

What happens in a Beginner Class at Brighton Recreational Centre?

WARM UP (15mins)



- Gymnastics skills require a large range of flexibility and also explosive movement. Warm up ensures our muscles are warm and stretched to avoid injury.
- Our warm up time is also used to teach gymnastics shapes that are vital to perform quality gymnastics skills.
- After a long day at school some fun activities help us run off some steam and get our mind into the gym so that we concentrate fully and to learn and perform quality skills.

APPARATUS (10mins each)



• VAULT

We learn how to run, jump, spring and land at vault. It is harder than it looks and is great for co-ordination. We also learn how to land safely which is a fantastic life skill.



• BAR

In this class we learn swinging, how to support ourselves on the bar and some basic rotation skills. We don't realise it because we are having so much fun but bars will help us gain a lot of strength and confidence. The grip strength we gain from bars will also help with our fine motor skills at school like writing and drawing.



• BEAM

The beam is just 10cm wide and 1m or more off the ground. We learn how to do lots of different types of gymnastics walking, basic jumps and start to feel what it might be like to be upside down on a beam. This will develop excellent balance and amazing determination because beam is really tricky so we learn to get back up when we fall down.



• FLOOR

Rolling, jumping, leaping, dancing and handstands and cartwheels. We learn so much on the floor that gives us a really good foundation to learn more complex skills later on.

COOL DOWN (5mins)



- At the end of our gymnastics class we spend a few minutes on a fun gymnastics game or activity that consolidates some of what we have been learning and helps us to finish the class feeling fabulous.