the floor, pointed toes

# Creating a Sequence



**Tuck Shape**

- Straight back
- Tuck heels up to your bottom
- One hand on each leg



**Star Shape**

- Straight back
- Wide legs
- Stretch arms and fingers out

# Starting and Finishing



**Straight Shape**

- Reach up tall – straight back – stretch fingers
- Legs should be straight



**Tuck Shape**

- Straight back
- Tuck heels up to your bottom
- One hand on each leg

Travel



**Star Shape**

- Straight back
- Wide legs
- Stretch arms and fingers out

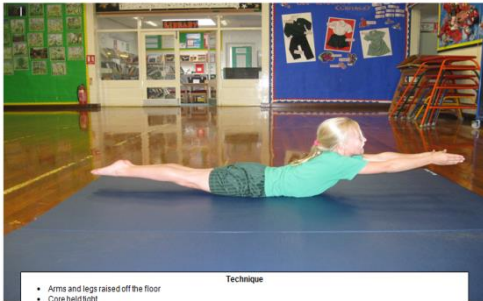


**Straight Shape**

- Reach up tall – straight back – stretch fingers
- Legs should be straight

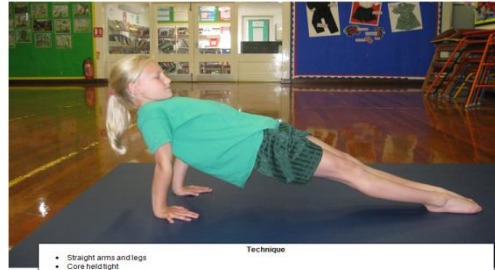
# Individual Skills

## Individual Skills - Arch Hold



- Technique
- Arms and legs raised off the floor
  - Core held tight
  - Legs squeezed together
  - Fingers and Toes pointed

## Individual Skills - Back Support



- Technique
- Straight arms and legs
  - Core held tight
  - Straight body and pointed toes
  - Fingers point forward

## Individual Skills - Bridge



- Technique
- Lie flat, bring feet up close to bottom and put hands in position by ears.
  - Push up with arms and try to straighten legs, encourage children to look behind them.
  - It will take much practice to achieve a body position as flexible as that pictured above.
  - After completing a bridge, encourage children to 'rock out'.

## Individual Skill - Front Support



- Technique
- Straight arms and legs
  - Core held tight
  - Straight body

## Individual Skills - Dish Hold



- Technique
- Arms and legs raised off the floor
  - Arms straight with hands pointing towards feet
  - Core held tight
  - Legs squeezed together and toes pointed

## Individual Skills - Shoulder Stand



- Technique
- Body and legs in line and vertical as possible.
  - Legs straight, feet together and toes pointed.
  - Arms used to support back of the floor.

# Creating a Sequence

Individual Skills - Back Support



- Technique
- Straight arms and legs
  - Core held tight
  - Straight body and pointed toes
  - Fingers point forward

Travel

Individual Skills - Bridge



- Technique
- Lie flat, bring feet up close to bottom and put hands in position by ears
  - Push up with arms and try to straighten legs, encourage children to look behind them.
  - It will take much practice to achieve a body position as flexible as that pictured above.
  - After completing a bridge, encourage children to "rock out"

# Level 1 Balances

## ANTON JUNIOR SCHOOL GYMNASTICS PLANNING LEVEL ONE PARTNER

### BALANCE: 'COUNTER BALANCE'



- TECHNIQUE**
- \* Children start with their toes touching and holding wrists.
  - \* Both children lean back slowly.
  - \* If the children are balanced, they can let go of one hand.

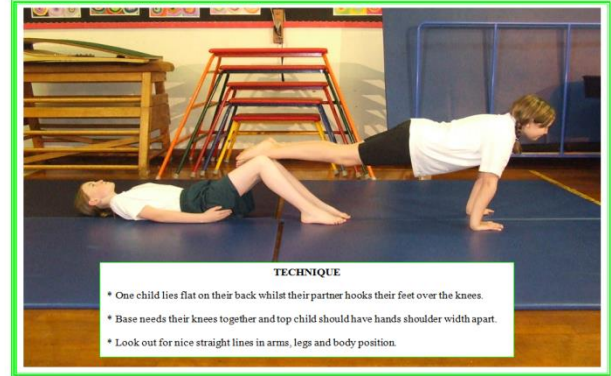
## ANTON JUNIOR SCHOOL GYMNASTICS PLANNING LEVEL ONE PARTNER BALANCE; "THIGHS"



- TECHNIQUE**
- \* Base child in low kneeling position. Hold partner by wrist.
  - \* Top child puts 1 foot on thigh, followed by second and tries to stand upright. Feet very slightly turned outwards.
  - \* As the pair improve both children should be encouraged to lean forward in a counterbalance position.

## ANTON JUNIOR SCHOOL GYMNASTICS PLANNING LEVEL ONE PARTNER

### BALANCE: "KNEES"



- TECHNIQUE**
- \* One child lies flat on their back whilst their partner hooks their feet over the knees.
  - \* Base needs their knees together and top child should have hands shoulder width apart.
  - \* Look out for nice straight lines in arms, legs and body position.

