

**Rhythmic Gymnastics Workshop**

**Singapore**

**16 – 19 September 2009**

**Dr. Oleksandr Krasilshchikov**  
**Pusat Pengajian Sains Kesihatan**

## ***Comprehensive Rhythmic Gymnastics Workshop Programme***

### ***Objectives of the Workshop***

Main objective of the workshop is to promote health and appreciation of the beauty of body movements by means of Rhythmic Gymnastics.

Specific objectives are improving the posture, keeping children in good physical condition, developing agility and flexibility, improving creativity and developing music culture, confidence and quality of self expression.

### ***Target participants of the Workshop***

Target participants are 7 – 12 years old girls numbering up to 20- 25 participants per group.

***Date:*** September 16-19, 2009.

***Venue:*** North Vista Primary School, Singapore

### ***Requirement of facilities and equipment, audio video support etc.***

Facilities required:

- Well ventilated or air-conditioned gym with gymnastic carpet, benches, wall bars
- Sports attire for kids (leotards or t-shirt and shorts)
- Gymnastic apparatuses including balls, ribbons, skipping ropes, hoops and clubs
- Audio-Video system, LCD projector and big screen for demonstration and teaching purposes.

Organisers may think of providing a photographer – parents and kids usually like to have photos from the sessions.

***Inclusion criteria:*** all participating kids must have medical clearance from school/local medical practitioner.

**Workshop Contents Day 1**

Date Time	Session Type	Session Contents	Presenting during the session	Organizers may invite	Remarks
17/09/09  45 min to 1 hour	Session 1  Theory	<p>1. Introduction. Importance of Physical Activity, variety of PA, sports and games used as common PA.</p> <p>Rhythmic Gymnastics (RG) as a sport which combines unique features such as:</p> <ul style="list-style-type: none"> <li>• physical perfection</li> <li>• psychological toughness and self-esteem</li> <li>• the sense of beauty</li> <li>• the sense of music</li> <li>• dancing abilities</li> <li>• artistic expression</li> </ul> <p>1. RG Apparatuses Demo and General Info</p> <p>2. Safety briefing and instructions, surface and shoes requirements.</p> <ul style="list-style-type: none"> <li>• Warm up (general followed by specific)</li> <li>• Stand by and safety techniques</li> <li>• Pairing for exercise safety</li> </ul>	<p><b>VA/OK</b></p> <p><b>VA</b></p> <p><b>Video of Elite RG (VA)</b></p>	<p>Parents, PE Teachers, MoE reps.</p>	
	Sessions 2 and 3  Theory / Practice	<p>Break 15 to 20 min and Refreshments</p> <p>2. History of RG</p> <ul style="list-style-type: none"> <li>• Origin</li> <li>• Development</li> <li>• Present Status of RG</li> </ul> <p>Leaders &amp; Medal winners</p>	<p><b>VA</b></p> <p><b>Music for warm up (VA)</b></p>	<p>Parents, PE Teachers, MoE reps.</p>	

		<b>Break 15 to 20 min and Refreshments</b>			
<b>1 hr 30 min to 2 hours</b>		<b>3. Introduction to Free Hand (FH) Exercise</b> Kids are requested to show how they can move/dance with music. Demo of FH Ex Little Gymnast (LG) routine by Vera's gymnasts. Analyzing & teaching basic elements of the routine: <ul style="list-style-type: none"> <li>• Balances</li> <li>• Pivots</li> <li>• Flexibilities</li> <li>• Jumps</li> </ul>	<b>VA</b>  <b>Music for free dance (VA)</b>  <b>Demo tape of FH Ex LG (VA)</b>  <b>Music for free hand routine (VA)</b>		
		<b>Break 15 to 20 min and Refreshments</b>			
<b>45 min to 1 hour</b>	<b>Session 4 Practice</b>	<b>1. Introduction to Rope (R) Exercise</b> Kids are requested to show what they can do with rope stationary and on the move; and how they can move with music. Demo of Rope Ex Little Gymnast (LG) routine by Vera's gymnasts. Analyzing & teaching basic elements of the routine: <ul style="list-style-type: none"> <li>• Balances</li> <li>• Pivots</li> <li>• Flexibilities</li> <li>• Jumps</li> </ul>	<b>VA</b>  <b>Demo tape of ROPE Ex LG (VA)</b>  <b>Music for rope routine (VA)</b>		
		<b>End of Day 1 (Total of 4 hours)</b>			

