

This weeks Gymnastics focus is TRAVELLING!

WARM UP: 3 times round!

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

STRETCHES:

- 15x arm circles forwards
- 15x arm circles backwards
- Straddle stand hold 10 seconds (reach to floor)
- Pike stand hold 10 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

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

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



CHALLENGE – Can you create a 5 piece sequence using the different types of travel?
You can also add in some ways of travelling like your favourite animals!