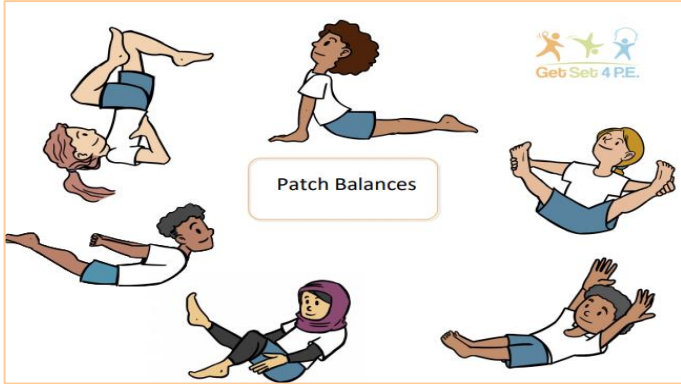




# Gymnastics



Key Vocabulary and Skills	
<b>Routine</b>	The children will be creating routines based on a short sequence of movements, balances and jumps. The children will be creating these routines individually or in a pair.
<b>Performing</b>	The children will perform their routines to the class or small groups to build their confidence.
<b>Traveling</b>	They will be looking at different ways of traveling, for example skipping, jogging, zigzagging, twirling, spinning and walking.
<b>Balances</b>	The children will be learning, practising and performing different point and patch balances with control.
<b>Jumps</b>	The children will be learning about the 3 different types of jumps. Hopping from 1 foot to 1 foot, hopscotch from 2 feet to 1 foot back to 2 feet, and bouncing 2 feet to 2 feet.

The children will explore the different patch balances in their gymnastics lessons. They will learn how to perform these balances safely. The children will also be working on their core strength and they will be working on holding these balances for 3 seconds with pointed toes.

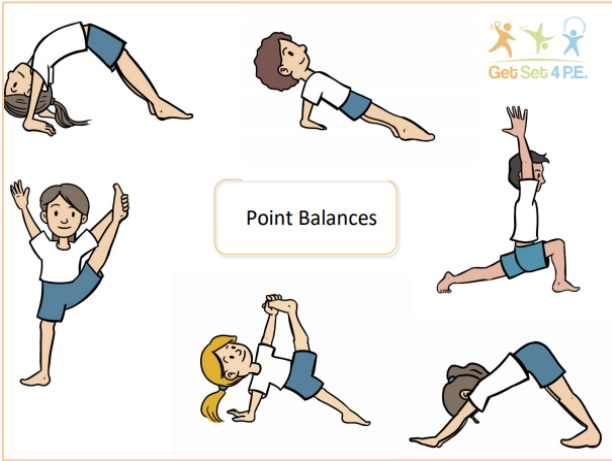
### Benefits of Gymnastics

Why You Should Enroll

**Gymnastics...**

- Increases Your Flexibility**  
Flexibility has been shown to reduce injuries.
- Strengthens Your Bones**  
Children's bones become stronger and denser when they participate in weight-bearing activities. In gymnastics, children work against gravity with the force of their own weight.
- Makes You Strong**  
Gymnasts are some of the strongest of any Olympic athletes, pound for pound.
- Improves your Balance**
- Develops Your Hand-Eye Coordination**
- Skills Translate to other Sports**  
Flexibility, Strength, Coordination, Agility and Balance are important skills in many sports.

The children will also be looking at the different point balances within their gymnastics lessons. These balances focus on having a small amount of contact with the floor. It is very important that the children have straight arms and legs when they hold these balances, as well as a tight core.



The children will try to show the games values in their PE sessions. The children that do this will be awarded the 'Player of the Week' certificate in Celebration Assembly.

The value we will be focusing on this term is **Passion!**

