

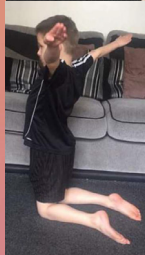
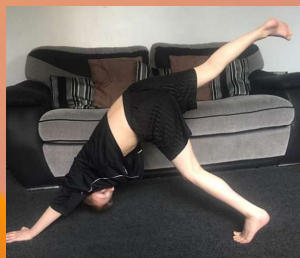
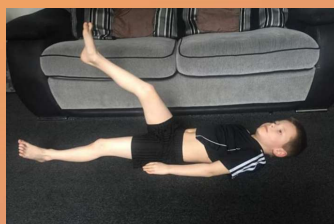
# Gymnastics @ Home

**Active me:** Can you perform a balance of your choice?  
Take a look at some of these balances, can you do any?



North Tyneside  
PE, Sport & Physical Activity  
School Improvement Service

Balances – Stage 1



## Recommendations:

- Check with an adult before starting
- Tie hair back & no jewellery
- Make sure you have enough suitable space around you and that there are no hazards

*Physical activities can have a risk of injury, please ensure you participate in activities suitable to your skill level. Taking part in the activities are at your own risk.*

## Challenge me:

Could you put 2 or 3 balances together by finding a way to move between each balance?



@NorthTynesidePE

## Develop me:

Can you balance without wobbling?  
Can you keep still for 3 seconds?  
How many different parts of your body are you balancing on?



## Gail's Tips:

Squeeze your muscles including your tummy to keep your core strong

