

GYMNASTICS

Basic skills

Physical section



Learn basic gymnastics skills at home and improve your fitness and flexibility.

Gymnastics is a popular Commonwealth Games sport, and you can teach yourself the basics from home! This activity can be used to complete a 3, 6, or 12 month section depending on how many gymnastics skills you want to learn.

You could learn through YouTube videos or some of the suggested websites below.

Suggested skills

Choose skills that you would like to learn at home – we've listed some suggestions below but you can choose whatever you like. Just be realistic about what you can achieve if you've never done gymnastics before! Some will take time and more than one week to master!

- Front support
- Side support
- Japana
- Shoulder stand
- Splits (one way / two ways / three)

Useful websites

- [healthline.com/health/how-to-do-the-splits](https://www.healthline.com/health/how-to-do-the-splits)
- sportplan.net/s/Gymnastics/front-support.jsp
- coachgymnastics.blogspot.com/p/stretching-japana-japana-is-stretch.html
- [british-gymnastics.org](https://www.british-gymnastics.org)

Evidence

Upload a photo of your gymnastics skill. Keep a log of what progress you made towards them each week. Share things on social media.



**YOUTH
WITHOUT
LIMITS**



DofE.org

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Programme log

Duplicate this document for as many weeks as you need.

Week Number(s):

Country flag:

Date:

Activity log

Record what you did each week towards your project

Week no.	Activities

Evidence task

Take a photo and upload it to eDofE.