

# 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:

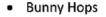
- 15x arm circles forwards
- 15x arm circles backwards
- Straddle stand hold 10 seconds (reach to floor)
- Pike stand hold 10 seconds (reach to floor)



## **MAIN ACTIVITY:**

### **TASK 1: ANIMAL TRAVELS**

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









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!