



WILTSHIRE VIRTUAL SCHOOL GAMES: PRIMARY GYMNASTICS



THE CHALLENGE

Gymnastics Routine

Perform in a sequence if possible, if not on the spot:

- Forward roll
- Three travelling steps
- Arabesque
- ½ jump turn
- Backward roll onto knees
- Front support and press up
- Turn through side support
- Shoulder stand, roll to stand
- Pivot and cartwheel

Scores are marked out of 10. Any extra skills will not be counted. You can perform your skills in any order.

Find demonstration videos and more advice on our website

WHAT YOU WILL NEED

Space

You can do these inside or outside, but make sure there is nothing to trip over and the area is safe.

You could do this on mats, carpet or grass for a softer surface underfoot.

Task

Before attempting the routine, you should have been taught the various skills in a safe and progressive way.

Equipment

You will need a video camera or smart phone to record your video.

People

You must be supervised by a parent/teacher at all times. You may need someone to film you.

For advice on how to make these activities more inclusive, visit our website

SEND US YOUR VIDEO ENTRY

Submit your video before 3pm on Friday 12th June at:

www.wiltssport.org/virtual-school-games

Find us on Twitter, Instagram & Facebook @wiltssport #wiltssg

