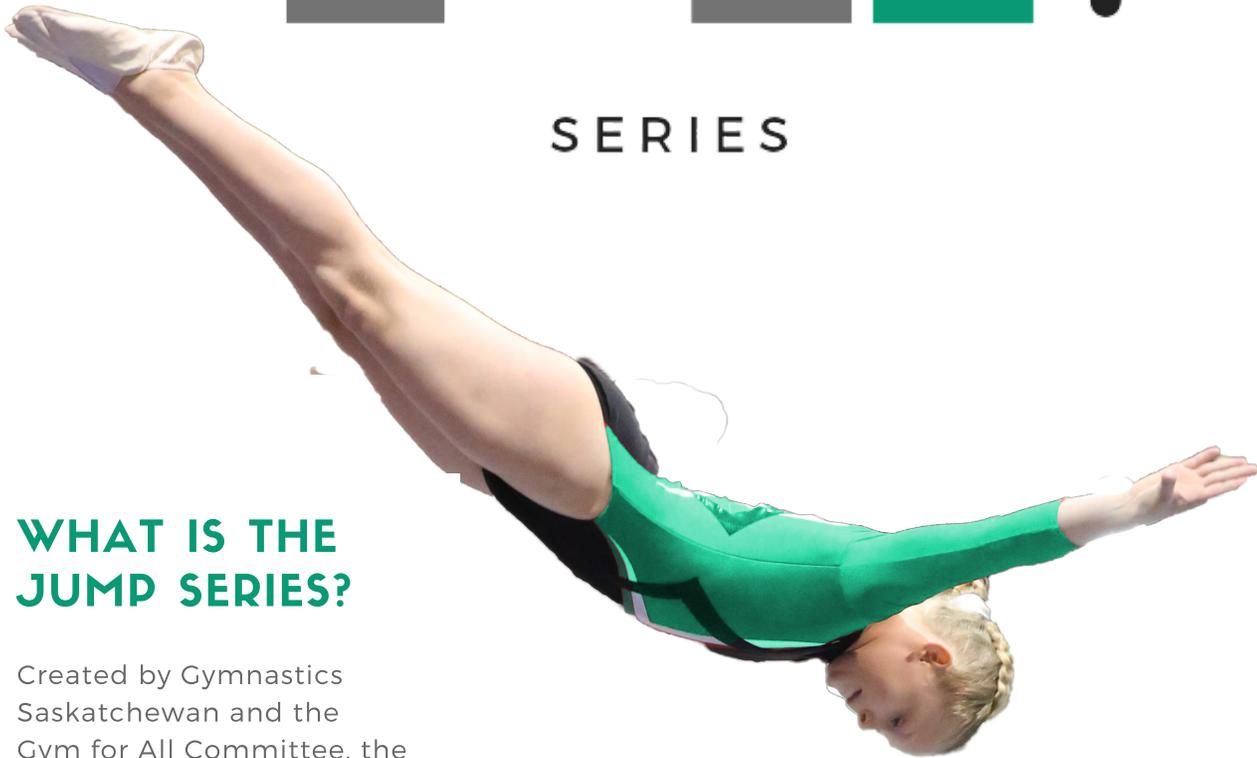


THE

J U M P !

SERIES



WHAT IS THE JUMP SERIES?

Created by Gymnastics Saskatchewan and the Gym for All Committee, the Jump Series is a resource for clubs to help navigate the impending insurance limitation changes to trampoline use.



OUR GOALS:

- Provide information about insurance changes.
- Stimulate ideas and solutions for recreational programming without the use of trampolines.



REMEMBER – Lesson planning to incorporate **MOTOR** qualities can add variety to your gymnastics lesson!

In the previous Jump Series we explored the motor qualities needed to develop strong muscles. Another area we can not forget about is the motor components such as: agility, balance, coordination and spacial orientation. Just simply building strong muscles will not translate into amazing gymnastics. These qualities are harder to quantify, yet they have a huge impact on the ease of movement!

Thank you to Kara Thorpe for her contributions in this week's issue of the Jump Series.

AGILITY

(the ability to move quickly and efficiently from one position to another or place to place)

Agility ladders – There are a variety of activities that can be done with an agility ladder. The bonus – they are fairly inexpensive, don't take up a lot of room and can be used for all ages! What a great investment for any club!

Upper Body Agility – Is this possible? YES! Any game, obstacle course or challenge you can set up where your participants are in a support position will develop using the upper body. Some examples include: bear walk, crab walk, front and back support. Check out the foundations manual for more ideas for support based animal walks!

BALANCE

(the ability to hold a stationary position for a period of time. Don't forget that proprioception and the vestibular sense have major impacts on a person's ability to balance)

Balance Anywhere – Changing the surface in which we balance adds variety and challenge for our brain to overcome. Consider soft mats, hard mats, balls, pieces of foam. Each of these create instability for the neurons in the brain to fire faster. Don't forget balancing on the hands and other body parts as well! Still too easy, try the same balance with your eyes closed or while completing another task like playing catch with a friend!

Balance Challenges – try listing only a couple of body parts that can touch the ground and let your participants come up with the balance. For example, how many ways can we balance on one foot and one elbow? Now we are exploring unorthodox balances while having fun! Refer to your foundations manual to explore variations of partner balancing. Can your whole group create a pyramid with only 4 feet and 4 hands touching the ground?



Learning to **MOTOR!**

COORDINATION

(there are many kinds of coordination- from whole body to hand eye - and gymnastics requires proficiency in of them. Being able to control our bodies on the ground is key, before adding spring)

Bilateral/whole body movements – Bilateral coordination is the ability to use both sides of the body together in a coordinated way. Examples include, rope climb, skipping and jumping jacks. Playing add on is a way to get a variety of movements often in combinations we might not put into routines.

Participate in Provincial Gymnaestrada – Creating and memorizing routines adds elements of dance and coordination that we often times dismiss until we need to make a floor routine. Performing at a Gymnaestrada can be a great way to end the season, perhaps travel and build great team atmosphere! If not, using routines at displays, parades and year end shows can not only challenge your participants, but maybe even boost your registrations.

Spatial Orientation

(connected to balance and your brains ability to determine where it is in space. Is the body inverted or "normal"? Getting lost in a skill is a result of a temporary loss of special orientation)

Rolling Rolling Rolling – this classic game of relay races with forward rolls is a great way to develop vestibular training. Don't forgot the other rotating locomotion's including (but not limited to) dizzy dog, log roll, cartwheels, backwards rolls and even all directions of safety rolls (forward, backward and both sides)! Fun is the side effect of every great part of the lesson, especially when coaches sneak in learning ;)

Blind Simon Says – It's the classic game of Simon Says, with a twist! All the participants play with their eyes closed, only to be opened when the caller asks "Where is Simon?". At this time, all participants open their eyes and see if they followed the instructions properly! Whenever we take away the sense of sight, we challenge the brain to really concentrate on where it feels the body is in space. This is extremely import when springing - a misjudgement in height does not allow the participant to properly prepare for a landing.



PROVINCIAL
GYMNAESTRADA

Provincial Gymnaestrada is a gymnastics for all event open to all Gymnastics Saskatchewan members.

This year the event will be May 25-26th in Regina, SK and will feature a day of educational workshops.

Find out more at <http://gymsask.com/event/provincial-gymnaestrada/>