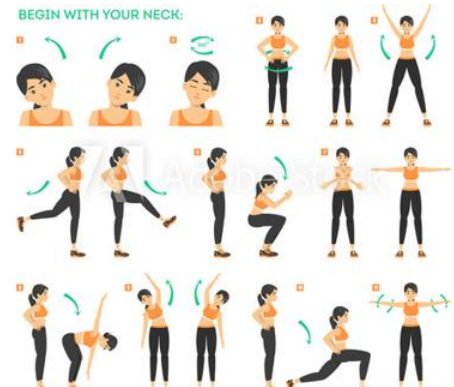


Gymnastics – Week 2

Warm up - Let's Sprint

I would like you to do a warm up then stretch using the stretches with are provided – Do this twice -

- 1- 10 second sprint – 10 second Jog on spot
- 2- 20 second spring – 5 second Jog on spot
- 3- 30 second sprint – 3 second Jog on spot



SGO School games challenge

There are school games challenges, which you can, attempt at home .You, can access this on - <https://www.sgochallenge.com/> and ask your parent to register.

Each School Games area has a unique code for registering. Our unique area code for registering is '**shenley**'. If you are unsure on how to complete the form then please call the school and Mr Jones will help.The challenges that are set are weekly challenges and end on the Sunday of each week. Following the completion of a challenge week, the top five in each year group for each challenge will be emailed a School Games virtual badge.

Strengthening –

I would like you every day this week do a mini routine , I would like you to find a safe clear space in your house or garden and practice these exercises , doing 10 of each –

- 1. Squats
- 2. Press ups
- 3. Sit Ups

Stretching –

For gymnastics you need to have flexible joints and muscles, I would like you to practice ten of these each day –

- 1. While standing, touch your toes, keeping your legs straight.
- 2. Clasp your hands behind your back and lift your arms.
- 3. While kneeling reach your arms back and hold for 10 seconds.



My routine –

Plan and practice in space in your garden or house in a safe space your own gymnastics routine. Try and include a variety of different movements and link them together.

Write down your actions in steps and explain how long between each section. You could even include music in your routine.

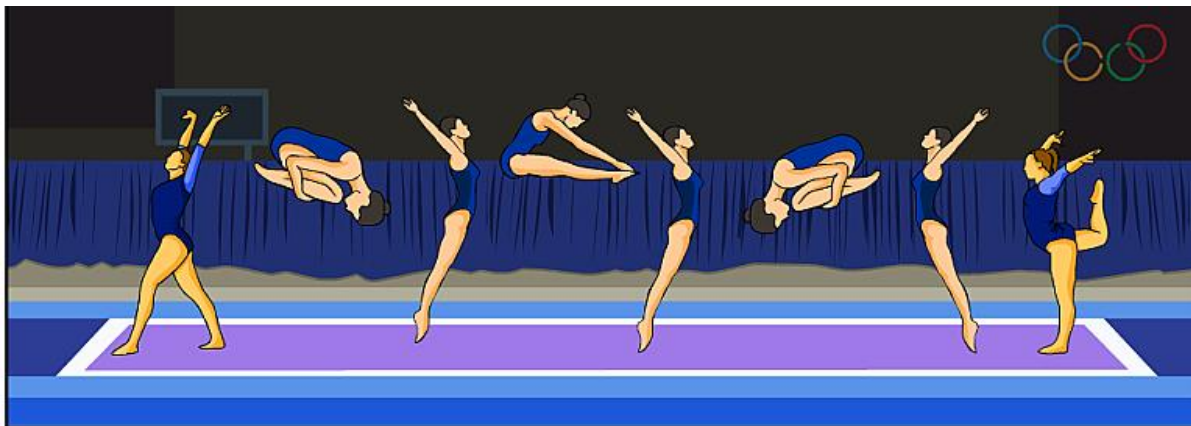
Your routine could include –

Leaps

Jumps

Balnaces

Rolls



Cool down -

I would like you to do 4 activities working our way down to a slow speed.

10- Stars jumps, 10- Jumps ,10 touching the floor, 10 second sprint

9- Star jumps , 9 jumps , 9 touching the floor , 9 second sprint

8- Star jump , 8 jump , 8 touching the floor , 8 second sprint.

7- Star jump , 7 jump , 7 touching the floor , 7 second sprint.

6- Star jump , 6 jump , 6 touching the floor , 6 second sprint.

5- Stars jumps, 5- Jumps ,5 touching the floor, 5 second sprint

4- Star jumps , 4 jumps , 4 touching the floor , 4 second sprint

3- Star jump , 3 jump , 3 touching the floor , 3 second sprint.

2- Star jump , 2 jump , 2 touching the floor , 2 second sprint.

1- Star jump , 1 jump , 1 touching the floor , 1 second sprint

