

NOTTS SCHOOL & GAMES

#stayinworkout

#stayhomestayactive

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



For additional challenges and ideas on how to keep physically active visit the Active Notts [website](#) or your School Games Organiser page.

The School Games Organiser network and Active Notts are working together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care.

The weekly activities will be sport themed and include golf, football, orienteering, athletics, cricket, gymnastics, boccia, netball and racquet sports. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This weekly resource will give simple ideas on how to be physically active with a different sport theme for 30 minutes each day. For ideas on how to achieve the remaining 30 minutes please visit Active Notts [website](#) or contact your local School Games Organiser by clicking on their logo within this resource.

This pack contains a schedule of suggested activity challenges for the week and daily activity cards. You do not have to do them in the suggested order or in fact do them all, if you really enjoy one day there is nothing stopping you doing that activity every day! However, if you do the personal challenge, we would encourage you to have a go at it each day and aim for improvement. There will be a virtual competition each Friday, details of how to enter are shown on the schedule page and on the Friday activity card. There will be prizes for schools with the highest percentage of entries based on pupils on roll, certificates for all entrants and a prize draw after the last week for those who have entered 100% of the virtual competitions. Where permission has been granted, we may showcase entries, on the Active Notts website, in our newsletter, on the Active Notts Facebook, @Active Notts Twitter account and with local media outlets. Please make sure that all activities are carried out in a safe manner and to government guidance re COVID-19.

We are very interested to receive your feedback so we can continue to do what works well but also make amendments to future weeks to ensure the resource is relevant and useful. Please send any feedback to nottsschoolgames@activenotts.org.uk

Active Notts and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

INTRODUCTION TO

GYMNASTICS

HISTORY OF GYMNASTICS

The term gymnastics, derived from a Greek word meaning “to exercise naked,” applied in ancient Greece to all exercises practiced in the gymnasium, the place where male athletes did indeed exercise unclothed. Women weren't permitted to compete in gymnastics events until the 1920s.

LOCAL OLYMPIC ATHLETES TO RESEARCH



Ellie Downie



Sam Oldham



Becky Downie

Quiz

1. What piece of equipment did GB gymnast Louis Smith specialise in, winning a silver in 2012 and 2016 and bronze in 2008 Olympics?
2. Who is the current Women's Individual All-Round Olympic Champion?
3. Which former Blue Peter presenter and current One Show presenter was an England Junior gymnast?
4. What apparatus do females compete on?
5. What apparatus do males compete on?



SPORT THEME

GYMNASTICS

SECONDARY

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

#stayhomestayactive

#stayinworkout

MONDAY MOVERS

! Physical literacy/skills

Activity overview

Making Shapes

Learn body shapes

Squat Challenge

Stand up straight then bend your knees to at least 45 degrees, arms out in front, start the stopwatch and hold!

Equipment needed

Stopwatch

School Games value focus

Self Belief and Honesty

TUESDAY CHALLENGE

! Personal challenge

Activity overview

One Foot Balances

Explore different ways of balancing

Arm Circles Challenge

How many circles you can do in 45 seconds

Equipment needed

Stopwatch

School Games value focus

Determination

WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview

Jumping

Learn a variety of gymnastic jumps

Shoulder Taps Challenge

Equipment needed

Stopwatch

School Games value focus

Respect

THURSDAY THINKING

! Problem solving

Activity overview

Rolling

Rock and Roll

Teddy Bear Roll

Dish – Arch Roll

Forward Roll

Press Up Challenge

How many can you do in 45 seconds

Equipment needed

Stopwatch

Skipping rope or a piece of tape

School Games value focus

Respect

FRIDAY FUN

! Virtual competition

Activity overview

Create a routine

Submit a film clip (max 15mb) or photos of yourself doing your routine

Once complete, submit your routine to <http://www.activenotts.org.uk/forms/view/sgvc> before 9am on Friday 26th June 2020. Earn points for your school and download your certificate

Equipment needed

If desired - Small object e.g. rolled up socks, teddy bear, ball, scrunched up tinfoil. Piece of music. Device to record or photograph

School Games value focus

Passion



RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



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MONDAY MOVERS

! Physical literacy/skills

ACTIVITY

Have a go at performing these shapes!

- **Straight** – Reach up tall with a straight back. Arms up above your head and legs straight, with feet together
- **Straddle** – Sit with a straight back with arms out to the side. Stretch legs out straight in a wide position and point toes
- **Pike** – Sit with a straight back with legs out straight in front keeping feet together. Arms either stretched upwards or out vertically in front
- **Tuck** – Sit with a round back, tucking knees into chest keeping feet on the floor
- **Dish** – Lay on back in straight shape. Lift legs, arms and head off the floor to balance on back and bottom
- **Arch** – Lay on front in straight shape. Lift legs, arms and head off the floor to balance on tummy
- Watch the [Demonstration Video](#) and see photos on the next page to see how to do it

MAKE IT EASIER...

