

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.

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

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

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

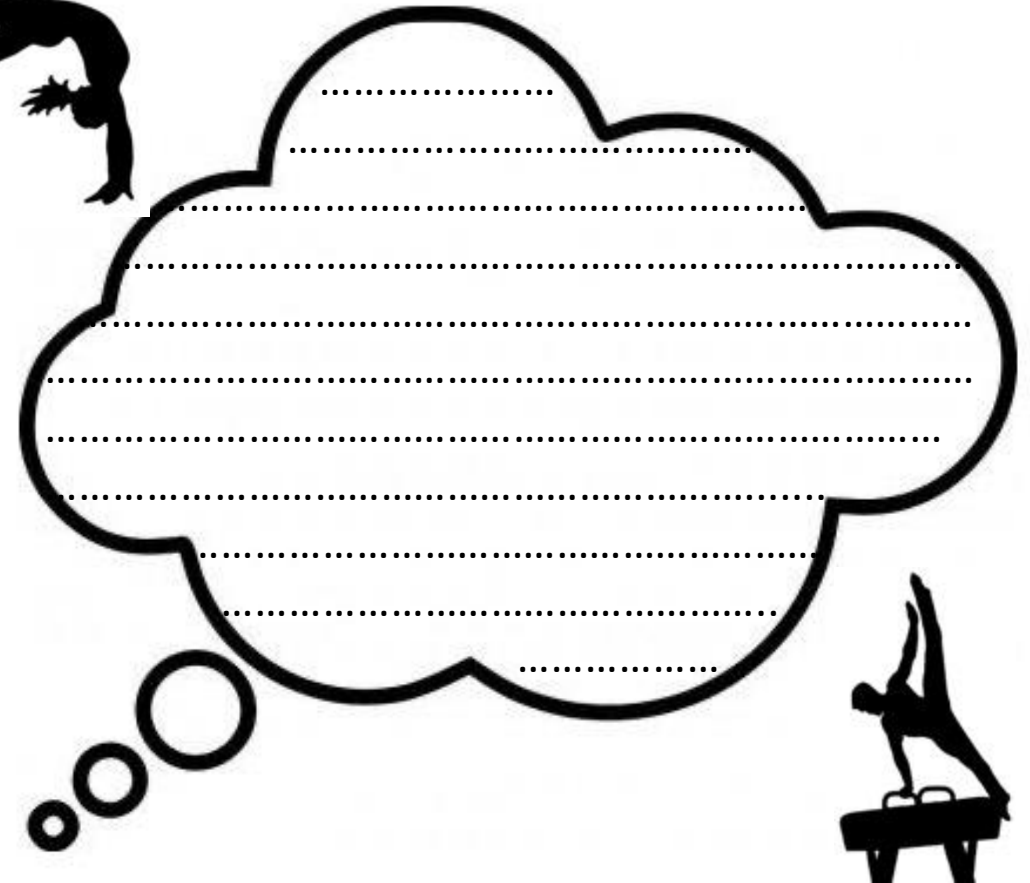


Sam Oldham



Becky Downie

What apparatus can you name that females participate on and then which males participate on?



Have a go at these [Gymnastic word searches](#)

Have a go at these [colourings](#)

SPORT THEME

GYMNASTICS

PRIMARY

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

Rolling and balancing on body

Use hand apparatus with body shapes

Equipment needed

Small object e.g. rolled-up socks, teddy bear, ball, scrunched-up tinfoil.

School Games value focus

Self Belief and Honesty

TUESDAY CHALLENGE

! Personal challenge

Activity overview

One Foot Balances

Explore different ways of balancing

Balancing with Objects

Use objects in your balances

Equipment needed

Small object e.g. rolled-up socks, teddy bear, ball, scrunched-up tinfoil.

School Games value focus

Determination

WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview

Jumping

Learn a variety of gymnastic jumps

Throw and Catch

Throw an object, jump and then catch!

Equipment needed

Small object e.g. rolled-up socks, teddy bear, ball, scrunched-up tinfoil.

School Games value focus

Respect

THURSDAY THINKING

! Problem solving

Activity overview

Rolling

Rock and Roll

Teddy Bear Roll

Dish – Arch Roll

Forward Roll

Equipment needed

Small object e.g. rolled-up socks, teddy bear, ball, scrunched-up tinfoil.

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/sqvc> 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

Making Shapes

! 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.

See photos on the next page for demonstrations

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 household 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.

