

Look What We've Been LEARNING!

REC GYM 8-9 YEARS

TERM 3

Our 8-9 year old gymnasts have been working hard, learning new skills and building strength, confidence and resilience across all 3 weeks of Term 3!



SKILLS WE'VE BEEN WORKING ON

VAULT SKILLS



- Board take off drills (step, ski, jump)
- Arm circles and shoulder shrugs
- Part turns and half turns
- Handstand flatbacks
- Handstand pop to panel mat
- Rebound handspring flatback

FLOOR & TUMBLE SKILLS



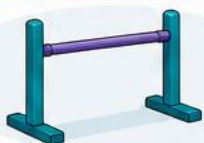
- Handstand flatback from kip box
- Step off box rebound handspring flatback
- Handstand shaping & handstand shoulder shrugs
- Flight shape hold against the wall
- Rebound handspring flatback
- Tuck handstand

TRAMP, PIT & BEAM CIRCUIT



- Straight, tuck and star jumps
- Sit drops and back drops
- Sea saws
- Donkey kicks to handstand
- Beam kicks, long jumps and walks
- Focus on body ready, arms ready, ears and controlled landings

BARS & SWINGS SKILLS



- Fish and dish holds (using stick)
- Dish to fish on foam roller
- Dish/fish with re-grasp on p-bars
- Bent leg swings (open tuck shape)
- Straight leg swings on high bar
- Dish/fish holds on yellow bar

BEAM SKILLS



- Lunge to T, lunge to finish
- Spotted L-handstand
- Tuck handstand (knees on block)
- L-handstand on low beam
- Full handstand on red beam
- L-handstand with foot on block

ROLLS & PULLOVER SKILLS



- Backward rolls to front support
- Backward rolls down wedge
- Backward roll to handstand
- Candlestick from kip box
- Pullover to candlestick and around
- Back hip circle on yellow bar



MOVEMENT & COORDINATION

- Sliders and core strength circuits
- Jumping jacks, skipping and box jumps
- Traffic Lights, River Adventure and River/Bank/Bridge games
- Following instructions, taking turns and working as a team

WHAT'S NEXT?

We'll keep building on these skills with new challenges, games and lots of encouragement every week!

GYMNASTS

Thank you for your support at home – it makes a big difference!

REMEMBER!



Bring your water bottle!



Hair tied back and leotard/active wear please!



Most importantly – come with a positive attitude and ready to have fun!



WE LOVE WATCHING OUR GYMNASTS
GROW, LEARN AND SHINE!

GO BG!