

This weeks Gymnastics focus is ROLLING!

WARM UP: Traffic lights

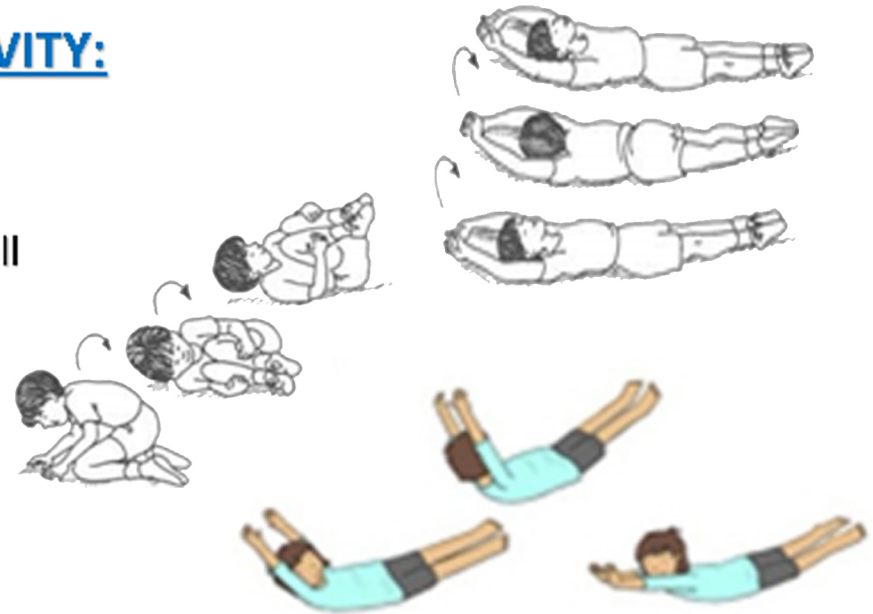
- Red - Stop and don't move
- Amber - Walking or jogging
- Green - Jogging or running
- Hedgehog - A little ball shape
- Lampost - Stretch up
- Zebra crossing - Lie down



MAIN ACTIVITY:

TASK 1:

- Pencil roll
- Egg roll
- Log roll



TASK 2:

- Rock and roll
- Rock and Roll to stand



STRETCHES:

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



- ## CHALLENGE
1. What other ways can you roll?
 2. Can you do a roll connecting to a jump?

