

Hi again. I hope you are well. Here are some warm-up ideas and stretches for you to do **BEFORE** you start on your other skills and badge work. 😊

## Message for Grown-ups "Think Safety First!"

You are responsible for your children's safety therefore please:-

- choose appropriate clothing for them to wear
- create as much open space as possible
- remind your child(ren) to be careful of family, pets and furniture!!

Your child's British Gymnastics insurance will cover them for home activities which are fitness, conditioning or flexibility related, therefore only practice what we have suggested. They must NOT try more advanced skills.

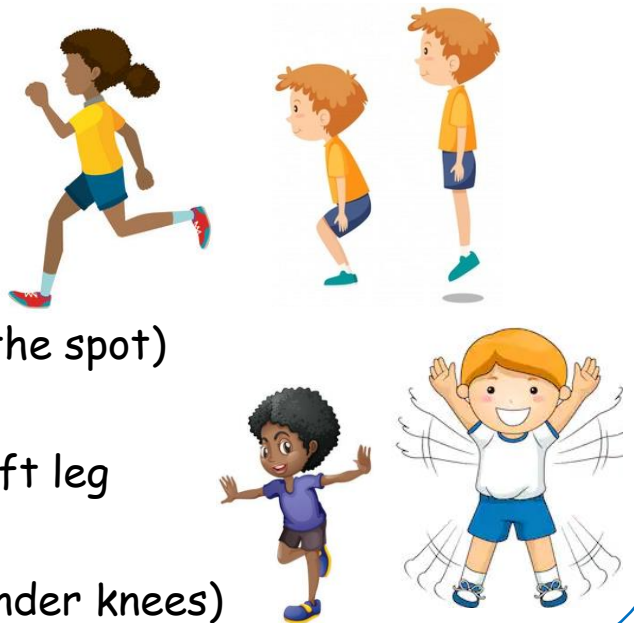
All activities are optional and we recommend spending the same amount of time on them as they would in their normal gymnastics session. If they wish to do more then ensure they listen to their bodies and give themselves days off if their muscles are achy, stiff or tired.

**TGC is not responsible for anything that gets broken, including china mugs!!**

## (1) Pulse raiser

Do all the activities below for a count of 10 for each - your heart should be beating quickly by the end!

- March on the spot
- Jog on the spot
- Run on the spot
- Kick heels to your bottom
- Lift knees up in front
- Rebound jumps (jumping on the spot)
- Jumping jacks
- Hopping on right leg, then left leg
- Hopscotch
- Knee lift claps (clap hands under knees)



Now your body is nice and warm let's do a few gentle stretches and limber up! Here's a poem to help you - you may need to repeat a few stretches to ensure you have had a good stretch!



## (2) Stretching/Mobility

### Heads/Necks

Look up to the ceiling, look down to the floor,  
do it again, again and finally once more.  
Turn your head towards a window, now tilt it towards a door,  
Roll your head from side to side,  
NEVER backwards, so keep looking at the floor

### Shoulders

Circle your shoulders round and round  
Shrug your shoulders up to your ear  
And push your shoulders back down to the ground (repeat)

### Arms and elbows

Can you circle one arm forwards and one backwards  
so they are going the opposite way?  
Lift arms out to the side, bend your elbows, and let your hands just sway

### Wrists and fingers

Clasp your hands together and make a fun, roller coaster ride  
Now flick your fingers in front, up in the air and slowly down each side

### Side stretches

Stand in straddle stand with your feet nice and wide  
Reach over your head with an arm and lean down to stretch your side  
(repeat the other side)

### Hips (standing straddle stretch with flat backs)

Circle your hips round and round, whilst standing and not sat!  
Push your hips forwards and now backwards keeping you back nice and flat

### Legs (sit in straddle - side stretches)

Glutes and hamstrings are muscles which are being stretched here  
And if we sit in straddle and reach over,  
our patella (knee) is now closer to our ear

## (2) Stretching/Mobility continued

### Backs (Happy/Angry Cat & Seal stretch)

From hands and knees push you backs down and up and up and down  
Each time your belly button should be pushed towards the ground

Stretch your arms out in front and sit back on your heels  
Slide your chest along the floor, keeping your hips on the ground,  
and push up like a seal

Sit back again, and stretch the shoulders and back once more  
This time when you stretch up and look around for a door

Put your phalanges on your cranium, that's toes on your head  
turn over and sit in tuck and rock backwards and forwards instead

*Remember hands should be flat, and hips on the ground,  
Check you have done this before you take a look around!  
Was that fun? you did well, let's do it again and again!*

### Wrists again

Put your hands and knees on the floor and make a shape like a table  
If you have lots of right angles, your body will be very stable

Hands should always be flat with fingers open wide  
Now turn them out to face the walls and rock from side to side.

Turn your fingers to face your knees and gently start to sit back  
Can you feel the stretch in your wrists?

That's good, but make sure you keep your hands flat!

### Ankles and toes

Sit in pike, and circle your ankles around and around  
Flex your toes towards the ceiling, then point them towards the ground

Push your left foot to the floor, with your right toes in the air  
Now swap them over several times, like pedals on a ride at the funfair!

Our stretches are nearly done, and are warm-up nearly through  
Stand up, feet together and now you are ready for the next thing to do!



Before you finish your gymnastics activities, you must do a **COOL DOWN!**

- These can be exercises similar to your warm-up stretches!
- Make sure you relax into your stretches and hold them for a count of 8
- By the time you have finished your heart rate should have slowed down and you should feel GREAT !
- Thank you Ezeaku, from Friday AR1, for showing and sharing some of your stretches!



## Arms



## Hips/Legs



## Legs/Waist



## Legs



Hips/Back



Hips/Back



Front of legs



Calves



Ankles



Wrists



Well done on your cool down activity. Keep up the good work and don't forget to only practise the activities we have given you and only practice for the same amount of time you would normally do gymnastics for!