



## JB's Holiday Activities

### KS 1 Gymnastics

Name .....

Class.....



## How much can you remember about Gymnastics?

Q1) Can you name a pathway that you can travel in?

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Q2) Can you name three different ways in which you could travel?

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Q3) What is a balance?

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Q4) Name three different body parts on which you could perform a spin?

.....

## Can you try the following?

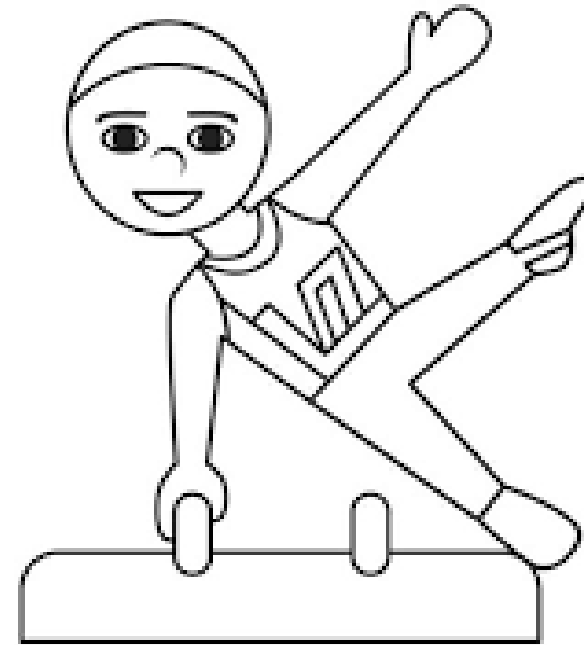
- 1) Can you travel in three different pathways?
- 2) Can you travel on as many different body parts as possible?
- 3) Can you demonstrate three different balances and hold each one for 5 seconds?
- 4) Can you jump and land using the correct technique?
- 5) Can you link two movements together?

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My ..... helped me try these challenges in the holiday.

Adult Signature .....

## Can you colour in the gymnast?



Gymnastics