Y5 Gymnastics: Movement Home Learning Activities

Flexibility is very important in gymnastics. Being flexible helps you to perform movements more easily. Ask somebody to take a photograph of you performing these stretches at the start of the week:

- splits;
- straddle stretch;
- pike stretch.



Spend 5 minutes each day practising these stretches and then take the photographs again at the end of the week. How has your flexibility improved?

How many different types of jumps and leaps can you remember and perform? Write down the name of 5 types of jumps and leaps and describe how to perform them.



Practise the jumps and leaps. Can you perform 5 in a row without stopping? Which jumps or leaps can be performed quickly? Which need more time?

Can you link together a sequence containing a variety of jumps and leaps to perform to your friends in class?



Being fit is very important for a gymnast. Running is a great way to keep fit and requires only a pair of trainers and comfortable clothing.

Find out about these types of runs:

1. Short sprint
2. Long distance
3. Cross country

Write down information about what each involves. Then, have a go at each type of run. Write down what each run demands from your body.

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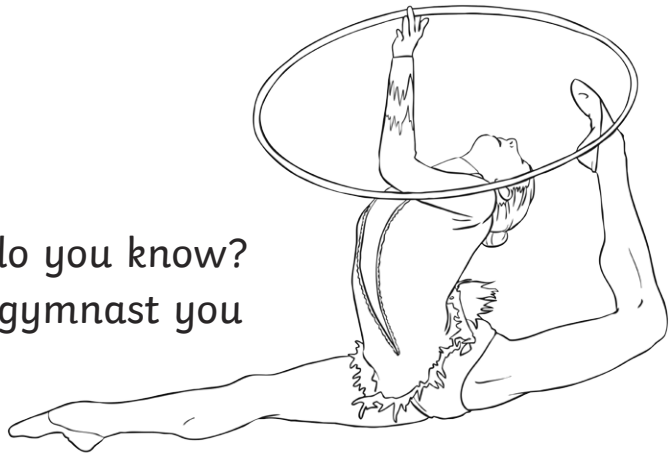
Being able to perform a variety of rolls is a key part of gymnastics. Choose one of your favourite types of rolls and create your own 'How to Perform a _____ Roll' guide to share in class. This could take the form of written instructions, a poster or even a video guide.

You can include photographs, videos, diagrams or sketches to help you describe how to perform the roll successfully.



Can you choreograph and perform your own sequence using a variety of moves you have learnt during your gymnastics lessons at school? Try to include different jumps, leaps, rolls, twists and turns and link your ideas creatively.





What famous or inspirational gymnasts do you know? Research and present some facts about a gymnast you admire. Include information on:

- what type of gymnastics they do;
- how they train;
- their key achievements in the sport so far;
- key dates and photographs.