Why not try this now? [Baby Shark Dish Shape Work out!](#)

MONDAY MOVERS

Hand Apparatus

! Physical literacy/skills

ACTIVITY

Rolling on Body

Can you sit in a pike shape and roll your object from your feet, along your body and up to your chest and back down again with your hands? Try this for all the shapes covering all of your body parts! <https://youtu.be/hdsTvjj2TsA>

Balancing

Can you balance your object on different parts of your body whilst performing different shapes at different heights e.g. lying down, standing up

EQUIPMENT NEEDED

- Small object e.g. rolled-up socks, teddy bear, ball, crumpled-up tinfoil.



15mins



How can you demonstrate honesty throughout this challenge?

Be honest as to whether you completed the activities without losing control of your object

MAKE IT EASIER...

- Sit in tuck and roll your object around your body on the floor with your hands. Balance your object on the biggest parts of your body

MORE OF A CHALLENGE

- Can you make your dish rock whilst rolling your object along your body without your hands? Keep your body tight

MAKE IT INCLUSIVE

- Use a bigger object to move around your body. Balance something that doesn't easily roll of e.g. cuddly toy

LEAD OTHERS

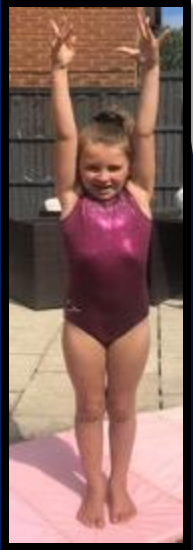
- Can you show and teach someone else in your household?



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

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

Straight



Tuck



Tuck Challenge



Straddle



Arch



Pike



Dish



TUESDAY CHALLENGE

One Foot Balances

! Personal Challenge

ACTIVITY

Can you hold the following balances for five seconds? 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.
- **See photos on the next page for demonstrations**



15mins



How can you demonstrate determination throughout this challenge?

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

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?

! 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? [Cosmic Kids Balances](#)

TUESDAY CHALLENGE

Balancing with Objects

! Personal Challenge

ACTIVITY

Object Collecting - [Video](#)

Place object near to your feet, on the floor. Balance on one leg and try pick the object up.

Start in a balance on one foot and slowly change your arm or leg position to create a different balance as you bend to collect the object.

Balance on one foot and collect your object from the floor whilst balancing another object on your head.

Towel Balancing

Balance a small towel on your feet holding a V-sit.

Perform five v-sits whilst holding the towel in your feet.

Roll onto your shoulders keeping the towel on your toes. Bend one knee so that the towel is left balancing on one foot of the straight leg.

EQUIPMENT NEEDED

Small object e.g. rolled-up socks, teddy bear, ball, crumpled-up tinfoil, towel



15mins



How can you demonstrate honesty throughout this challenge?

Don't give up! Try your hardest to pick the object up without wobbling.

! TOP TIPS

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

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

MAKE IT EASIER...

- Hold onto the wall as you bend down to pick up your object

MORE OF A CHALLENGE

- Balance on one foot, pick up your object and throw into a target zone. Hop to collect it. Try lots of different balances!

MAKE IT INCLUSIVE

- Use a tall object to pick up and keep it close to your feet

LEAD OTHERS

- Compete against those in your house to see who can hold the balances the longest

T Balance

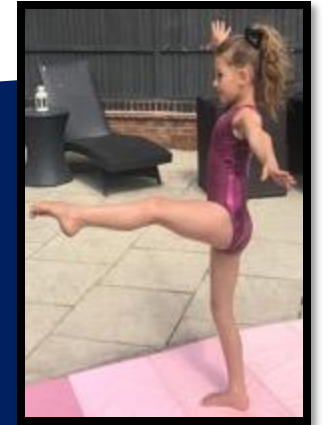
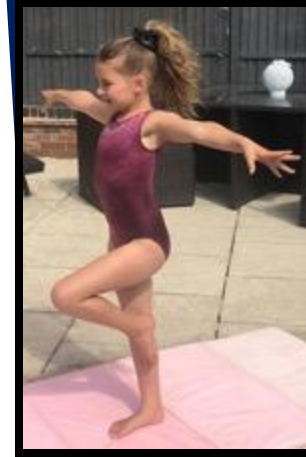


Challenge



Stork to the side

Stork to the front



Challenge

Arabesque

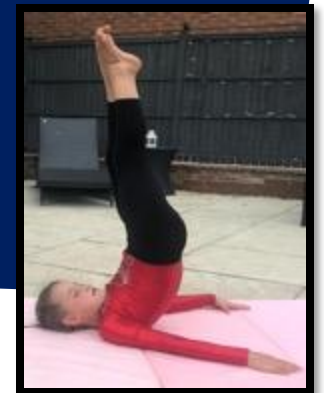


Y balance



V-Sit

Shoulder Stand



WEDNESDAY WORKOUT

Links to numeracy/literacy

ACTIVITY

For all Jumps - [Video](#)

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°



15mins



How can you demonstrate respect throughout this challenge?

