

## WHAT IS RHYTHMIC GYMNASTICS?

Rhythmic gymnastics is one of the disciplines of gymnastics and is a dynamic and graceful Olympic Sport. A good recipe for a fun and exciting experience in a safe environment is the combination of expressive body movements with colourful small hand apparatuses in the gym. The coordination with twirling ribbons, spinning ropes, bouncing balls, flying hoops, clapping clubs and alternative apparatuses such as swinging scarves and flags create visual excitement for all participants and spectators.



Music is an essential part in this sport. Rhythmic gymnastics activities should be done in various rhythms, speed and variations, accompanied mostly by music. Clapping, tambourine, and finger snapping are all helpful tools for coaches to help children develop a feeling for beat and rhythm and help them to move with the music. Competitive gymnasts perform individually, in pairs or groups of three, four or five girls. Recreational gymnasts perform in large and small groups where the focus is for children to discover fun and creative ways to express themselves while collaborating with others. Boys and girls can develop physical literacy and fundamental movement skills that are adaptable to

all types of different sporting activities. Recreational rhythmic gymnasts learn throwing, hopping, skipping, jumping, balancing, catching, and agility. Recognition of achievement for recreational rhythmic gymnasts is through the PRISM badge program, available through Rhythmic Gymnastics Alberta. The PRISM program is accepted as a learning resource by Alberta Learning.



## WHAT IS ARTISTIC GYMNASTICS?

Artistic gymnastics is one of the disciplines of gymnastics, a powerful Olympic sport for women and men. Apparatuses for girls are vault, uneven bars, beam and floor. Boys perform on rings, parallel bars, vault, floor, high bar and pommel horse. The only discipline performed with music is the floor routine for women. Recreational gymnastics develops fundamental body movements as a base for almost



all sports. Gymnasts often work on trampoline skills and will use various gym equipment such as a big air track, foam blocks, and mats in different shapes and sizes, to master gymnastics skills at a variety of developmental levels. Progression through the CanGym badge program provides incentive and motivation to recreational artistic gymnasts.