**Workshop Contents Day 2**

Date Time	Session Type	Session Contents	Presenting during the session	Organizers may invite	Remarks
18/09/09  45 min to 1 hour	Session 5  Theory	1. RG Evolution. 2. Free Hand recap and Videos: <ul style="list-style-type: none"> <li>• Little Gymnasts (LG)</li> <li>• Gymnastrada (explain what is this competition)</li> <li>• Jr. Elite Wan Nin/Nianni (no free hand routines for Sr. Elite)</li> </ul> 2. Rope recap and Videos: <ul style="list-style-type: none"> <li>• Little Gymnasts (LG)</li> <li>• National - Wan Nin</li> <li>• Elite International - Kanaeva</li> </ul> 3. Judging in RG. Code of Points Complexity: <ul style="list-style-type: none"> <li>• Body Movement Difficulties</li> <li>• Apparatuses Handling</li> <li>• Artistic Expression</li> </ul>	VA  Old videos if available  FH videos: LG, Gymnastr. WN NN (VA)  ROPE videos: LG Jr. National Wan Nin Elite (VA)	Parents, PE Teachers, MoE reps.	
		Break 15 to 20 min and Refreshments			
	Sessions 6 and 7  Theory / Practice	1. RG Apparatuses Demo and General (Ball & Hoop) 2. Safety briefing. <ul style="list-style-type: none"> <li>• Warm up (general followed by specific)</li> <li>• Stand by and safety techniques</li> <li>• Pairing for exercise safety</li> </ul>	VA  OK	Parents, PE Teachers, MoE reps.	
1 hr 30 min to 2		3. Introduction to Ball (B) Exercise	VA		

hours		<p>Kids are requested to show what they can do with ball stationary and on the move; and how they can move with music.</p> <p>Demo of Ball Ex Little Gymnast (LG) routine by Vera's gymnasts.</p> <p>Analyzing &amp; teaching basic elements of the routine:</p> <ul style="list-style-type: none"> <li>• Balances</li> <li>• Pivots</li> <li>• Flexibilities</li> <li>• Jumps</li> </ul>	<p><b>Demo tape of BALL Ex LG (VA)</b></p> <p><b>Music for ball routine (VA)</b></p>		
		Break 15 to 20 min and Refreshments			
45 min to 1 hour	<p><b>Session 8</b></p> <p><b>Practice</b></p>	<p><b>1. Introduction to Hoop (R) Exercise</b></p> <p>Kids are requested to show what they can do with hoop stationary and on the move; and how they can move with music.</p> <p>Demo of Hoop Ex Little Gymnast (LG) routine by Vera's gymnasts.</p> <p>Analyzing &amp; teaching basic elements of the routine:</p> <ul style="list-style-type: none"> <li>• Balances</li> <li>• Pivots</li> <li>• Flexibilities</li> <li>• Jumps</li> </ul>	<p><b>VA</b></p> <p><b>Demo tape of HOOP Ex LG (VA)</b></p> <p><b>Music for hoop routine (VA)</b></p>		
		End of Day 2 (Total of 4 hours)			

**Workshop Contents Day 3**

<b>Date Time</b>	<b>Session Type</b>	<b>Session Contents</b>	<b>Presenting during the session</b>	<b>Organizers may invite</b>	<b>Remarks</b>
19/09/09  45 min to 1 hour	Session 9  Theory	1. Ball recap and Videos: <ul style="list-style-type: none"> <li>• Little Gymnasts (LG)</li> <li>• National - Wan Nin</li> <li>• Elite International - Kanaeva</li> </ul> 2. Hoop recap and Videos: <ul style="list-style-type: none"> <li>• Little Gymnasts (LG)</li> <li>• National - Wan Nin</li> <li>• Elite International – Kanaeva</li> </ul> 3. Flexibility testing by PE Teachers <ul style="list-style-type: none"> <li>• Splits</li> <li>• Bridge</li> <li>• Pike</li> </ul>	<b>VA</b> <b>BALL videos:</b> LG Wan Nin Elite (VA)  <b>HOOP videos:</b> LG Wan Nin Elite (VA)	Parents, PE Teachers, MoE reps.        Measuring tapes	
		Break 15 to 20 min and Refreshments			
30 min	Session 10  Th/ Pract	1. Elements of Choreography and self-expression: <ul style="list-style-type: none"> <li>• Expressing Joy in the dance</li> <li>• Expressing sorrow in the dance</li> </ul>	<b>VA</b>  <b>Joyful and sad (slow) music (VA)</b>	Parents, PE Teachers, MoE reps.	
1 hr to 1 h 30 min	Session 11 Pract	2. Perfecting FH Routine in Individually and in groups of 4	VA		
		Break 40 min, makeup			
1 hour	Session 12	1. Performance of the FH Routines by Groups of 4 2. Demo of the kids in free movements/dance (from day 1)	VA/OK		
		Closing and end of the Workshop	Principal, VA/OK		

**VA - Vera Andreeva, BSc (PE) ,Majlis Sukan Negeri Perak**

**OK - Oleksandr Krasilshchikov, PhD (Trg. Methodology), Universiti Sains Malaysia**