



## Rosewood Class

### Physical Education Home Learning Topic For This Week: Gymnastics

#### Thursday 9<sup>th</sup> April: Sequences

During our gymnastics lessons we concentrate on 3 areas which are floor work (movements), jumping and rolling.

Before the start of each activity take some time to complete some stretching to warm the body up so you're ready to begin. the link below is a good warm up you can follow: <https://youtu.be/dRQf3yFXO1Y>

**Aim:** To learn and understand how to link Gymnastics moves together to create and perform a sequence. This will help to improve co-ordination, confidence and imagination.

**Resources Required:** Space, platform for jumping and a soft mat/floor for rolling.

**Method:** In this activity, we are looking to put together **floor movements, rolls and jumps** to create a gymnastics sequence/performance.

We would like you to start and finish all sequences with a balance/pose.

**Variations of this Activity:** Begin by choosing one movement from each section, as an example:

Floor Movements – **Side Steps**

Roll – **Log Roll**

Jump - **Star Jump**

**To Progress This Activity:** To progress this activity, become creative to see how many different gymnastics moves you can fit in to a sequence. Can you fit two different movements from each category into a sequence, then 3, 4, 5...

#### **GET CREATIVE!!!**

Here is a link to give you an example of different gymnastics sequences:

<https://youtu.be/FudfJp8BEh0>