

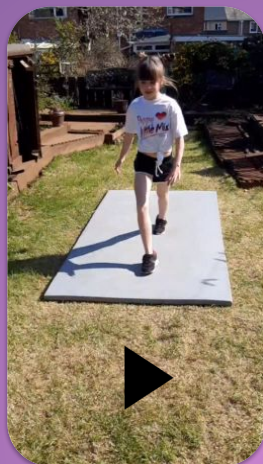
Gymnastics @ Home

Active me: Can you explore ways of making different shapes in the air? Take a look at some different jumps below, can you do any?



North Tyneside
PE, Sport & Physical Activity
School Improvement Service

Jumps/ Leaps – Stage 1



Develop me:
How many different jumps can you do?
Do you land on the same spot that you took off from?
Do you take off from one spot and land on another?



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 jumps together?
Can you find different ways to move between each one?



Gail's Tips:

Make sure you land safely, on the balls of your feet, remember to bend your knees, feet slightly apart



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