

## This weeks Gymnastics focus is JUMPING

### 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: PERFORM A SAFE LAND POSITION

- Perform a safe land position
- Using Arm swing
- Straight Jump
- Tuck Jump
- Star Jump



#### TASK 2: MAKE A SEQUENCE

- 1 must be a balance
- 1 must be a travel
- 1 must be a jump

### 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. Have ago at a straight jump with a half turn
  - 2. If you can do a half turn, what about a jump full turn

