

Gymnastics at Home Worksheets– Static Flexibility

Before you start you'll need:

- **A wooden spoon**
- **A sofa/ seat**
- **Some cushions**
- **A wall/ closed door**

If you need to improve your flexibility in a certain area then the exercises in this worksheet will help with ideas of how to practice safety at home. Ensure you are warmed up correctly by completing a pulse raiser activity and the mobility exercises on the timetable before attempted any static flexibility training. When you do the exercises you should feel it stretching and that's ok, but don't push yourself too much too quickly, and don't force your muscles/ joints to stretch beyond what they are capable of, as it could cause an injury. Static flexibility is when you hold a stretch for a period of time. Don't do this worksheet before doing any other worksheets as it will hinder your fast twitch muscle fibre reactions.

Hamstring Flexibility

1. Straddle stand reaching arms through legs to touch sofa Hold 20 seconds
2. Pike stand reaching arms behind legs to touch sofa Hold 20 seconds
3. Sit up in pike, hold wooden spoon under 1 foot and lift leg Hold 20 secs each leg
4. From keeling up, rest 1 foot on sofa and fold chest to leg Hold 20 secs each leg
(make sure hips are level and pointing toward sofa)
5. Sit in pike with heels on 2 cushions, reach chest to legs Hold 30 secs

Hip Flexors

1. D shape balance (kneel up, reach hands back to hold ankles Hold 10 seconds
Whilst pushing hips forwards)
2. From kneeling lunge forward with front foot on sofa Hold 10 secs each leg
3. Sit in straddle with heels on 1 cushion each, reach chest to floor Hold 30 secs
4. Parachute stretch- lie on front, bend legs and hold ankles, pull Hold 10 secs
chest and thighs up off floor whilst holding ankles (bend back)
5. Froggie stretch – bend knees Hold 30 secs

Splits

1. Right and Left lunges holding arms up straight by ears 10 secs each leg
2. Side Lunges with a flexed foot 10 secs each side
3. Right, Left and Box split slides (wear socks) 10 slides each way
4. PNF Right, Left, and Box splits x 3-5 each splits
Get into split position as far as your body will allow, then tense your leg muscles as much as possible for 10 seconds, then relax your muscles and try slide a bit further down into your splits, then tense and hold again for 10 secs, then relax down a bit further. Repeat this 3-5 times on each of your splits.
5. Splits along a line 10 secs each splits

Advanced Splits

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| 1. Over splits forwards with heel up on cushion/ cushions | Hold 1 min each leg |
| 2. Splits with back leg up against wall, chest down to front leg | Hold 10 secs each leg |
| 3. Forward splits with back leg in ring position resting on sofa | Hold 20 secs each leg |
| 4. Box splits on floor facing sofa, pull in toward sofa | Hold 1 min |
| 5. Box splits with elbows or chest resting on floor | Hold 1 min |

Shoulders

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| 1. From kneeling rest hands on sofa, straight arms, press chest down | Hold 20 secs |
| 2. Pike sit with back on wall, hold wooden spoon with both hands and stretch arms up to wall, hold 2 secs and down again. | x10 |
| 3. Bridge pressing chest to wall, hold 5 secs and come down | x5 |
| 4. Lie on front holding wooden spoon in front with both hands, keep nose to floor and ask a grown-up to lift the spoon up and hold | Hold 20 secs |
| 5. Bridge with feet raised on sofa, try to stretch shoulders, hold 5 secs | x5 |

Be sensible whilst doing flexibility work at home and makes sure no siblings are potentially going to climb, jump, press on you whilst holding your stretches as this could be dangerous. When working flexibility nobody needs to push you down as your own body mass along with gravity provides the necessary force. For demonstrations of all of the above exercises go to Active Leeds YouTube channel and look for 'Static Flexibility' video in the Gymnastics Playlist.