

## Physical Education Task – 7.5.20

Good morning Class 3!

How are you feeling today? I hope you are all well.



**Today we are going to get active and exercise our bodies.**

**Did you know?**

- Exercise makes you feel fit, strong and healthy.
- Your brain releases 'endorphins' (en-door-fins), chemicals which make you feel good.
- Exercise stops you feeling 'stressed out'.
- You sleep better.
- You have more energy to do other things.

## **Exercise**

**If you feel tired**

**If you feel blue**

**If you don't know what's wrong with you.**

**Get up and move**

**Get in the groove**

**Exercise and you'll improve!**



## **Our indoor P.E topic this term is Gymnastics.**

Today we will try and learn some gymnastics skills (adapting them for home of course!)

We will focus on: *Performing balances and creating sequences.*

### ***First of all lets WARM UP!***

*Put on some comfortable clothes and find a clear space to use.*

Start by completing Joe Wicks 5 minute workout to warm up your bodies:

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

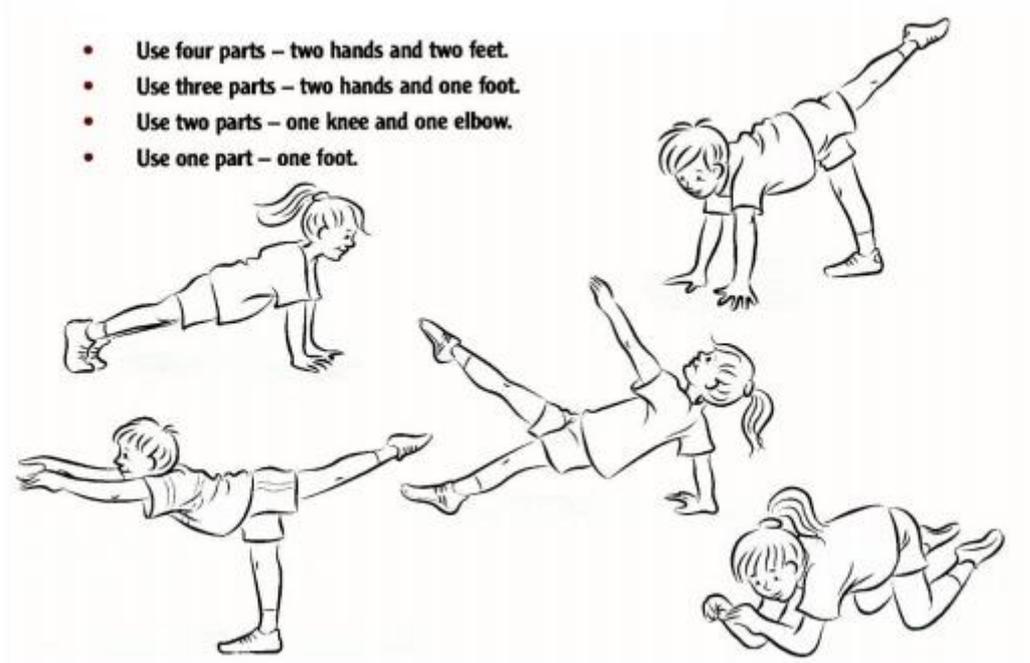
Now we have warmed up our bodies, we are ready to begin. You may like to put some calm music on in the background to help you focus.

## **1. Individual Balances**

Find a space in the room where you can perform different balances.

When we think about what a balance should look like, it should be visually pleasing with no support, limbs straightened and pointed away from the body where possible.

### **First set of balances**



Look at the balances above. Practise each of them. Try to hold the balance for a minimum of 3 seconds.

## Second set of balances



These balances focus on large body parts (belly, back, bum)  
Remember to tighten the core to straighten all limbs.

Look carefully at where the hands are placed; they can support you in holding some positions.

### 2. Using our balances in a Gymnastics Sequence

Using the balances you have practised you can now try and create a sequence using each of the following:

1. A strong starting shape
2. At least 2 different ways of travelling
3. 2 jumps
4. Balances: 2 x individual
5. A strong finishing shape

### 3. Performing your sequence

Once you have practised your sequence, you may like to play some music and perform it to your family members.

Lastly COOL DOWN, stretch it out! Remember we don't want to hurt our bodies. [Click here to cool down.](#)

Good luck!

I do understand that we don't have as much space at home as we do in our school hall. Have a go with what you can and if you can only complete the balances that's okay!