



## Gymnastics

### Level 1

#### Shadow Move

##### Equipment Needed

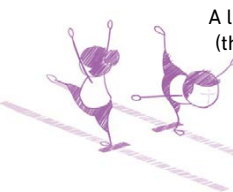
Small obstacles such as soft toys, cushions or other small items.



#### Walk the Line

##### Equipment Needed

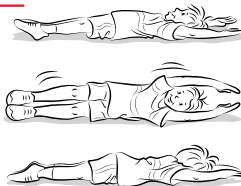
A line on the ground (this could be a line on your kitchen tiles, wooden floors, on the footpath or in the garden).



#### Ready to Roll

##### Equipment Needed

A soft surface.



#### Rocking and Rolling

##### Equipment Needed

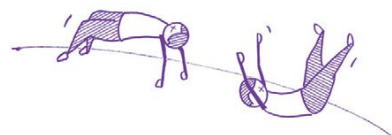
A soft surface.



#### Crabs and Octopuses

##### Equipment Needed

A soft surface.



#### Seashore Sequence

##### Equipment Needed

No equipment needed.



### Level 2

#### Rope Shape and Jump

##### Equipment Needed

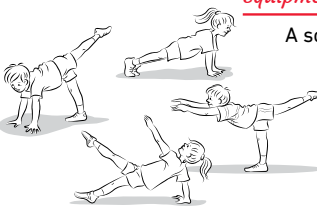
A skipping rope or some string



#### Body Part Balances

##### Equipment Needed

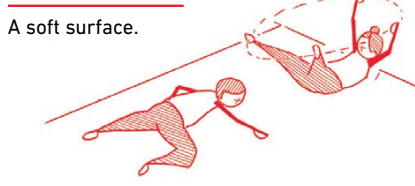
A soft surface.



#### Dazzling Dish

##### Equipment Needed

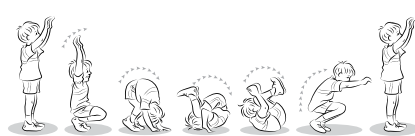
A soft surface.



#### Forward Fun

##### Equipment Needed

A soft surface.



#### Animal Antics

##### Equipment Needed

A soft surface.



#### Bring a Story to Life

##### Equipment Needed

No equipment needed.



### Level 3

#### 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.

