

This weeks Gymnastics focus is **BALANCING!**

WARM UP: 3 times round!

- Jogging on the spot or in the space
- Shout out a super hero to move like
- Spiderman – Side lunges
- Thor – Slam the hammer down
- Captain marvel – Flying position



STRETCHES:

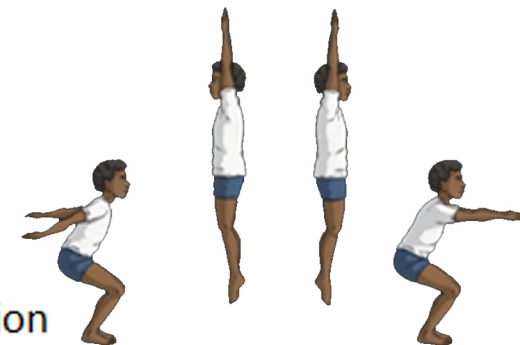
- 5 Arm circles backwards then forwards
- Straddle stretch for 10 seconds
- Pike stretch for 10 seconds
- Butterfly stretch for 10 seconds
- Stretch feet to head for 10 seconds



MAIN ACTIVITY:

TASK 1:

- Recap on jump to a land position
- Recap straight, Tuck & star jumps
- Performing straight jump ½ turn
- Straight jump full turn
- Rebound jumps – connect 2 jumps one after the other.



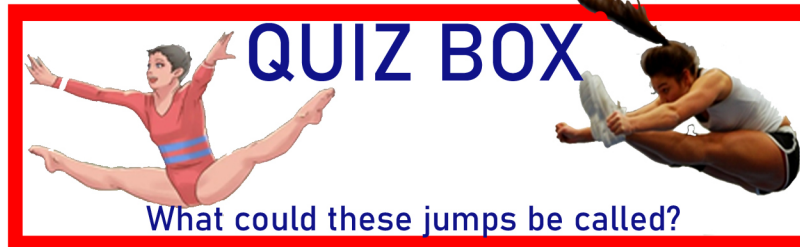
TASK 2:

- Make a sequence with 4 skills in
- 1 must be a balance on small body parts
- 1 must be a travel on small body parts
- The other 2 are two different jumps



CHALLENGE BOX

1. When doing a jump turn what other shapes can you make?



What could these jumps be called?