

LOCKDOWN GYMNASTICS

AGE: JUNIORS

SUBJECT: PE

TOPIC: GYMNASTICS

SKILLS ROLL, BALANCE, TRAVEL, JUMP

BURNLEY SCHOOL SPORTS

PARTNERSHIP

WHAT WE WILL LEARN TODAY

- REFINE AND PERFORM A RANGE OF GYMNASTIC MOVEMENTS WITH CONTROL AND COORDINATION
- CREATE, LEARN AND PERFORM A 6-10 PART GYMNASTIC SEQUENCE
- LINK AND COMBINE MOVEMENTS WITH FLOW AND PRECISION

EQUIPMENT

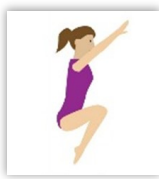
- SPACE
- TAKE OFF YOUR SOCKS
- PEN/PAPER
- PAIRS OF SOCKS

PRACTICE

JUMPS (video) - Do a stretch, tuck or star jump and combine the jump with a time from a clock face - e.g. star jump/quarter past - this would be a star jump with a quarter turn. Make sure you start from o'clock, choose your jump and then your time!



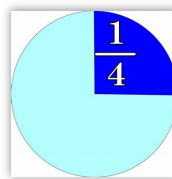
Stretch jump



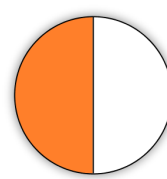
Tuck jump



Star jump



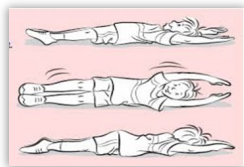
Quarter turn jump



Half turn

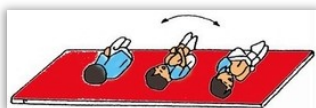


ROLLS (video)



Pencil Roll

Keep socks in between your hands and feet



Egg Roll

Keep socks in between your knees



Teddy Bear Roll

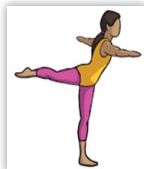
Keep socks in between your hands and knees



Rock Back to Stand

Keep socks in between your knees

BALANCES (video)

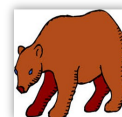


- How many soft items (socks, teddy, towels) can you balance on your body? After 1 item has balanced for 3 seconds, keep adding more items on every further 3 seconds until they fall off!

- After this start at number 1 and balance on 1 body part, after 3 seconds move up to 2 body part, then 3 etc.

TRAVEL (video)

Place down 2 markers, 2 - 3 metres apart. Explore different ways in which you can move between the two markers using hands and feet. Can you change how you move each time? Maybe think about moving like different animals.



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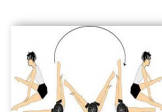
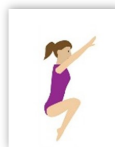
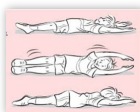
CHALLENGE

Bronze medal: Complete one of the following sequences of **6 skills**.

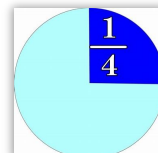
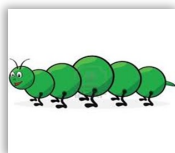
(VIDEO)

They can be completed in the same order or you can make your own order!

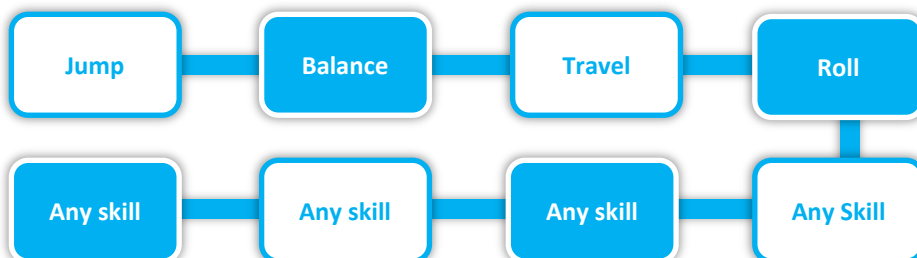
Sequence 1



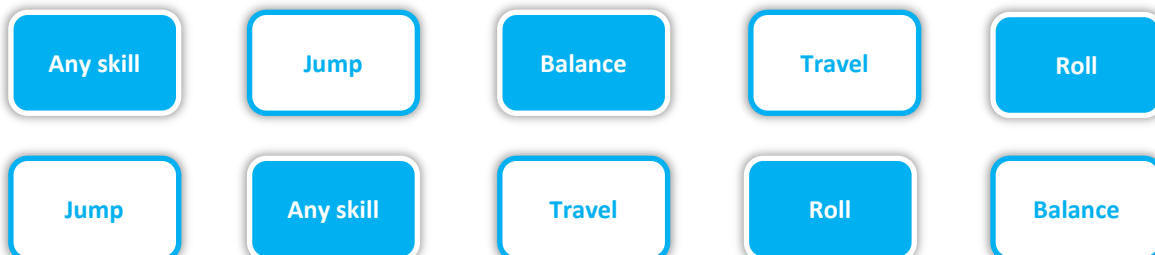
Sequence 2



Silver medal: make up your own sequence of **8 skills**. You must include at least 1 travel, 1 jump, 1 balance and 1 roll. The other 4 skills you can choose



Gold medal: make your own sequence of 10 skills with 2 of each skill and think about adding some linking moves between each skill to add your own flare.



10 SKILLS IN ANY ORDER - GET CREATIVE!