

# End-of-the-Year Choreography

## Now You're Doing Gymnastics For All

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Every four years, we are glued to the television to watch the gymnastics events at the Olympic Games. Children dream of someday competing in the Olympics and standing on the awards podium, listening to the national anthem being played to celebrate their victory. Adults watch and wonder, if their lives had been different, could they have represented the U.S. in international competition? In reality, a very small percentage of these dreamers ever become Olympians, or even compete in gymnastics at a high level. Yet, the magic of gymnastics lives in the minds of people of all ages. That magic can become reality when your gym provides the opportunity for everyone to be involved in **Gymnastics for All**.

**Gymnastics for All** means just that – gymnastics activities that everyone can participate in: competitive and recreational gymnasts, athletes with disabilities, even parents and

grandparents. Whether your students are preparing for their end of the year show or performing at the grand opening of the local supermarket, they will love having a fun and unique exhibition routine. As a coach, you can choreograph the routine to showcase the talents of your students, to teach or perfect skills, to promote physical fitness, and to share the joy of participating in gymnastics.

### Here are some guidelines for choreographing that special routine:

- Choose appropriate music. Yes – you can use popular music that is played on the radio, but first check the lyrics. Make sure the music has definite beats and phrases that the gymnasts can follow. Find music that





is appropriate for the movements in the routine. Choose songs that the group can relate to.

- Keep the choreography simple. Many gymnasts performing a simple routine, with good form and in synchronization, will be more impressive than a group of gymnasts performing a difficult routine with poor form. Make sure the formations and transitions are clean. Remember – the routine will only be as good as the weakest gymnast, so keep that gymnast in mind when you do the choreography.

- Use the choreography to teach something – not just gymnastics, but life skills as well. Group choreography and performances are great team building activities, which encourage teamwork and cooperation between all the members. For people of all ages, you can teach physical fitness with an upbeat, aerobically challenging

routine. For your competitive gymnasts, include in their exhibition routine dance or tumbling skills they need to perfect.

- Use props, such as flags, discs, scarves, or rhythmic gymnastics apparatus. They add color and variety to the choreography, and most of all, the gymnasts love working with props!

- Include parents and grandparents. If you need people to carry out flags at the end of a routine or to lift gymnasts, ask parents to help. Make them a part of the team and discover the teamwork you can create by having coaches, gymnasts, and parents all working toward the same goal.

- Have fun!

Group choreography can be “serious gymnastics” in a fun-filled atmosphere. At your end-of-the-year show, local exhibitions, or the World Gymnaestrada, gymnasts of all ages and abilities can shine in a routine which has clever, innovative, and imaginative choreography. There are no limits to who can perform or what they can do in **Gymnastics for All**. Enjoy! ✕

