



## Willow Class

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

#### Thursday 9<sup>th</sup> April: Upper Body Movement

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 improve upper body strength, flexibility and agility.

**Equipment Required:** Adequate space and water bottles.

**Method:** In this activity we will be looking at and performing different positions and movements to increase our upper body strength. Attempt to repeat each exercise 10 times.

**Arm Raises.** Moving your arms from by your side to up above your head.

**Infront/Behind.** Moving your arms from by your side to out in front of you and behind you.

**To the Side.** Moving your arms from by your side to stretched out wide.

**Quick Hands.** In a boxing motion, can you push your hands out in front of you alternating one arm at a time.

**Bridges.** Sitting down, put your arms behind you and push your hips up keeping your arms strong to maintain the pose (link to help attached). <https://youtu.be/9L-7dKCMwag>

**Walk Outs.** Standing up right, lower your hands until they're touching the floor. Walk your hands out as far as you can go and then walk them back until you're back in a standing position.

**Push Ups.** Lying flat on your stomach, use your hands to push your body up and away from the floor. Repeat this motion seeing how many you can complete.

**Variations of this Activity:** To progress this activity can you perform the above actions whilst holding something in your hands, starting with empty water bottles and then fill the bottles up to halfway and then full to increase the weight of the bottles.

