



## Willow Class

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

#### Monday 6<sup>th</sup> April Activity: Around The World

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:** In this activity we are focusing on movement and this will help to improve our agility, flexibility and knowledge of movement.

**Resources Required:** Space, your child's imagination and encouragement from yourselves.

**Method:** Explain to your child that you are flying around the world, visiting different countries each time you land. Begin by taking off in your plane (arms out for wings and jumping up for take-off). fly to a new space in the room and when you get there stop. explain to your child that in this country they walk sideways (encourage your child to walk sideways), then jump up and fly to the next country and repeat.

Here is a list of movements we recommend trying; walking, running, tiptoes, heels, side-stepping, jumping, hopping, skipping, crawling. feel free to make your own movements up along the way.

**Variations of this Activity:** To progress this activity, use the direction of movement as a variation. Can you try all the movements listed above but flying backwards in your plane/spaceship?

