

## WARM UP

### OPTION 1: PARACHUTE ACTIVITIES

**Waves:** little waves, big waves, octopus arms, sideways swish

**Down under:** take turns to lie down under the 'waves'

**Popcorn:** pop plastic coloured balls on the parachute

**Lift off:** release the parachute into the air on the count of 3

**Swap:** big waves up and down, call out a colour/number to swap spots before the parachute falls

### OPTION 2: FRUIT SALAD COLOUR EDITION

Usual rules of "fruit salad" apply. Use team colour for groups (red, orange, yellow, green, blue, purple, pink)

If the gymnast is the last one to return back to the line they will go to the sidelines called the "rainbow".

### OPTION 3: ROB THE NEST

Set up a hoop in each corner of the floor and the large blue cone with small plastic balls inside in the middle of the floor.

Split gymnasts into 4 teams and direct them to one of the four hoops in the corners.

One at a time gymnasts run to the middle of the floor, collect 1 ball and bring it back to their hoop.

Finish the game when the blue cone is empty. The team with the most plastic balls is the winning team.

You may also introduce stealing between teams.

### OPTION 4: MUSICAL MEMORY GAME

Gymnasts move around the floor in various locomotions to music as directed by the coach.

When the music stops, the coach will yell out a colour that corresponds to an activity, eg. yellow may mean Y stand and gymnasts need to complete that activity.

You may choose to use the following activities or make your own:

- **Red:** releve
- **Orange:** stand and wriggle
- **Yellow:** Y stand
- **Green:** gallop
- **Blue:** Balance with a partner
- **Purple:** passe
- **Pink:** pike (standing / sitting)

## VAULT + FLOOR

**Choose one or two of the following colour themed games to play.**

### OPTION 1: EGG & SPOON

Set up rainbow coloured cones for each team at the start of each strip and middle of the strip.

Gymnasts hold the egg and spoon and walk up to and around the cone in the middle of the strip and return back to the start, passing the spoon to the next person.

Sit down once the turn is completed. The first team to have everyone sitting down is the winner.

### OPTION 2: CONE PICK UP

Spread out coloured cones across the end of the floor.

Gymnasts line up at the opposite end, lying down on their tummy and facing away from the cones.

The coach calls out a colour and gymnasts race to pick up a cone of the same colour.

The gymnast who returns back to the line with the correct colour cone wins and gets one point. First to 5 points wins.

### OPTION 3: RAINBOW RELAY RACES

Spread gymnasts out across 2-3 groups and start on the white line. A hoop should be set up at each end of the strip for each team. Each team needs to have 1 of each rainbow coloured ball.

The coach chooses a locomotive activity for the gymnasts to complete in the relay race and they need to bring one coloured ball at a time to the hoop on the other side of the floor.

The first team to get all of the colours of the rainbow to the other side of the floor is the winner.

You may challenge the gymnasts to bring the balls to the other side in rainbow order, or backwards rainbow order.

## BEAM

<b>Low Beam</b>	Bear walk sideways with hands on the beam and feet on rainbow buckets.
<b>30cm Beam</b>	Stretch elastic bands over the octonaut like a web, crawl through.
<b>High Beam 1</b>	Walk forward along the beam to each of the 3x bells and ring them. Turn to place the bell behind you, then turn to continue.
<b>High Beam 2</b>	Choice of locomotive activity across the beam holding scarves.
<b>High Beam 3</b>	Walk along the beam holding coloured bean bags. At the end of the beam underarm throw beanbags into a blue rotation cone.

UNEVEN BARS	
<b>Single Rail 1</b>	Set up 2x 60cm blocks with a pool noodle balanced between. Gymnasts jump from floor bent knee swing, knocking the pool noodle off of the blocks.
<b>Single Rail 2</b>	Set up the bar on a diagonal. Monkey walk down the bar with bean bag in between feet, drop beanbag into the hoop on the other side before dropping and landing.
<b>Uneven Bars (High Bar)</b>	Set up a cargo net on the high bar with coloured scarves tied across it. Gymnasts choose their favourite colour and climb to touch all of the coloured scarves with that colour.
<b>Uneven Bars (Low Bar)</b>	60cm block underneath the bar. Gymnasts jump to support with rainbow toy in between their feet. <i>Challenge - can you forward roll with the toy in between your feet?</i>
<b>Floor</b>	Set up 3 different coloured cones with 3 corresponding coloured hoops. Gymnasts stand on the wobble board and toss hoops onto corresponding coloured cones.

