

This weeks Gymnastics focus is SHAPES AND PARTNER WORK

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



MAIN ACTIVITY:

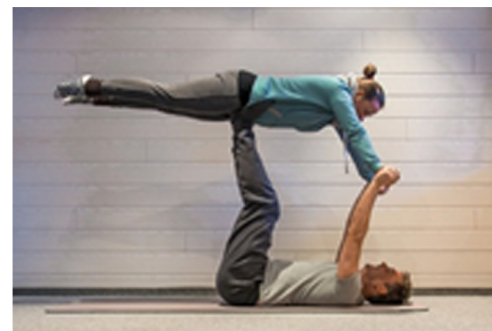
TASK 1: GYMNASTICS SHAPES AND EXERCISES

- Tuck, Pike and straddle
- Dish, arch, front and back support
- TUCK bunny hops
- Straddle and Pike Lever
- Crab/Bridge
- V sit



TASK 2: WEIGHT BEARING BALANCES

- Front support balances with partner
- Supporting your partner with your feet
- Supporting your partner on your back



CHALLENGE

Play the shape/skill game – doing a movement on the spot or in the space for example jogging, hopping, jumping. Have someone shout out some shapes or skills and you have to show that skill or shape for 5 seconds.

Can you remember all the shapes and can you get into them quickly?