

## Gymnastics at Home Worksheets – Line Work

### Before you start you'll need:

- **A hazard free flat surface approx. 3 metres long**

We use line work to improve posture, timing of movements, and performance of skills. It helps with key movement techniques and with linking skills together. Completing the below line work at home will help with skill development and improving body tension/ stability.

### Basic Elements

We are looking for extension and straight lines, created by pointing toes, straightening legs and stretching arms.

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|---------------------------------|--------------|
| 1. Walking forwards on tip toes | 2 lengths    |
| 2. Leg lifts walking forwards   | 2 lengths    |
| 3. Alternate leg chasse steps   | 4 lengths    |
| 4. Side chasses steps           | x2 each side |
| 5. Forward skipping             | x4 lengths   |

### Rebound Elements

Push through ankles feet to ensure toes point off the floor. Hands on hips.

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|------------------------------------|-----------|
| 1. Straight rebound jumps forwards | 2 lengths |
| 2. Straight rebound jumps backward | 2 lengths |
| 3. Squat stretch jumps             | 2 lengths |
| 4. Switch leg rebound jumps        | 2 lengths |
| 5. Switch hop lunges               | 2 lengths |

### Flexibility Elements

You should feel these exercises stretching at the back of your legs.

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|--|-----------|
| 1. Straight leg walks touching hands to floor with each step | 2 lengths |
| 2. Leg kicks, forward, sideways, backwards                   | 2 lengths |
| 3. Spider walks  | 2 lengths |
| 4. Caterpillar walks   | 2 lengths |
| 5. Lunge walks, keep arms to ears                            | 2 lengths |

**If you perform ALL exercises above then you should feel your legs and arms aching slightly immediately after the exercise. This is good as means you have kept body tension and performed to 100% effort. If you do not feel any aching after the exercises then try to increase the amount of lengths you do. For demonstrations of all of the above exercises subscribe to the Active Leeds YouTube channel and select the 'Line Work' video from the gymnastics playlist.**