



Strawberry Class

Physical Education Home Learning Topic For This Week: Gymnastics

Wednesday 8th April Activity: Bean Bag Balancing

During our gymnastics lessons we concentrate on 3 areas, namely 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: The aim of this activity is to improve your child's balance, co-ordination and concentration.

Resources Required: Beanbag if you have one. If you don't a good substitute is to use a pair of socks or a balloon filled with flour to make it slightly heavier.

Method: Using the beanbag show your child how to attempt to balance it on different parts of their body or whilst performing different movements.

Places to balance it: hand, shoulder, head, tummy, back, knee, foot.

Can they begin to move around the room whilst balancing your beanbag in these places. **You can use the movements we learned in yesterday's activity 'Around the World'.**

Variations of this Activity: A good progression and a fun little challenge for this activity is to attempt to balance your beanbag on your head whilst standing on one leg. How many seconds can you balance for without the beanbag falling off?

