



PODAR ENRICHMENT ACADEMY

Learning for Life

→ **RHYTHMIC GYMNASTICS ONLY FOR GIRLS:-**

→ **APPARATUS FOR RHYTHMIC GYMNASTICS**

- 1 Ball
- 2 Hoop (Ring)
- 3 Ribbon
- 4 Rope
- 5 Clubs
- 6 Free hand (No Apparatus)

→ **BALL: -**

- 1 Roll over the body
- 2 Roll on the floor
- 3 Bounces
- 4 Figure of 8

→ **HOOP (RING):-**

- 1 Circle on neck
- 2 Circle on hand
- 3 Circle on elbow
- 4 Circle on L
- 5 Pass Through
- 6 Boom rang
- 7 Axis Rotation

→ **RIBBON: -**

- 1 Circle
- 2 Snake
- 3 Zig Zag
- 4 Spiral
- 5 Pass Through
- 6 Passing over
- 7 Spiral on the floor
- 8 Snake on the floor



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→ **ROPE: -**

- 1 Rotation
- 2 Pass Through

→ **CLUBS: -**

- 1 Mills
- 2 Asymmetric Movement
- 3 Circle
- 4 Throwing of the both clubs

→ **GENERAL EXERCISE :-**

- Different Types of Flexibility Exercises
 - Different types of Jumps
 - Different types of turns
 - Different types of rolling movements
 - Different types of balances
- 1 Walking on toes
 - 2 Leg rising
 - 3 Cat jump
 - 4 Tuck jump
 - 5 Scissor jump
 - 6 Stag jump
 - 7 Cossack jump
 - 8 Leap
 - 9 Ring jump
 - 10 Leap ring jump
 - 11 Ship jump
 - 12 Aeroplane Balance
 - 13 Front balance
 - 14 Knee balance
 - 15 'Y' balance
 - 16 Front roll
 - 17 Russian roll
 - 18 Cart wheel



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- 19 Cart wheel on elbow
 - 20 Front walk over
 - 21 Back walk over
 - 22 Turns [180°, 360°, 540°, 720°, 1080°]
 - 23 Jump turns [180°, 360°, 540°, 720°]
 - 24 Horizontal split
 - 25 Vertical split
 - 26 Pancake
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