

# Rhythmic Gymnastics

Rhythmic gymnastics is a great sport to develop strength, flexibility, agility, dexterity and coordination.



Hula hoops are great for encouraging strength and dexterity! Why not make a balance beam using a pool noodle or masking tape then encourage child to walk across this, balancing themselves whilst carrying a hoop with two hands in front of them.

Use the hoop around the wrist and encourage whole arm movements as they aim to move the hoop around or try placing hoops across the back

of chairs to encourage balance and agility by climbing through the hoops.

**Don't forget to encourage the children to climb high, lie low, lift those arms and legs, balance and walk but most of all have fun!**

Why not create a short floor routine that includes a roll from side to side, a jump up, and then balance on one leg. To finish use the baton to make large circles. This could be done to music to encourage rhythm.

Encourage nice deep breaths when moving through the activities. Not only will this help children to regulate their emotions, it will also help them to activate their diaphragm and other core muscles.

**Batons** are great for encouraging movement inside and out. They help to support development of hand & eye coordination, crossing the midline, core stability, strengthening of the shoulder, wrist and neck muscles, and introduce new language like up and down, side to side.

## How to make a baton:

Roll the card to make a tube.

Using tape wind this around the tube to secure it in place. Using a strip of the coloured tape place different ribbons on the sticky part and wind this around the top of the tube. Make sure the ribbons are free to move about. Encourage large movements, round circles and wiggles.

