

# GYMNASTICS STATION 1

## BALANCE - TIGHTROPE



**Skill Focus:** Balance, Coordination & Focus

### Equipment:

- 5m line flat on the floor
- cup of water

### Instructions:

1. Walk along a 5m line on the floor.
2. Place one foot directly in front of the other (heel-to-toe).
3. Keep arms out for balance and focus on a point ahead.
4. If you step off, return to the last correct step and continue.

### Learning Extension:

- Hold a cup of water while completing the activity, trying not to spill the water.

*Georgia Godwin (Artistic Gymnastics) showcases grace and precision on the balance beam at the Birmingham 2022 Commonwealth Games.*



# GYMNASTICS STATION 1

## BALANCE - HULA TURNS



**Skill Focus:** Balance & Coordination

### Equipment:

- line of 5 hula hoops
- cup of water

### Instructions:

1. Step into the first hula hoop on one foot.
2. Perform a half-turn (180°) on one foot.
3. Step into the next hoop and repeat with the opposite foot.
4. Continue through all 5 hula hoops without losing balance.

### Learning Extension:

- Hold a cup of water while completing the activity, trying not to spill the water.



*Alexandra Kiroi-Bogatyreva (Rhythmic Gymnastics) in action with the hoop at the Birmingham 2022 Commonwealth Games.*



# GYMNASTICS STATION 1

## BALANCE - BEAM WALK



**Skill Focus:** Core Strength, Stability & Balance

### Equipment:

- Balance beam
- Cup of water

### Instructions:

1. Step onto the balance beam carefully.
2. Walk from one end to the other with controlled steps.
3. Keep arms out for balance and look ahead, not at your feet.
4. If you step off, return to the start and try again.

### Learning Extension:

- Hold a cup of water whilst completing the activity, trying not to spill the water.



*Kate McDonald (Artistic Gymnastics) delivers a standout beam routine with focus and finesse at the Birmingham 2022 Commonwealth Games.*

# GYMNASTICS STATION 2

## STRENGTH - PLANK



**Equipment:** Stop watch

### Instructions:

1. Pair up—one student holds the plank while the other times them.
2. Get into a plank position: Forearms on the ground, back straight, core engaged
3. Hold the position as long as possible without dropping.
4. When the student can no longer hold it, stop the timer and record the time on their sheet.
5. Switch roles and repeat.

### Learning Support:

- Hold a modified plank on your knees instead of full length.

### Learning Extension:

- Try a 1-arm plank
- Take on an extreme challenge by holding 1-arm and 1-leg off the ground (opposites).

*Jesse Moore (Artistic Gymnastics) holds the perfect plank mid-routine, showcasing strength and control.*



# GYMNASTICS STATION 3

## FLEXIBILITY - SIT & REACH



**Equipment:** Measuring tape

### Instructions:

1. Pair up, one student performs the stretch while the other measures.
2. Sit with legs straight and feet flat against a line or wall.
3. Slowly reach forward as far as possible while keeping legs straight.
4. The partner measures and records the reach distance.
5. Swap roles and repeat.

### Learning Support:

- Move slowly, being careful not to over strain.



*Breanna Scott (Artistic Gymnastics) shows off incredible flexibility during her routines at the Birmingham 2022 Commonwealth Games.*

