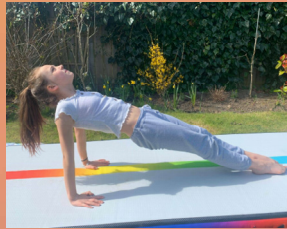


# Gymnastics @ Home

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

Balances - Stage 3



## 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 perform a sequence which includes 6 of these balances, ensuring you travel smoothly between each one?



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School Improvement Service

Develop me:  
Are you in control of the balance?  
Could you get a family member to take a photo?  
How could you improve the balance?



## Gail's Tips:

Try to keep good body tension  
Stretch and extend supporting body parts

