





## Activity Plan for Gymnastics Poses



Week 1			
Activity	How many or how long	How many days	Instructions
Archer Pose 	Hold for 45 seconds on each leg	3 days/wk after street hockey	Try and hold the pose you see in this photo for at least 45 seconds. This pose strengthens the hips and chest and you should feel a slight stretch in your legs and hips while you do it.. Throughout the pose, keep your front knee bent directly over your ankle (in line with the 2nd toe) and concentrate on an object in front of you. Balance your weight on both legs and try to keep your back elbow parallel to the ground. Note: Be careful not to overarch your back/neck.

Week 2			
Activity	How many or how long	How many days	Instructions
Stork Stand 	20 seconds and repeat 3 times daily	3 days/wk	Stand up straight with your arms straight out to the side at shoulder height. Lift one leg off the ground and put the bottom of your foot on the side of your knee.



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Week 3			
Activity	How many or how long	How many days	Instructions
Arabesque 	5 times/day	3 days/wk	Stand on one leg and lift the other leg up behind you as high as you can. The hard part is to keep your head and chin up while you lift your leg. Can you get your leg up as high as the girl in the picture? <b>When you have it as high as you can, try to count to 20 before you let your leg back down.</b> Can you do the arabesque for 20 seconds with the other leg?
Strength Poses 	5 poses/day	3 days/wk	You have already learned some poses which help to increase body strength (remember the stork stand, archer pose, knee scale). Practice your two favourite poses. Also, see if you can make up three different poses of your own. <b>For each pose, try to stay in the position until you slowly count to 20.</b>

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Week 4			
Activity	How many or how long	How many days	Instructions
Knee Scale 	5 times per day	3 days per week	Get down on the floor on your hands and knees. <b>Lift one leg off of the floor and as high as you can. The leg you lift should be straight and higher than your head.</b> You can keep the other knee and both hands on the floor for balance. Try to count to 30 before you bring your leg down again. Can you do a knee scale on both sides?
Candle pose 	Hold the pose for 15 seconds and repeat 2 times each day	3days/wk	<b>Half Shoulderstand</b> This yoga pose does lots of good things for your body. It makes your stomach muscles stronger, stretches the muscles in your upper back, gets your blood circulating around your whole body and helps you to relax. To do the candle pose, lie on your back and lift your legs up into air. Place your hands on your lower back for support, resting your elbows and lower arms on the ground. Make sure your weight is on your shoulders and mid to upper back -- <b>not your neck</b> . Breathe deeply and hold the posture for at least 5-10 breaths, increasing the hold over time. To come down, slowly lower your legs, keeping them very straight -- a little workout for your abdominal muscles.

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<p>Gymnastics Bridge</p> 	<p>5 mins/day</p>	<p>3 days/wk</p>	<p>Another beginner gymnastics move is the bridge exercise. Have you ever tried doing a bridge or would you like to improve your technique? Check out these tips &amp; tricks: <a href="https://www.thoughtco.com/gymnastics-bridge-stretch-1715040">https://www.thoughtco.com/gymnastics-bridge-stretch-1715040</a> .</p>
<p>Gymnastic Poses</p> 	<p>5 poses/day</p>	<p>3 days/wk</p>	<p>Gymnasts have to show that they have good balance. To do that, they will pose in several different positions. Last month you learned the following three poses. This month, pick your two favourite poses from these and then see if you can make up three different poses of your own. <b>For each pose, try to stay in the position until you slowly count to 20.</b></p>