## ANTON JUNIOR SCHOOL GYMNASTICS PLANNING LEVEL ONE PARTNER

### BALANCE: "SHOULDERS"



- TECHNIQUE**
- \* Base child in straddle sitting position with straight legs and pointed toes.
  - \* Top child should have hands shoulder width apart in press up position with feet resting on shoulders of base.
  - \* Look out for nice straight lines in arms, legs and body position, heads looking forward.

## ANTON JUNIOR SCHOOL GYMNASTICS PLANNING LEVEL ONE PARTNER

### BALANCE: "STEPS"



- TECHNIQUE**
- \* One child lies flat on their back with arms straight up and vertical.
  - \* Top child should have hands shoulder width apart in press up position. Top raises one leg at a time for base to hold ankles.
  - \* Look out for nice straight lines in arms, legs and body position.

# Level 2 Balances

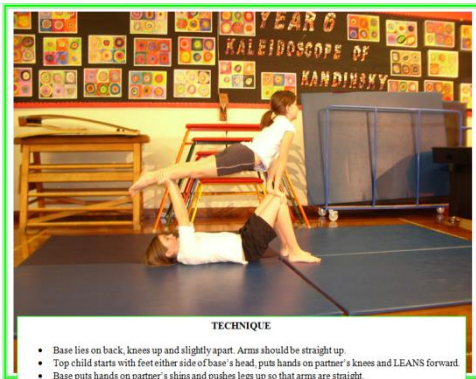
## ANTON JUNIOR SCHOOL GYMNASTICS PLANNING LEVEL TWO PARTNER BALANCE: "THIGHS WITHOUT SUPPORT"



### TECHNIQUE

- \* Children complete 'Thighs' balance.
- \* When balanced the child on top stands up straight.
- \* Both children let go of wrists.

## ANTON JUNIOR SCHOOL GYMNASTICS PLANNING LEVEL TWO PARTNER BALANCE: "HIGH KNEES"



### TECHNIQUE

- Base lies on back, knees up and slightly apart. Arms should be straight up.
- Top child starts with feet either side of base's head, puts hands on partner's knees and LEANS forward.
- Base puts hands on partner's shins and pushes legs up so that arms are straight.

## ANTON JUNIOR SCHOOL GYMNASTICS PLANNING LEVEL TWO PARTNER

### BALANCE: "HIGH LEG"



### TECHNIQUE

- \* Base on hands and knees. Top child should have hands shoulder width apart in press up position with one foot resting on back of base and the other leg as straight and as high as possible.

## ANTON JUNIOR SCHOOL GYMNASTICS PLANNING LEVEL TWO PARTNER

### BALANCE: "ANKLES"




### TECHNIQUE

- \* One child lies flat on their back with arms straight up and vertical, feet shoulder width apart.
- \* Top child should have hands shoulder width apart in press up position, holding shins or ankles. Top child raises one leg at a time for base to hold ankles.
- \* Look out for nice straight lines in arms, legs and body position, heads looking forward.

# Level 3 Balances

ANTON JUNIOR SCHOOL GYMNASTICS PLANNING LEVEL THREE PARTNER  
BALANCE: "ANGEL"



**TECHNIQUE**

- Base lies back and places feet (slightly turned out) on top's hips and grasps top's hands.
- Top leans in, so weight shifts forward, then base pushes legs upwards to support partner.

ANTON JUNIOR SCHOOL GYMNASTICS PLANNING LEVEL THREE PARTNER  
BALANCE: "LUNGE"



**TECHNIQUE**

- Base stands in lunge and helps partner into straddle handstand, top opens legs as wide as possible trying to keep them straight and toes pointed.

ANTON JUNIOR SCHOOL GYMNASTICS PLANNING  
LEVEL THREE PARTNER BALANCE;  
"FEET"



**TECHNIQUE**

- Base lies on back and lifts legs into air ready to support top.
- Top child handstands with hands placed near partner, base lets top come forward, then supports with feet on lower back.


ANTON JUNIOR SCHOOL GYMNASTICS PLANNING  
LEVEL THREE PARTNER BALANCE;  
"HIGH THIGHS"



**TECHNIQUE**

- Base child starts with feet wide and legs bent to 90 degrees.
- Top child puts 1 foot on thigh, followed by second and toes to stand upright.
- As the pair improve both children should be encouraged to lean back in counterbalance position. Hold partner by wrists.


ANTON JUNIOR SCHOOL GYMNASTICS PLANNING  
LEVEL THREE PARTNER BALANCE;  
"STRADDLE LIFT"



**TECHNIQUE**

- The base child hooks their arms under the arms of the child who is the top.
- The child who is the top holds their legs in straddle position.

ANTON JUNIOR SCHOOL GYMNASTICS PLANNING  
LEVEL THREE PARTNER BALANCE;  
"TRUNK"



**TECHNIQUE**

- Base is on hands and knees (shoulder width apart) back flat. Base can help control partner by lifting either shoulder.
- Top child hooks arms under trunk of base and kicks up into handstand position.