

## Week 5 Gymnastics Shapes & Sequences

Hi Everyone,

For your PE activity this week we have attached lots of different activities that you can do related to gymnastics!

1. All you need is something soft on the floor for you to perform on e.g. duvet laid out on top of your carpet or a blanket outside on the grass.

2. **Warm-up – CD Game!**

You are going to have to move to the commands of a CD or video player, you will need to ask a parent or older sibling to call out the commands for you.

**'Play'** – Means you can move around the room – they may ask you to move in different ways like we do at school e.g. tiptoes, creeping, jumping, hopping, side-steps, skipping, hopscotch etc.

**'Pause'** – you need to freeze completely still.

**'Fast forward'** – you need to move a little bit quicker – but be safe!

**'Rewind'** you need to move backwards.

**'Stop'** – you need to crouch down on the floor.

**'Eject'** – you need to jump into the air as high as you can.

3. **Activity 1.**

Attached are lots of gymnastic shape cards – how many of these can you perform? Remember only perform those that you can do safely and if it is a stillness shape you need to hold this still like a statue for 3 seconds.

4. **Activity 2.**

Can you now plan a sequence?

A sequence is like a sentence but you link gymnastics skills together instead of words. You can plan this sequence using the sequence planner attached to this document. You may want to just write each skill in order in each box or you may want to draw them. You can then practise your sequence using the planner as a reminder for you.

***Reception – Can you link 4-5 skills?***

***Year 1 – Can you link 6-8 skills?***

***Year 2 – Can you link 8+ skills?***

5. **Activity 5.**

Please find some gymnastics colouring pages for you to choose from and complete.

Don't forget you can send us some pictures or videos of your gymnastic sequences and pictures on the new school Facebook page – we love seeing what you have been up to!

For those gymnasts who may like to try something harder – Lily (year 2) has recorded a video on our 'JA Sports Coaching' Facebook page which you may want to have a go at copying.

Jenny & Abi