



WEEK 11

HAMPSHIRE SCHOOL GAMES SECONDARY PERSONAL BEST CHALLENGES

Gymtastic!: Do you have the **imagination** to create a gymnastics routine?
Challenge



Can you link 2, 3 or 4 power moves or balances together to create a short, aesthetic routine.

Ask a person in your house to mark you out of 10.

Send your results to: sgoneastleighandwinchester@gmail.com



SPACE: The space you use is dependent on the moves you use. Make sure you have room to 'fall' or land safely and under control.

TASK: Choose 2, 3 or 4 power moves or balances that you can hold for at least 5 seconds each. Practise these on their own first. Then link the moves with travels until you have a flowing routine. To make it easier, reduce the number of balances. To make it harder, use more, more challenging balances.

EQUIPMENT: A mat or a soft landing area. Make sure your area is safe and clear of hazards and that you don't break anything valuable or yourself!

PEOPLE: This is an individual activity but you will need to ask someone to judge your routine. Challenge others to have a go too and have a competition. If you are in a wheelchair or walker, think of moves using your arms.

Fact File

- Gymnastics was first recognised as a sport in 1862.
- Women were first allowed to compete in competitions in the 1920s.
- Most major gymnasts start at age 2 years old.
- The womens Olympic Gymnastic event is made up of 4 events and the mens, 6.