

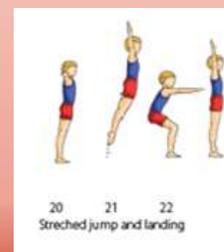
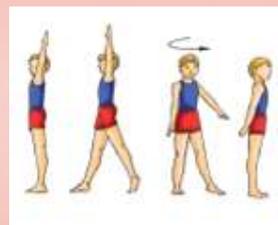
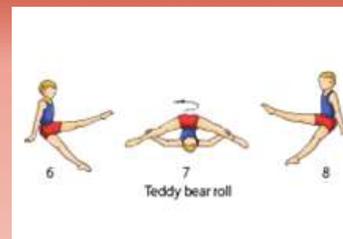
# Gymnastics @ Home

Key Step 1

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



North Tyneside  
PE, Sport & Physical Activity  
School Improvement Service



**Challenge me:**  
Think about your arms. Should they be extended during the move, should they be by your side. What about your legs, should they be tucked, should they be straight?

## 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.*



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**Gail's Tips:**  
Point your toes during your moves. Try to be in control of your moves.