



Strawberry Class

Physical Education Home Learning Topic For This Week: Gymnastics

Monday 6th April Activity: Tummy Time

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: To improve core strength, fine and gross motor skills.

Resources Required: Stack of cones and hoops.

This activity can be used with most household items, so if you do not have cones or hoops we suggest using clothes and a laundry basket

Method: Whilst encouraging your child to lay down on their stomach, are they able to collect the cones and put them in to the hoops. start by keeping the cones close to their body, then start to put some slightly further away so they must reach or move their body to collect them.

Variations of this Activity: A good variation for this activity is to encourage your child to roll from their current position towards their chosen item to retrieve it.

