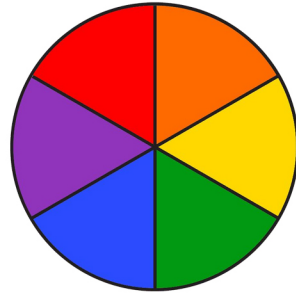


FOR OUR GYMNASTICS SESSION THIS WEEK WE ARE GOING TO BE USING ALL THE SKILLS LEARNT IN LESSONS 1-4

WARM UP: Colour, action and object game

- Call out a colour to find
- Call out an action to do
- Call out an object to touch



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 lessons 1-4

- From Lesson 1 – Travel
- From Lesson 2 – Balance
- From Lesson 3 - Jump
- From Lesson 4 - Roll



TASK 2 –

- Make a sequence
- A balance
- A travel
- A jump
- A roll



Remember don't forget to refer back to our you tube videos

CHALLENGE - - Can you teach someone else your routine