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Throughout this book you will find notes which will accompany our 'top tips' helping you with the skills.

Raising the Pulse

A warm up is essential for you; it minimises injury and enables your body to be prepared for the skills.

WARM UP

Take time warming your body up and slowly increase your endurance.

You are warmed up when you feel hot and your pulse is racing.

Start with pulse raising activities.



Running



Skipping



Jumping



Hopping

Stretching

Continue warming up by stretching. Stretching is a key element of gymnastics; time spent on this will really improve all your skills. Here are some stretches to try...

WARM UP

Imagine your muscles are like a cold piece of dough - they need warming up and moulding before they are ready to work and stretch.



Tilting head



Side stretch



Turning ankles



Turning wrists



Arm circling

Stretching

WARM UP



Japan



Forward lunge



Side lunge



Seal stretch



Pike stretch



Straddle stretch