

5 Surprising Benefits of Gymnastic Activity for Developing Physical Health and Well Being

Gymnastics is more than just a captivating sport to watch during the Olympics, it is a fantastic activity that promotes physical health and well being. The flexibility, strength, and coordination that gymnasts develop through their training have numerous benefits that extend beyond the gymnasium. In this article, we will explore five surprising benefits of gymnastic activity for developing physical health and well being.

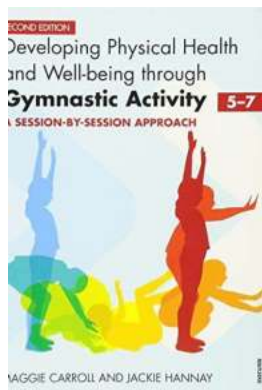
1. Enhanced Flexibility for Improved Physical Performance

Gymnastics is renowned for its ability to enhance flexibility, and this is one of the most significant benefits it offers. Flexibility not only allows gymnasts to execute jaw-dropping moves, but it also aids in injury prevention and enhances overall physical performance. Through regular stretching and specific drills, gymnasts improve their range of motion, which translates into better agility, balance, and speed. Flexibility gained from gymnastic training helps in other physical pursuits, such as dancing, martial arts, and even everyday activities like bending and reaching.

2. Increased Strength for a Healthier Body

Developing strength is a crucial aspect of gymnastics, and it is not limited to just the arms and upper body. Gymnastic activity engages all major muscle groups, including the core, legs, back, and shoulders. By consistently challenging these muscles through a variety of exercises, gymnasts build lean muscle mass, which not only improves their balance and stability but also promotes a healthier body

composition. Increased strength gained from gymnastics also helps in maintaining good posture, reducing the risk of osteoporosis, and even alleviating back pain.



Developing Physical Health and Well-Being through Gymnastic Activity (5-7): A Session-by-Session Approach

by Aaron Patterson (2nd Edition, Kindle Edition)

★★★★★ 5 out of 5

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File size : 1665 KB
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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 192 pages



3. Improved Coordination for Better Cognitive Function

Gymnastics requires exquisite coordination between the mind and body. Every movement and routine must be precisely executed with perfect timing and rhythm. This constant demand for coordination has a direct impact on cognitive function. Research has shown that gymnastic activity enhances neural connections in the brain, resulting in improved concentration, memory, and problem-solving abilities. This improvement in cognitive function can have long-term benefits beyond the gym, such as better academic performance and increased productivity in various aspects of life.

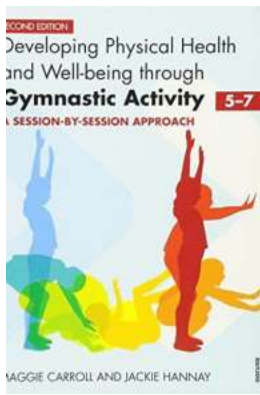
4. Boosted Mental Well Being for Emotional Stability

Gymnastic activity not only benefits physical health but also plays a significant role in promoting mental well being. The combination of physical exertion, focus, and discipline involved in gymnastics releases endorphins, also known as the "feel-good" hormones. Regular participation in gymnastic activity can reduce anxiety, stress, and symptoms of depression. The supportive and encouraging environment in gymnastics clubs further contributes to emotional stability, fostering a sense of belonging and camaraderie among gymnasts.

5. Increased Body Awareness for Injury Prevention

Gymnasts develop exceptional body awareness and spatial orientation through their training. They have an acute sense of where their body is in space, allowing them to execute complex moves and land safely. This heightened body awareness is not only crucial for executing gymnastic routines but also plays a significant role in injury prevention. By cultivating proprioception, gymnasts are more mindful of their body's limitations, reducing the risk of falls and other types of accidents. This increased body awareness transcends into daily life, making gymnasts more conscious of their posture and body mechanics, leading to a lower risk of injury in various activities.

Gymnastics offers an array of surprising benefits that go beyond just physical health and well being. The enhanced flexibility, increased strength, improved coordination, boosted mental well being, and increased body awareness gained through gymnastic activity have far-reaching positive impacts. Whether you are a gymnastics enthusiast or simply looking for a way to improve your physical health and overall well being, incorporating gymnastic activity into your routine can be a game-changer. Don't hesitate to join a gymnastics class or give it a try – the rewards for your body and mind are countless.



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How can you make gymnastics activity fun, lively and inclusive? How can you improve the health and well-being of all your children? How can you ensure progression over time?

This practical and easy-to-use teacher's guide is the brand new edition of the popular workbook Movement Education leading to Gymnastics 4-7. It takes a session-by-session approach to teaching physical development and well-being through gymnastics for the five to seven age range.

Fully updated with the most current schemes of work to use at Key Stage 1, it sets out a series of forty sessions over the two year span, to give you planned and logical progression of both content and advice.

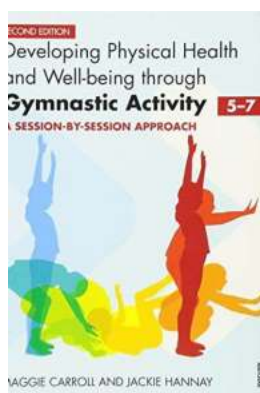
This one-stop resource includes twenty session plans per year group, which you can follow as a complete course or dip into for ideas and inspiration. It also

includes Specific Skills Guide to help you support children in developing the correct techniques.

Each session plan includes:

- learning objectives
- assessment criteria
- teaching approaches
- warm up and cool down activities
- the content of the session
- apparatus needed
- health and safety considerations.

The companion volume, *Developing Physical Health, Fitness and Well-Being through Gymnastics 7-11* follows the same format, and together, these user-friendly books provide a progressive programme of work from Years 1-6. If you are a practising or student teacher, this guide will give you all the confidence you need to teach gymnastics in your school.



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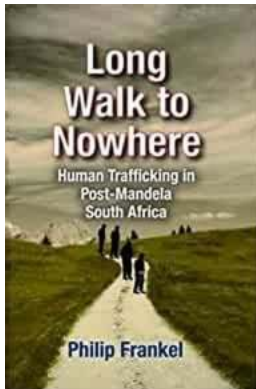
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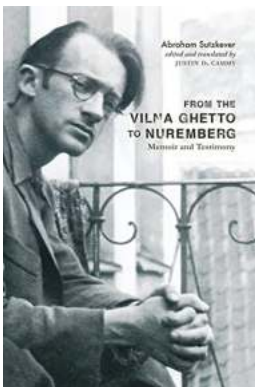
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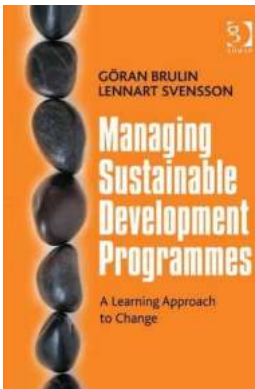
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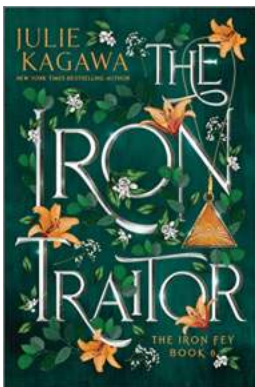
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