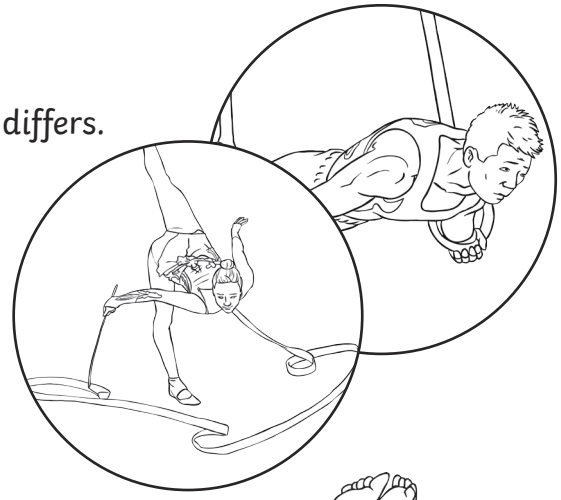
Y6 Gymnastics: Movement

Home Learning Activities



1. **Men and Women's Gymnastics**
   Find out how men and women's competitive gymnastics differs. What moves or equipment do men use that women don't and vice versa? Why is this the case? Do you think this is fair? Why/why not?

2. **Gymnastic Warm-Up Challenge**
   Choose a piece of music and plan your own energetic warm-up to it. Your warm-up needs to include a range of stretching, aerobic and strengthening moves. Jot down your ideas so you don't forget them. Can you teach your warm-up to others in school?



3. **Strength and Fitness**
   Being fit and strong is very important for a gymnast. Some exercises are designed to help you build strength and stamina.

   Find out how to perform these demanding exercises. Then, have a go at each one:

   - burpees;
   - mountain climbers;
   - standing lunges.

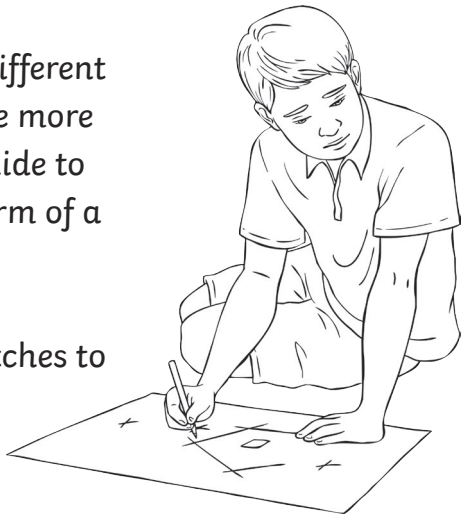


Challenge! Practise these exercises every day for a week. Time how many you can do in one minute and record the results. Can you feel yourself getting fitter and stronger each day?

4. Tumbling

Tumbling is a key part of gymnastics. Think about the different tumbling movements you know and find out about some more complex tumbling movements, too. Create your own 'Guide to Tumbling' to share with the class. This could take the form of a leaflet, a poster or a PowerPoint presentation.

You could include photographs, videos, diagrams or sketches to help you explain all you know.

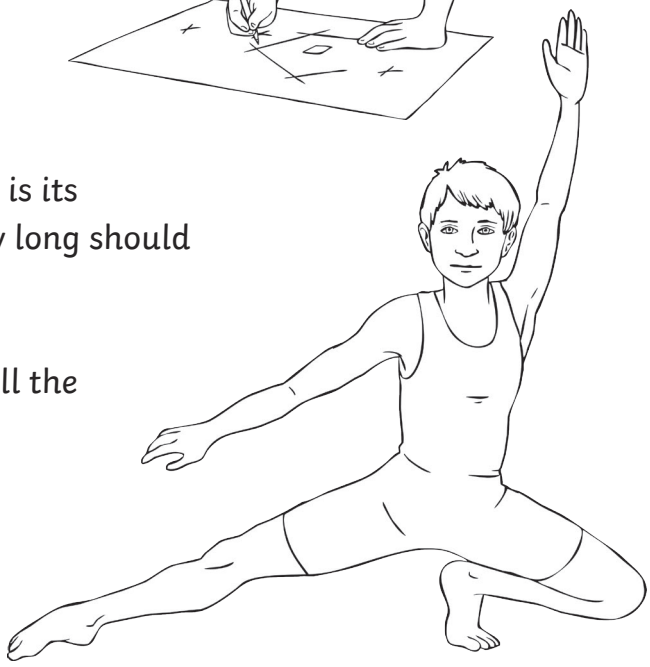


5. The Cool-Down

Why is a cool-down important after exercise? What is its purpose? What do you do during a cool-down? How long should it last?

Write a passage about cool-downs which answers all the questions above.

Plan and write about a cool-down activity of your own creation.



6. My Gymnastics Club

Imagine you are about to open your own gymnastics club. Plan your club, being as creative as you can. Think about:

- what type of gymnastics your club will offer;
- who will work there and what jobs they will do;
- when your gymnasts will train;
- the equipment you will need;
- what kit or uniform your gymnasts will need;
- an effective layout for the club, including different areas.

Produce a leaflet, model or poster about your club to explain it and encourage new members to join.

