

# 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 5<sup>th</sup> 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*