

Gymnastic Activities

Try to

Improve the quality of your movements.

How?

by stretching fingers and pointing toes.

Try to

Produce contrasting actions with smooth links.

How?

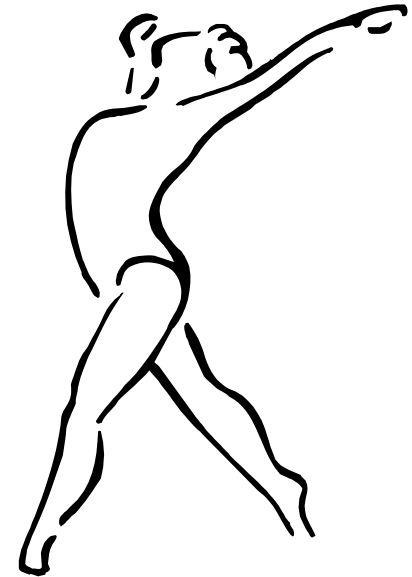
By moving quickly then slowly linked with a smooth turn.

Try to

Use your skills and agility to combine and sequence movements.

How?

Be controlled in your movement and use precise actions.



Key skills

Gymnastic Activities

Making a shape sequence

Changing levels

Climbing, hanging, swinging

Making a balance sequence

Balancing using a change of direction

Jumping using different pathways

Under and over my partner

