



EduTrend Contents

W4C · DANCE AND RHYTHMIC SPORTS · MIDDLE SCHOOL

Rhythmic Gymnastics Apparatus

Ribbon, ball and hoop skills set to music

Ages 12–14

Level: Intermediate

60 minutes

Individuals and groups
· up to 24

Activity 04

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 04 · AT A GLANCE

Rhythmic Gymnastics Apparatus

Students rotate around ribbon, ball and hoop stations, learning fundamental handling skills such as ribbon spirals and snakes, ball rolls and bounces, and hoop rotations and rolls. They combine body movements and apparatus skills into a short routine to music.

Learning outcomes

By the end of the session students can:

- perform basic ribbon, ball and hoop skills;
- keep apparatus moving continuously;
- link body movement and apparatus handling;
- create and perform a short routine to music.

KEY WORDS

apparatus · ribbon · spiral · snake · roll · throw and catch · rotation · flow · routine

CURRICULUM LINKS

PE: gymnastics and dance. Music: phrasing. Science: circular motion and forces.

1**WARM UP**

Raise and mobilise

2**EXPLORE**

Try the movement
idea

3**CREATE**

Make a phrase

4**REHEARSE**

Practise and refine

5**PERFORM**

Share and watch

6**COOL DOWN**

Reflect and stretch

Equipment

- Ribbons on sticks, soft balls and hoops
- Music with clear phrases
- Station cards
- Large hall with high ceiling
- Worksheets 1, 2 and 3

Before the session

- Check apparatus for damage.
- Set up three stations with space.
- Prepare station cards with skill images.
- Choose music of about one minute.

SAFETY

Plenty of space between students. Check ceiling height for throws. Hold ribbon sticks at the end. Tidy apparatus away.

ACTIVITY 04 · SESSION PLAN

Step by step

Rhythmic gymnastics values continuous movement: coach students to keep the apparatus moving even when the body is still.

Time	What happens	Say or ask
0–8 min Warm up	Mobility, balance and relevés.	<i>"Where do you feel the stretch?"</i>
8–38 min Stations	Rotate: ribbon spirals and snakes; ball rolls and bounces; hoop rotations and rolls.	<i>"How do you keep it moving?"</i>
38–52 min Routine	Choose one apparatus; link 4 skills with body moves to music.	<i>"How do moves match the music?"</i>
52–58 min Perform	Share routines in small groups.	<i>"Where was the flow best?"</i>
58–60 min Cool down	Stretch and reflect.	<i>"Which skill will you practise?"</i>

CHALLENGE CARD (print or copy onto the board)

Create and perform a routine of about 30 seconds with one apparatus, linking at least four handling skills with body movements and keeping the apparatus moving.

ACTIVITY 04 · FACILITATOR NOTES

The dance know-how in brief

Rhythmic gymnastics combines dance, ballet and apparatus handling. At elite level it uses five apparatus: rope, hoop, ball, clubs and ribbon. Routines are performed to music on a floor area and judged on difficulty, artistry and execution.

Many apparatus skills rely on circular motion: a ribbon spiral is made by small, quick circles of the wrist, and a hoop rotation around the hand needs a steady push. Throws and catches need timing between release, flight and the body's movement.

Common ideas to listen for

- “It is only about flexibility.” Coordination, timing and rhythm are just as important.
- “The apparatus is decoration.” It must move continuously and skilfully.
- “Only girls do rhythmic gymnastics.” Men's rhythmic gymnastics is growing in some countries.

Adapting the activity

Support

Use slower music and two skills.

Stretch

Add a throw with a turn before the catch.

WORKSHEET 1

Skill stations

Name: _____

Class: _____ Date: _____

Rate each skill.

Skills

Apparatus	Skill	Score 1–3
Ribbon		
Ribbon		
Ball		
Ball		
Hoop		
Hoop		

WORKSHEET 2

Routine plan

Plan your routine.

Routine

Counts	Body move	Apparatus skill
1-8		
9-16		
17-24		
25-32		

WORKSHEET 3

Reflection

Think about your performance.

Best moment of flow

Skill to practise

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Handles apparatus	Keeps flow	Links to music

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Rhythmic Gymnastics Apparatus is a sample activity from the EduTrend Contents W4C Dance and Rhythmic Sports programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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