

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:

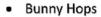
- · 20x arm circles forwards
- 20x arm circles backwards
- Straddle stand hold 15 seconds (reach to floor)
- Pike stand hold 15 seconds (reach to floor)



MAIN ACTIVITY:

TASK 1: ANIMAL TRAVELS

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





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.