- Dish – tuck knees into tummy and reach arms forwards

MORE OF A CHALLENGE

- Can you balance on your bottom for straddle, tuck and pike?

MAKE IT INCLUSIVE

- Try doing the shapes laying down or on your side.

LEAD OTHERS

- Play Simon says with others in your house hold using the shapes.

How can you demonstrate self belief throughout this challenge?

Believe that you can remember these shapes off by heart.



15mins



! TOP TIPS

Keep a tight body position. Straight legs and arms with toes pointed

Making Shapes

MONDAY MOVERS

! Physical literacy/skills

ACTIVITY

Gym Fit Squat Challenge

- To get the week started let's have a go at the Gym Fit Squat Challenge!
- Stand up straight then bend your knees to at least 45 degrees, arms out in front, start the stopwatch and hold!
- When you can't hold the squat any longer, stop the watch!
- Have a rest and then repeat
- Watch the [Gym Fit Video](#) to see how to do it!

MAKE IT EASIER...

- If you're finding it tough, reduce the angle of your squat

MORE OF A CHALLENGE

- See if you can beat your original time. To make it more of a challenge do a deeper squat

MAKE IT INCLUSIVE

- Hold on to the back of a chair or some other object

LEAD OTHERS

- Get others in your household to have a go. Who is the champion squatter?

EQUIPMENT NEEDED

- Just a stopwatch



15mins



How can you demonstrate honesty throughout this challenge?

Did you keep the squat in a constant hold?

! TOP TIPS

Focus on an object that is front of you and keep your head up

Squat Challenge

Why not try this now? [Upside Down Challenge](#)

Why not try this now? [Basic ball apparatus handling](#)

Straight



Tuck



Straddle



Pike



Dish



Arch



TUESDAY CHALLENGE

One Foot Balances

! Personal Challenge

ACTIVITY

- **Stork Stand** – The leg you're going to stand on is kept as straight as possible with your foot turned out slightly and flat on the floor. Focus your eyes on something that doesn't move and slowly lift your free leg to the front or side to balance. Stretch your arms up or out to the side
- **Arabesque** – Stand tall with arms out to the side. Choose your balancing leg, keep it as straight as possible and slowly lift the back leg up, keeping your back tensed as the body slowly tilts forward. Look forward and keep your shoulder up
- **Y balance** – Standing tall. Perform a side leg stork balance. Take the hand from the same side of the body and hold onto your foot. Slowly lift the foot as high as possible, carefully pushing the leg straight. Reverse slowly to stand safely
- **T balance** – Start with feet together and slowly lean to one side, lifting the opposite side as they move. Once your body is as near to being horizontal as possible (looking like a T) hold it before lowering your leg and raising your body to stand
- **Watch the [Demonstration Video](#) and see photos on the next page to see how to do it to see how to do it**

MAKE IT EASIER...

- Hold onto a wall to help you balance

MORE OF A CHALLENGE

- Can you put your balance on a secure platform? e.g. a low brick wall or your moving scooter. [Video](#)

MAKE IT INCLUSIVE

- Place foot on top of balancing foot for stork stand. Rest foot on platform and hold onto wall for arabesque

LEAD OTHERS

- Can you perform these balances linked with someone from your house?



15mins



How can you demonstrate determination throughout this challenge?

Don't give up! Try your hardest to conquer these balances.



TOP TIPS

Keep a tight body position. Straight legs and arms when needed, with toes pointed. Focus on something that doesn't move

Why not try this now? [Gymnastic balances at home with Georgia-Mae Fenton](#)

#GymnastsAtHome – follow for more challenges to do!

TUESDAY CHALLENGE

Arm Circles Challenge

! Personal Challenge

ACTIVITY

- Stand with your arms out at shoulder level to form a right angle "T" shape
- When the stopwatch starts, circle your arms in a clockwise direction just making small circles
- Remember that your arms have to stay in a "T" shape and not drop below your shoulders
- The time limit is 45 seconds, keep counting how many circles you can do during that time
- **Watch the [Gym Fit Video](#) to see how to do it!**

MAKE IT EASIER...

- Make your time limit 30 seconds to start with

MORE OF A CHALLENGE

- Challenge two is to see how long you can keep doing circles for before you have to stop

MAKE IT INCLUSIVE

- Sit on a chair and make circles below your shoulder height

LEAD OTHERS

- Compete against those in your house to see who can do the

EQUIPMENT NEEDED

- Just a stopwatch



15mins



How can you demonstrate honesty throughout this challenge?

