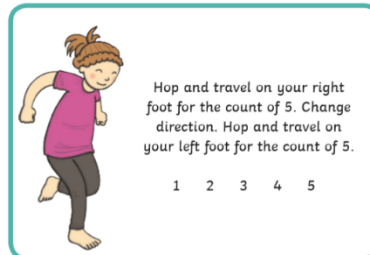
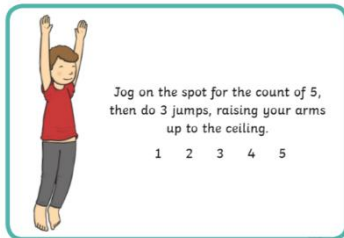


## Gymnastics

### Warm up –



## 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.

## Balances

### Can't Push Me Over

Create a balance e.g. stand on one leg or sit on your bottom with your arms and legs off the floor. Ask someone to try to gently push you over - can you remain balanced? Try again with different types of balances.

- How to Balance:**
1. Make sure you are looking forward.
  2. Look at a fixed point in front of you.
  3. Make sure you are holding your body in a strong position.
  4. Make sure you are balancing on a flat surface.
  5. Try to hold your balance for about 5 seconds.

### How Long Can You Last?

Ask someone to time you while you balance on. Make sure you are different body parts e.g. one foot, one knee, one holding your body hand or one foot. See how long you can balance for in a strong position before you start to wobble.



## Shapes -

Try making some different shapes and holding them for a count of 5 seconds. Start by making the tallest shape you can by stretching your hands in the air and standing on your tiptoes. Next try to make the smallest shape you can. Next attempt to make up your own shape and turn it into a balance.



## Shape Alphabet –

How many letters of the alphabet can you make with your body? Try to spell your name out, once you have done this, see if you can spell your second name. If you are finding certain letters difficult ask a family member to help make the letter with you. You could attempt lower case and upper case letters.



## Cool down -

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

- 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.

