

Traditional Use:

Gymnastics ribbons are an integral apparatus in an overall gymnastics program. Along with rhythmic gym balls, hoops and other floor activities, gym ribbons promote the artistic side of the sport. Rhythmic gymnastics is also a well-recognised Olympic sport.

GENERAL APPLICATIONS

- Dance activities.
- Gross motor skill activities (ribbons can be cut down to desirable length).
- Relay / warm-up activities for gymnastics unit.
- Fly Fishing casting technique.

SNAKES ALIVE

Divide the class in to pairs, with a gym ribbon between them. One student holds the ribbon moving it from side to side like a snake. The other student tries to jump over it without touching it. Teaching Tip: Place three or four "snakes" in a row and allow students to step over them without stopping.

FUN SHAPES

Students are to use the ribbon to make various shapes. These shapes could be placed in a circuit set-up. Some ideas could be waves, circles etc.

Teaching Tip: Add some music to the activity to promote rhythmic theme.

MOVE & GROOVE

Students are to work in pairs with a ribbon each, exploring the way the ribbon moves. They must then create a 30 second movement pattern. The ribbon must remain moving at all times.

Teaching Tip: Allow students to choose an appropriate piece of music.