PARALLEL BARS	
<b>Parallel Bar 1</b>	Set P-bars up uneven. Attach elastics in a zig zag pattern across the bars. Gymnasts walk sideways with hands on the higher rail and feet on the lower rail.
<b>Parallel Bar 2</b>	Using small support swings, tap the ball back and forth across the wooden plank (held up with 2x plyo blocks) with a partner.
<b>Wall Bars</b>	Throw the matching coloured bean bags through the hoops attached to the wall bars.
<b>Floor Space</b>	Rainbow velcro dots set up in hop scotch pattern on the floor. Hop scotch pushing the floor bar.
<b>Single Rail</b>	Set up 2x 60cm blocks with a pool noodle balanced between. Gymnasts jump from floor bent knee swing, knocking the pool noodle off of the blocks.

RINGS	
<b>Main Rings</b>	Spin the colour wheel. Swing on trapeze from a 60cm block and drop next to the corresponding rubber coloured dot on the crashmat.
<b>Rope</b>	Tie black battle rope across the bottom of all of the tops. Climb across all the ropes starting from the vault strip side without touching the floor.
<b>Monkey Bars (Low Rail)</b>	Hang coloured elastic bands from the monkey bars. Climb to the other side of the monkey bars without touching the rainbow bands.
<b>Monkey Bars (High Rail)</b>	Set up the UFO swing on the highest rail with the longest purple sling. Ensure gymnasts waiting line up to the side and that gymnasts swing straight.
<b>Floor Space</b>	Set up rainbow plastic balance steps and spikey balance pods to create an obstacle course across the floor.

TRAMP	
<b>Tramp 1</b>	Place 4 different coloured cones on either side of the tramp (2 on each side) and 4 beanbags (corresponding colours to the cones) at the start of the tramp. Gymnasts pick up bean bags, and jump diagonal to each cone placing the corresponding colour beanbag on each cone.
<b>Tramp 2</b>	Place one crashmat from tramp deck over the edge to create a giant slide into the pit. Gymnasts can bounce on the trampoline and then up onto the mat to slide down into the pit.
<b>Tramp 3</b>	Gymnasts roll the foam dice and complete that many of their favourite gymnastics jump on the trampoline.
<b>Wall</b>	Walk your feet up the rainbow dots on the wall into a handstand position.
<b>Rings</b>	Lower all rings and gymnasts to swing across to the pit bar.

## Colour Week Game Ideas - Advanced Beginner & Gymstar 3/4

<p><b>BEAM</b></p>	<p><b>Dismount Landing Challenge</b></p> <p>Separate the gymnasts into 3 teams and see which team can stick the greatest number of dismounts with no wobbles.</p> <p>You may choose to use the following jumps:</p> <ul style="list-style-type: none"> <li>• Straight jump</li> <li>• Tuck jump</li> <li>• Star jump</li> <li>• Half turn jump</li> </ul> <p><b>Over &amp; Under</b></p> <p>Start lining up in two teams perpendicular to the beam.</p> <p>In relay style, each gymnasts will climb over and under the beams until reaching the end beam and return back by running around the outside of the beam area.</p> <p>The winning team will be the first team where all group members have completed the course.</p>
<p><b>PBARS / UNEVEN BARS</b></p>	<p><b>Hanging Competitions</b></p> <p>Separate gymnasts across the bars. Who can hold each of the following activities for the longest amount of time?</p> <ul style="list-style-type: none"> <li>• Straight hang</li> <li>• Tuck hang</li> <li>• Star hang</li> <li>• Chin up hang</li> </ul> <p><b>Forward Roll Challenge</b></p> <p>Each gymnast will compete against a partner to see who can complete the slowest forward roll to tuck hang.</p> <p>The winner of each competition will go into the semi final, where gymnasts will once again complete the slowest forward roll.</p> <p>The winners of the semi final can then enter the grand final to determine the forward roll champion.</p>
<p><b>TRAMP</b></p>	<p><b>Add ons</b></p> <p>Line gymnasts up across 1 or 2 trampolines.</p> <p>The first gymnast chooses a gymnastics jump. The next gymnast will complete the jump that the first gymnast did, and then add another jump.</p> <p>Continue to see how many jumps the gymnasts can add together.</p>

	<p><b>Pit Races</b></p> <p>Separate gymnasts into 2-3 lines. Gymnasts are to climb to the other end of the pit as fast as they can.</p>
<p><b>RINGS</b></p>	<p><b>Obstacle Course</b></p> <p>Set up an obstacle course across the monkey bar area. Set a timer for 3 minutes and see how many times the gymnasts can get through the course.</p> <p><b>Hanging Competitions</b></p> <p>Separate gymnasts across the bars. Who can hold each of the following activities for the longest amount of time?</p> <ul style="list-style-type: none"> <li>• Straight hang</li> <li>• Tuck hang</li> <li>• Star hang</li> <li>• Chin up hang</li> </ul>