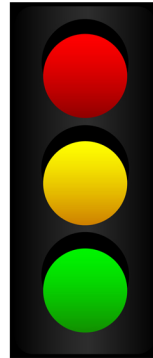


This weeks Gymnastics focus is ROLLING!

WARM UP: Traffic Lights

- Red – STOP don't move
- Amber – Walking or jogging
- Green - Jogging or running
- Hedgehog – a little ball shape
- Lamppost – stretch up
- Zebra crossing - Lie down



STRETCHES:

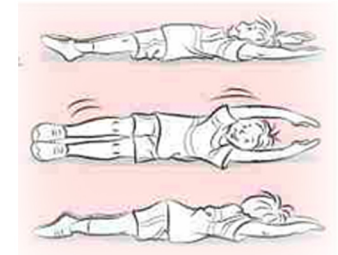
- 5x arm circles forwards then backwards
- 15x arm circles backwards
- Straddle stand hold 10 seconds (reach to floor)
- Pike stand hold 10 seconds (reach to floor)
- Butterfly stretch for 10 seconds
- Stretch feet to head for 10 seconds



MAIN ACTIVITY:

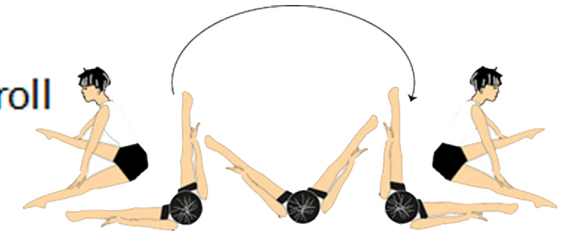
TASK 1: RECAP ROLLS

- Pencil roll
- Egg roll
- Log roll
- Rock and roll to stand



TASK 2:

- Teddy bear roll
- Partner Teddy bear roll



CHALLENGE BOX

1. Link together; Balance - Roll- Jump

