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| JB’s Holiday ActivitiesKS 1 Gymnastics Name …………………………………….Class……………………………………… | How much can you remember about Gymnastics?Q1) Can you name a pathway that you can travel in?………………………………………………………………………Q2) Can you name three different ways in which you could travel?………………………………………………………………………Q3) What is a balance? ………………………………………………………………………Q4) Name three different body parts on which you could perform a spin?……………………………………………………………………… |
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| Can you try the following? 1. Can you travel in three different pathways?
2. Can you travel on as many different body parts as possible?
3. Can you demonstrate three different balances and hold each one for 5 seconds?
4. Can you jump and land using the correct technique?
5. Can you link two movements together?

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