

Gymnastics

PE Homework Active Every Day

For instructions on how to use this chart, visit <u>www.scoilnet.ie/pdst/pehomework</u>

These activities are detailed on pages 63-80 of the PE Homework Activity Book. Colour in or tick ✓ each activity as you complete it. All of the activities in this resource can be completed individually or with someone in your home.



Level 1

Shadow Move

Equipment Needed

Small obstacles such as soft toys, cushions of other small items.



Walk the Line

Equipment Needed

A line on the ground (this could be a line on your kitchen tiles, wooden floors, on the footpath or in the garden).

Ready to Roll

Equipment Needed

A soft surface.



Rocking and Rolling

Equipment Needed

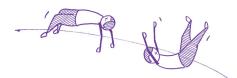
A soft surface.



Crabs and Octopuses

Equipment Needed

A soft surface.



Seashore Sequence

Equipment Needed



Level 2

Rope Shape and Jump

Equipment Needed

A skipping rope or some string



Body Part Balances

Equipment Needed



Dazzling Dish



Forward Fun

Equipment Needed

A soft surface.



Animal Antics

Equipment Needed



Bring a Story to Life

Equipment Needed

No equipment needed.

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Memory Mat

Equipment Needed

Playing cards or numbers written on pieces of paper, skipping ropes or string or draw out a grid using chalk.



Balance With a Buddy

Equipment Needed

A soft surface.



Teddy Bear, Teddy Bear, Turn Around

Equipment Needed

A soft surface.



Bond, James Bond

Equipment Needed

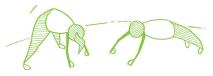
A soft surface.



Are you an inchworm or a gorilla?

Equipment Needed

A soft surface.



Partner Sequence

Equipment Needed

No equipment needed.