When it starts to hurt, be determined to keep your arms up



TOP TIPS

Keep your chin and head up and focus on an object in your eye line

Why not try this now? [Gymnasts at Home Spinning Challenge](#)

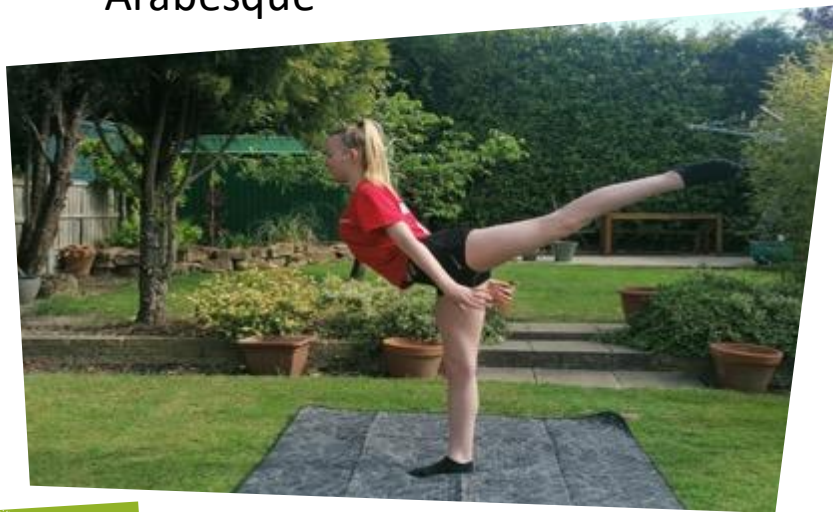
T Balance



Stork to the in front



Arabesque



Y balance



WEDNESDAY WORKOUT

! [Links to numeracy/literacy](#)

ACTIVITY

Bend your knees and swing your arms down and backwards. Push from the floor straightening knees and lifting arms forward and upwards. Quickly move legs into the shape if needed. Be ready for a safe landing with slightly bent knees, arms straight in front feet slightly apart. Hold your landing for three seconds.

Stretch Jump – Straight shape

Tuck Jump – Tuck knees into chest

Star Jump – Arms and legs swing out to the side, landing back with feet together.

Straddle Jump – legs lift in front to show straddle shape. Land with feet together

Pike jump – Keep feet together and lift into pike shape from take off.

Half turn jump – Straight shape, but use shoulders to direct the turn. Jump to see what is behind you. 180°

Full turn Jump - Straight shape, but use shoulders to direct the turn. Focus on something so when you land you see it again. 360°

Watch the [Demonstration Video](#) to see how to do it



15mins



How can you demonstrate respect throughout this challenge?

Respect the space you are using

LEAD OTHERS

- Play Stick it against members of our household. It's all about the best landing to get through to the next round. Work your way through the jumps



TOP TIPS

Keep a tight body, straight arms and legs when needed and keep toes pointed.

Jumping

MAKE IT EASIER...

- Take off from a slightly higher platform to give you more time

MORE OF A CHALLENGE

- Can you jump with an object between your knees or ankles without dropping it? Stretch, tuck, pike, half turn, full turn

MAKE IT INCLUSIVE

- Perform a basic jump, then show the shape statically either seated or walk the turns

WEDNESDAY WORKOUT

! [Links to numeracy/literacy](#)

ACTIVITY

- **Shoulder Taps Challenge**
- For the start of this challenge you need to be in the press up position.
- Staying in the press up position lift your right hand off the floor and reach up to tap your left shoulder.
- Then repeat, but this time it's left hand to tap the right shoulder
- The time limit for this challenge is 45 seconds
- Watch the [Gym Fit Video](#) to see how to do it

EQUIPMENT NEEDED

- A stopwatch



15mins



How can you demonstrate respect throughout this challenge?

Respect the space you are using.



TOP TIPS

Keep your upper body still and move with your hips

Why not try this now? [How to Skip with a rope!](#) Skip backwards, cross skip, group skipping, two rope rotators and one jumper in the middle - try the jumps with the shapes!

Shoulder Taps Challenge

MAKE IT EASIER...

- Kneel instead of the full press up position

MORE OF A CHALLENGE

- See how many taps you can do in one minute!, then try and beat it

MAKE IT INCLUSIVE

- See how many shoulder taps you can do from a seated or standing position

LEAD OTHERS

- See who is the top shoulder tapper in your household!

