

What is your child learning in Physical Education?

Topic of Study

Gymnastics Key skills -
Balance, travel, posture,
routines, sequences

Key Dates & Deadlines

Assessment week
beginning 5th February
2018

Family Friendly Homework

Plan a gymnastics routine that includes a mixture of individual and partner balances, smooth transitions between, and balances that include working at different levels.

Resources to Support

BBC & YouTube

Youtube videos from the
Olympics



Resources to Challenge

Research the difference
between a good balance
and a not so good balance.

Outside of the classroom

Perform body weight exercises such as press ups, sit ups and squats to develop your core strength. This is important for Gymnastics

Discussion starters



Can you name 3 different forms of travel used in gymnastics?

Can you remember who represented team GB at the last Olympic games?



St. Antony's Catholic College

in partnership with Loreto Grammar School