

Gymnastics at Home Worksheets – Balances

Before you start you'll need:

- **A flat surface**
- **A scarf**
- **A cushion**
- **Waste paper bin/ bucket**

The exercises below will help you to practice beam skills. If you do not have a beam at home then simply lie a scarf nice and straight on the floor and this can be your beam!

Your scarf

1. Walk along on tip toes, at the end turn on toes (off scarf) x5 lengths
2. Tuck stand, crouch on toes with 1 leg to side x10 each leg
3. 1 foot stand, twist knee out & in, then step forwards x10 each leg
4. Squat walks on tip toes, at end turn on toes (off scarf) x 5 lengths

Waste paper bin/ or bucket (still use scarf as your beam)

1. V-sit balance no hands with feet in bin/ bucket x20 seconds
2. Shoulder stand balance with feet in bin/ bucket x20 seconds
3. 1 foot stand with straight leg in front, balance bin on foot x20 seconds
4. Arabesque with straight leg behind, balance bin on foot x20 seconds

Cushion (still use scarf as your beam)

1. Knee scale balancing cushion on your back, lift opposite hand x10 seconds
2. Toe raises slowly up and down holding cushion up with hands x30
3. Squat to crouch and up again, balancing cushion on head x5
4. Tuck sit hold with cushion on shins, lower to dish, then back x5

Soft toy/ bean bag (still use scarf as your beam)

1. Stretch jump to land over toy x10
2. Tuck jump to land over toy x10
3. 1 foot jump to arabesque scale over toy x10
4. Forward roll along scarf with toy squeezed in knees x10

More advanced skills ideas if it is safe for you to do these

1. Y-balance for 5 secs x5
2. Straddle lever hold 5 secs x5
3. Kick to handstand x5
4. Cartwheel (front facing to back facing, hips square) x5

For demonstrations of all of the above exercises subscribe to the Active Leeds YouTube channel and select the 'Balance Work' video from the gymnastics playlist.