

For our Gymnastics session this week we are going to be using all our skills from Lessons 1-4

## WARM UP: Colour Game

For this game you will need a teacher or family member to call out different colours for you. You will be jogging around when your helper shouts out a colour. When you hear the colour you must touch an object matching that colour as quickly as you can.

## STRETCHES:

- 15x arm circles forwards
- 15x arm circles backwards
- Straddle Stand hold 15 seconds (reach to floor)
- Pike stand hold 15 seconds (reach to floor)



In Your sequence try and think about the following things!  
- Direction - Order (Unison/Canon) - Technique  
- Body Tension - Concentration

## MAIN ACTIVITY:

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

## TASK 1: GYMNASTICS CIRCUIT STATIONS – 5 Mins Per Station

Using either your school equipment or items around your house set up stations that you can 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. Try and make the sequence with a partner or a family member.

10 Piece sequence including

- 1 Travel
- 1 Balance
- 1 Jump



PLUS 3 MORE OF YOUR FAVOURITE GYMNASTIC ELEMENTS