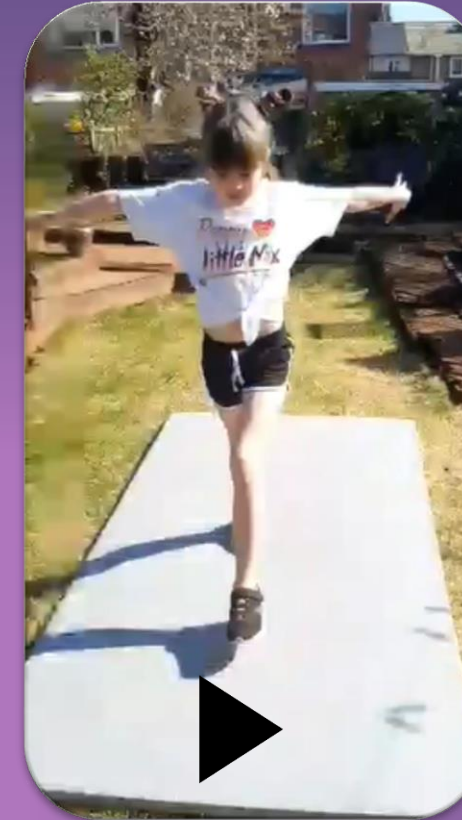
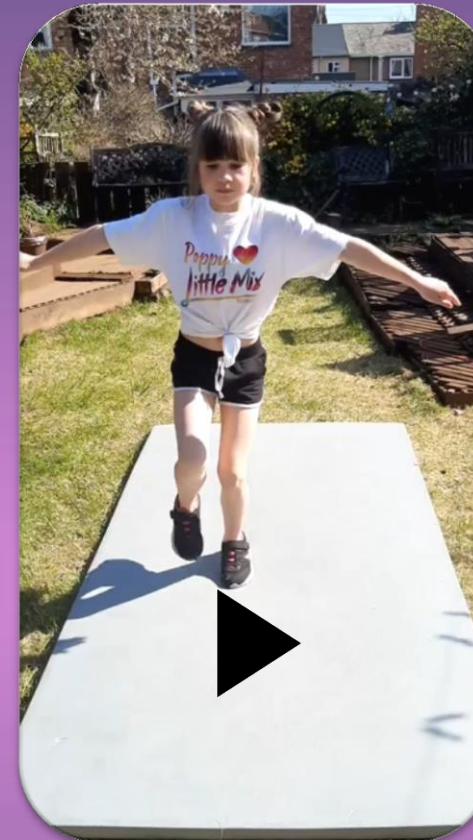
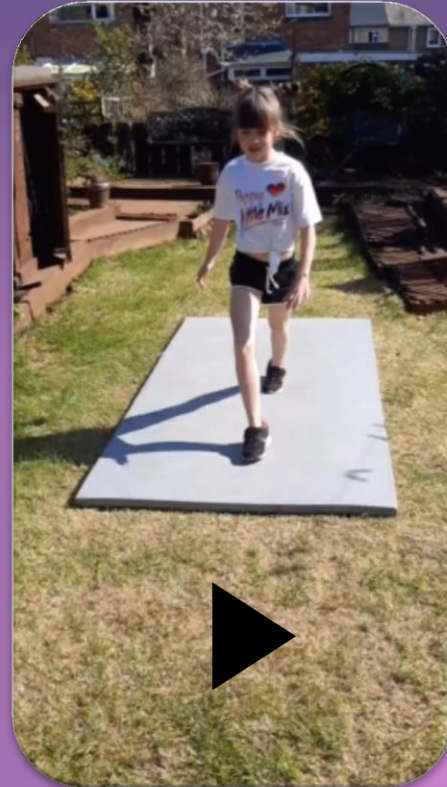


Gymnastics @ Home

Active me: Can you explore ways of making different shapes in the air? Take a look at some different jumps below, can you do any?

Jumps/ Leaps – Stage 1



Develop me:
How many different jumps can you do?
Do you land on the same spot that you took off from?
Do you take off from one spot and land on another?

Recommendations:

- Check with an adult before starting
- Tie hair back & no jewellery
- Make sure you have enough suitable space around you and that there are no hazards

Physical activities can have a risk of injury, please ensure you participate in activities suitable to your skill level. Taking part in the activities are at your own risk.

Challenge me:

Could you put 2 or 3 jumps together?
Can you find different ways to move between each one?



Gail's Tips:

Make sure you land safely, on the balls of your feet, remember to bend your knees, feet slightly apart

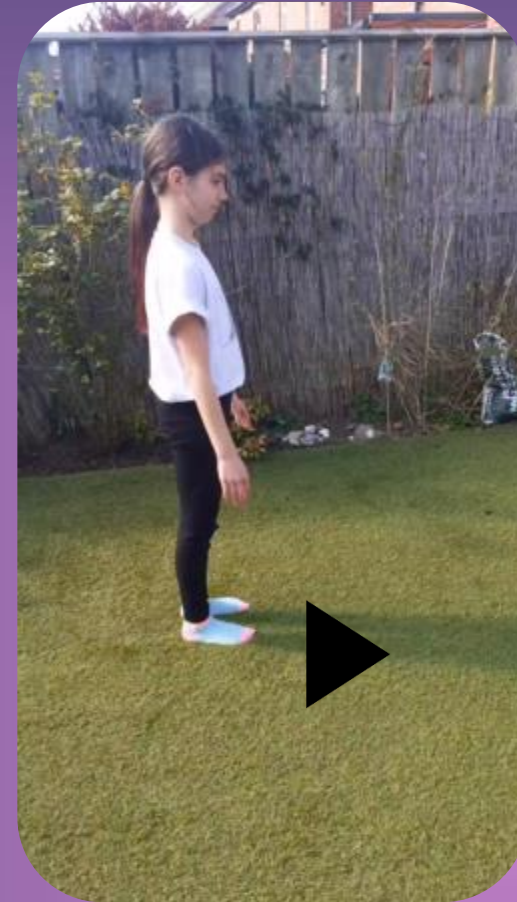


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Active me: Can you perform a jump or leap of your choice?
Take a look below, can you do any?

Jumps/ Leaps - Stage 2



Develop me:

Explore the use of your arms and legs in your jump or leap. What difference does it make when you move them into different positions? Is your jump or leap controlled?



Recommendations:

- Check with an adult before starting
- Tie hair back & no jewellery
- Make sure you have enough suitable space around you and that there are no hazards

Physical activities can have a risk of injury, please ensure you participate in activities suitable to your skill level. Taking part in the activities are at your own risk.

Challenge me:

Could you link a couple of jumps together? Could you find different ways to travel between each one?



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Gail's Tips:

Use your arms, swing back, then up and forward to give better height and flight. Make sure you land safely, remember to bend your knees.

Gymnastics @ Home

Active Me: Can you perform a jump or leap of your choice?
Take a look below, can you do any?

Jumps/ Leaps - Stage 3



Develop me:
Explore the take off, flight and landing.
Could you get a family member to capture the move?
Is your jump or leap controlled?
Do you think you could make any improvements?

Recommendations:

- Check with an adult before starting
- Tie hair back & no jewellery
- Make sure you have enough suitable space around you and that there are no hazards

Physical activities can have a risk of injury, please ensure you participate in activities suitable to your skill level. Taking part in the activities are at your own risk.

Challenge me:

Could you perform a sequence which includes 5 different jumps or leaps, ensuring you travel smoothly between each one?



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Gail's Tips:

Push through the toes when taking off from the floor. Remember speed for extra power and try to keep good body tension.