

PE

Gymnastics - 14.01.21

Warm Up

Let's play the 'Mr Men' game. Adult calls different characters and children complete a corresponding action.

Mr Rush- children run around safely

Mr Muddle — children spin around

Mr Small- children curl up in a tight ball

Mr Tall — children stretch up high

Mr Strong- children stand still and tense arm muscles

Mr Jelly — children 'wobble wobble'

Main Activity

Now let's practise rolling in different ways. Use the 'Gymnastics Rolls' resource provided on the school website practise rolling in a range of different ways.

Good luck and enjoy! 😊