

This weeks Gymnastics focus is PARTNER WORK AND ROLLS

WARM UP: NUMBERS GAME! 3-5mins

- Jog on the spot or in a space
- Number 1 – 5 jumping jacks
- Number 2 – touch the floor and jump up high
- Number 3 – lie like a star
- Number 4 – 4 hops
- Number 5 – 1 burpee
- Number 6 – do your favourite move



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



CHALLENGE

1. In gymnastics you need to be strong, how many or how long can you do the following for – press ups, sit ups, dish, arch and plank?

MAIN ACTIVITY:

TASK 1: RECAP ROLLS

- Pencil roll
- Egg roll
- Log roll
- Rock and roll to stand
- Teddy bear roll
- Forward roll



TASK 2: MAKE A ROUTINE WITH THE FOLLOWING:

- Partner balance
- Roll
- Jump
- Balance