Respect the space you are using.



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

LEAD OTHERS

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

WEDNESDAY WORKOUT

Links to numeracy/literacy

ACTIVITY

- On taking off for a stretch jump, can you throw an object into the air and catch it on landing?
- Can you do this for all of the jumps?
- Can you throw and catch the object in the opposite hand?
- Can you do this for all of the jumps?

Video

When you jump, can you quickly spell a word out loud before you catch and land? Challenge family members. One point for each letter in the word that you manage to complete. Try this in a jump sequence so you can spell longer words, or even more words at once!

EQUIPMENT NEEDED

Small object e.g. rolled up socks, teddy bear, ball, crumpled up tinfoil, towel



15mins



How can you demonstrate respect throughout this challenge?

Respect the space you are using.



TOP TIPS

The higher you throw, the bigger the word you can spell, but keep it under control and respect your space.

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!

Throw and Catch

MAKE IT EASIER...

- Use a bigger object to throw and catch

MORE OF A CHALLENGE

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

MAKE IT INCLUSIVE

- Practice throwing and catching using a lighter, larger object/balloon. Then include a basic jump before

LEAD OTHERS

- Throw your object to a family member where they have to jump and catch it

THURSDAY THINKING

Rolling



30mins

! Problem solving

ACTIVITY

Make sure you have a soft surface to practice your rolling safely

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. [Video](#)

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°. Look to see what is behind you. [Video](#)

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? [Video](#)

Forward Roll – Start in a straight shape, then crouch down small placing hands on the floor in front of you. Tuck your head right in so that you roll on your shoulders, **not** the top of your head – this is very important. 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. [Video](#)

EQUIPMENT NEEDED

Small object e.g. rolled up socks, teddy bear, ball, scrunched up tinfoil, towel

! TOP TIPS

This is the
Forward Roll
Rhyme to help

Stretch up tall,
Crouch down small.
Tuck your head in
And roll like a ball.



How can you demonstrate respect throughout this challenge?

Respect your space! Make sure you have plenty around you. Also respect the safety of rolling, keep yourself safe.

Why not try this now? [Twinning Challenge with Georgia-Mae Fenton](#)

Follow this video to help

MAKE IT EASIER...

- Practice your dish. Hold and rock to help build those core muscles for rock and roll
- Teddy Bear Roll – roll onto shoulder then return back to straddle without rotating. Finish facing the way you started

MORE OF A CHALLENGE

- Rock and roll to finish standing in straight shape
- Rock and roll into a jump of your choice straight away
- Can you link a jump after your forward roll?

MAKE IT INCLUSIVE

- Stick with Rock and Roll, but can you rock in some of the different body shapes that you tried on Monday?

LEAD OTHERS

- See-Saw - Hold Hands with a family member facing each other, one sits down, the other stands up
- Rock and roll then reach for partners hands to stand to show an immediate straight jump

FRIDAY FUN

Routines



30mins

! Virtual competition

ACTIVITY

- Create a 60 second routine that includes some of the moves that you have learned this week
- [Here's an example of two routines.](#) Please only include moves to match capability. Please do NOT attempt any moves that cannot be done safely. The tumblers in the video are to inspire, please do not try to replicate
- Submit a 60 or 30 second film clip (max 15mb) or 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 to <http://www.activenotts.org.uk/forms/view/sgvc> before 9am on Friday, June 26
- 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, scrunched up tinfoil, towel to be included.
- Music (optional)
- Something to film your routine on



How can you demonstrate passion throughout this challenge?

Take ownership of 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

- Use hand apparatus (objects) and even include some music and add some dance to your routine!

MAKE IT INCLUSIVE

- Use the inclusion tasks to create your sequence

LEAD OTHERS

- Challenge others to create their own routines as well, e.g. parents, grandparents, aunts, uncles, friends and cousins