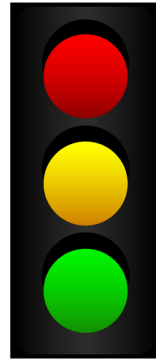


FOR OUR GYMNASTICS SESSION THIS WEEK WE ARE GOING TO BE USING ALL THE SKILLS LEARNT IN LESSONS 1-4

WARM UP: Traffic Lights Game

- Red – STOP
- Amber – WALK
- Green – JOG



STRETCHES:

- 10x arm circles forwards
- 10x arm circles backwards
- Straddle Stand hold 10 seconds (reach to floor)
- Pike stand hold 10 seconds (reach to floor)



MAIN ACTIVITY:

TASK 1: GYMNASTICS CIRCUIT STATIONS – 5 Mins Per Station

Using either your school equipment or items around your house, set up stations for you to practice your gymnastics skills on. Focus on the following areas....

- Travelling – Spacious area for you to travel in various directions
- Balancing – On the floor, with objects on your head, on different objects around the house/school.
- Jumps – On the floor, off equipment e.g. sofa, wall etc. (Adult supervision needed)
- Rolls – Matted/cushioned area in your house or Garden

Using the skills that you have learnt in weeks, 1-4 set up 4 different stations for you to practice each element. Stay on each station for 5 minutes before rotating. Use the YouTube videos to help!

TASK 2: SEQUENCE MAKING

After completing the gymnastics stations circuit, you are now going to put all the elements together to create a sequence. You can do this on your own or with a partner.

6 Piece sequence including

- 1 Travel
- 1 Balance

DON'T FORGET TO REFER BACK TO OUR YOUTUBE VIDEOS!