

## Gymnastics

### Warm up -

#### Mirroring

To play the game, you will need to find a helper. One of the pair will start doing various motions. They can kick, move their arms, spin around, or do any other motions. The child's partner will try to mirror their motions. You can set a time limit and when the time is up, the partners can trade places and the child who was doing the mirroring can start doing the motions.



### Balancing

#### Balance that Balloon.

Make sure you are trying to balance a balloon on different body parts e.g. looking forward. Your head, hand, foot, shoulder, arm. How many seconds can you keep that balloon balanced for? 2. Look at a fixed point in front of you. How Long Can You Last?

#### 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.



## Balancing Bridges

Ask someone to help you make different types of a bridge; you can do this by leaning against one another or a solid surface. For example, put the balance for about palms of your hands together and lean towards 5 seconds. one another; stand back-to-back and slowly move your feet out to make a bridge beneath you; or put the palms of your hands against a wall and walk your feet out - can you make a bridge so low that no one can get under?

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your balancing skills!

## Cool down –

I would like to practice your numbers , I would like you to do 3 activities working our way down to a slow speed.

- 3- Stars jumps, 3- Jumps ,3 touching the floor, 3 second sprint
- 2- Star jumps , 2 jumps , 2 touching the floor , 2 second sprint
- 1- Star jump , 1 jump , 1 touching the floor , 1 second sprint.

