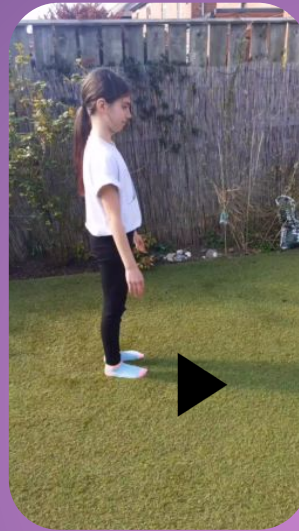


Gymnastics @ Home

Active me: Can you perform a jump or leap of your choice?
Take a look below, can you do any?



Jumps/ Leaps - Stage 2



Develop me:

Explore the use of your arms and legs in your jump or leap. What difference does it make when you move them into different positions? Is your jump or leap controlled?

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 link a couple of jumps together? Could you find different ways to travel between each one?



@NorthTynesidePE



Gail's Tips:

Use your arms, swing back, then up and forward to give better height and flight. Make sure you land safely, remember to bend your knees.