



Monday 13<sup>th</sup> July  
2020

P.E Week Activity 1

Today we will be focusing on gymnastics and dance skills.

## Top 10 Flexibility Exercises



# Warm Up

Have a go at some of these stretches to get yourself warmed up.



# Activity Brief

- Today you will need to combine movements using the criteria below to create a sequence. Once complete you could video yourself doing your sequence twice.

**Your sequence must include at least one form of each of the following:**

- A tall movement,
  - One that uses only one part of your body,
  - Some kind of travel,
  - A movement that does not use your hands and feet.
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