To get our bodies warmed up and ready for gymnastics, we are going to play a game called Rocks.

Listen carefully to your teacher, so that you know how to play.



twinkl.com

Warm-Up

Stretch

Seaweed

There is a lot of seaweed under the sea.

The seaweed makes big, sweeping movements in the water.

Can you sweep your body from side to side?

Can you sweep your body forwards and backwards?

Use your arms to help you.



