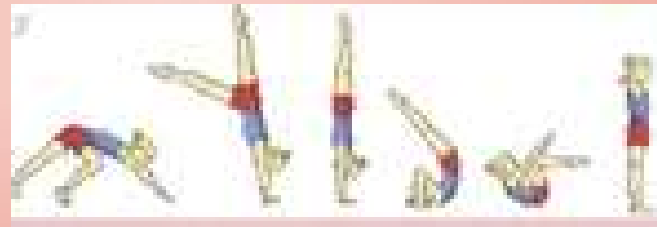
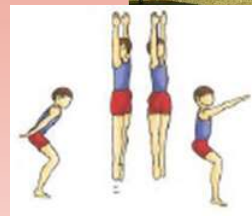


# Gymnastics @ Home

**Active me:** Take a look at the skills below. How many moves can you do?



Key Step 3



@NorthTynesidePE

**Challenge me:**

Think about the full move and the position of all of your body parts. Should those parts be extended, where should your arms be, what angle should your legs be at? Could you try to put a few of these moves in a sequence?

## 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.*

## Gail's Tips:

Remember to point your toes during your moves. Try to keep good body tension, be in control of your move and think about your posture.