

## This weeks Gymnastics focus is TRAVELLING!

### WARM UP: 4 times round!

- 30 seconds jogging
- 30 seconds skipping
- 30 seconds jumping with two feet
- 30 secs hopping (each leg)

### STRETCHES:

- 20x arm circles forwards
- 20x arm circles backwards
- Straddle stand hold 15 seconds (reach to floor)
- Pike stand hold 15 seconds (reach to floor)



### MAIN ACTIVITY:

#### TASK 1: ANIMAL TRAVELS

Can you travel around your home/garden as different animals?

- Bunny Hops
- Snake
- Frog
- Caterpillar
- Crab
- Bear Walk & Jumps



#### TASK 2: TRAVELLING MOTIONS

Can you now use these different types of travels around your house/garden?

- Cat Leap
- Hop – Step – Jump
- Side Steps/Chasses
- Split Leap



**CHALLENGE** – Can you create a 7 piece sequence using the different types of travel? Thinking about changing direction and the speed of the different types of travels.