THURSDAY THINKING

Rolling

! Problem solving

ACTIVITY

Rock and Roll – sitting in a tuck shape holding onto the front of your legs, roll back onto your shoulders, keeping your head tucked in towards your knees. Then roll forwards so that your feet then come back to the floor.

Teddy Bear Roll – sitting in a straddle, hold onto your knees. Lean one shoulder sideways towards the floor and at the same time, lift the opposite leg. Roll onto your shoulders staying in a straddle, land back into straddle after rotating 180°. Land to see what is behind you.

Dish – Arch Roll – holding a dish shape, lean onto one side of your body rolling over onto your tummy. As you roll, change your shape to an arch. How many can you do before you run out of space?

Forward Roll – start in a straight shape, then crouch down small placing hands on the floor in front of you. Tuck your head in so that you roll on your shoulders, not the top of your head. Roll like a ball in a tuck shape, until feet land back on the floor. Stand up to finish in a straight shape without using hands to stand.

Watch the [Demonstration Video](#) to see how to do it!



15mins



How can you demonstrate respect throughout this challenge?

Respect the space that you have around yourself to keep safe movement

MAKE IT EASIER...

- Practice your dish hold to help build those core muscles for rock and roll

MORE OF A CHALLENGE

- Can you link a jump after your forward roll?

MAKE IT INCLUSIVE

- Stick with Rock and Roll, but can you rock in different body shapes that were learned on Monday?

LEAD OTHERS

- See-Saw - hold hands with a family member facing each other, one sits down, the other stands up



TOP TIPS

Forward Roll Rhyme - Stretch up tall, Crouch down small, Tuck your head in and roll like a ball

Why not try this now? [Twinning Challenge](#) – You'll need a partner!

THURSDAY THINKING

Press Up Challenge

! Problem solving

ACTIVITY

- **Press Up Challenge**
- Last challenge of the week is the Press Up Challenge
- Once again you have to try and do as many as you can in 45 seconds
- Once you've had your first go see if you can beat it with a second and third attempt

- Watch the [Gym Fit Video](#) to see how to do it

EQUIPMENT NEEDED

- A stopwatch and something to mark a line on the floor like a skipping rope or a piece of tape



15mins



How can you demonstrate respect throughout this challenge?

If you challenge others in the household respect their best efforts

MAKE IT EASIER...

- Kneel to make the press up position easier

MORE OF A CHALLENGE

- See how long you can keep doing press ups for – can you do 60 seconds?

MAKE IT INCLUSIVE

- Stand facing the wall, put your hands on the wall and push yourself off the wall then repeat

LEAD OTHERS

- Challenge others in your household to see who can get the top score!



TOP TIPS

Keep your tummy muscles nice and tight and don't let your bottom sag below your hips!

Why not try this now? [The Throw and Catch Challenge](#)

FRIDAY FUN

Routines



30mins

! Virtual competition

ACTIVITY

- Create a 60 second routine that includes some of the moves that you have learned this week
- Submit a 60 or 30 second film clip (max 15mb) or series of photos of yourself doing your routine, download your certificate and earn points for your school – the school with the most entries per children on roll will receive an equipment voucher. Submit your routine or photos to <http://www.activenotts.org.uk/forms/view/sqvc> before 9am on Friday, June 26
- **Here's an example of a [SIMPLE FLOOR ROUTINE](#) (with a guest appearance from Skye the dog!)**
- Please only include moves to match capability. Please do NOT attempt any moves that cannot be done safely
- If you would like to join a local gymnastics club to learn more skills, please contact your School Games Organiser

EQUIPMENT NEEDED

- If desired – Small Object e.g. rolled-up socks, teddy bear, ball, crumpled-up tinfoil, towel to be included.
- Music and camera or recording device



How can you demonstrate passion throughout this challenge?

Take ownership on your routines. Show real passion and thought into your routines.

! TOP TIPS

It may take you lots of attempts to make a routine you're happy with. Write down your ideas. Video as you go along so you don't forget it!

Why not try this now? Gymnastic work outs to Music; [Ariana – 7 Rings](#) / [Uptown funk](#)



Check Max Whitlock out here doing his floor routine!

Check Ellie Downie out here doing her floor routine!



MAKE IT EASIER...

- Make your routine last 30 seconds

MORE OF A CHALLENGE

- Include all the challenges. Link as many skills together as possible.
- Use music, keep in time and add dance moves

MAKE IT INCLUSIVE

- Use the inclusion tasks to create your sequence

LEAD OTHERS

- Challenge those in your household to create their own routine too as well as those who don't live in your household e.g. grandparents, aunts, uncles, friends and cousins