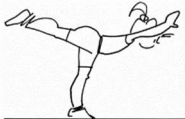

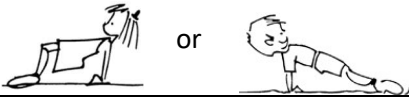
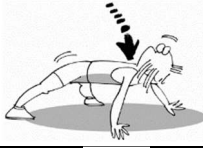
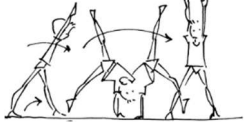








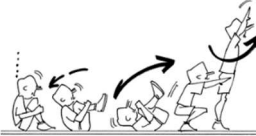
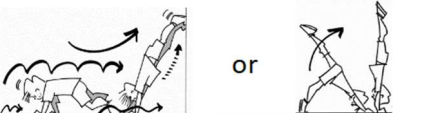


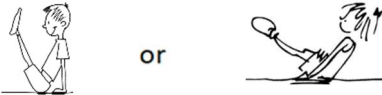

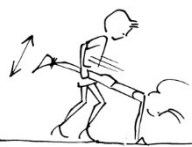
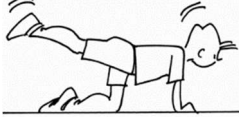




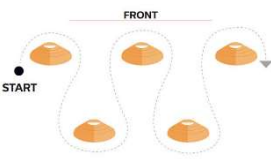


# MOVEMENT BREAK - GYMNASTICS ALPHABET

<p><b>A</b></p>	<p><b>Arabesque</b> Count to 10. Swap legs.</p> 	<p><b>N</b></p>	<p><b>Nose to Knees</b> Hold for 10 secs.</p> 
<p><b>B</b></p>	<p><b>Back Support</b> Hold for 10 sec.</p> 	<p><b>O</b></p>	<p><b>Open Front Support</b> Hold for 10 secs.</p> 
<p><b>C</b></p>	<p><b>Cartwheel</b></p> 	<p><b>P</b></p>	<p><b>Passé</b> Hold for 5 secs. Swap legs.</p> 
<p><b>D</b></p>	<p><b>Donkey Kick</b> Do 3 donkey kicks</p> 	<p><b>Q</b></p>	<p><b>Quick Feet</b> Running on spot for 20secs.</p> 
<p><b>E</b></p>	<p><b>Egg Roll</b> 3 egg rolls in both directions</p> 	<p><b>R</b></p>	<p><b>Run</b> The length of your house 3 times.</p> 
<p><b>F</b></p>	<p><b>Forward Roll</b></p> 	<p><b>S</b></p>	<p><b>Skipping</b> Skip with or without a rope for 20 secs.</p> 
<p><b>G</b></p>	<p><b>Gallop (like a horse)</b> Gallop on each leg the length of your house.</p> 	<p><b>T</b></p>	<p><b>Tuck Rock</b> Perform 3 tuck rocks</p> 
<p><b>H</b></p>	<p><b>Handstand</b></p> 	<p><b>U</b></p>	<p><b>Under and Over</b> With a partner, pass ball under and over.</p> 
<p><b>J</b></p>	<p><b>Jumping Jacks</b> 10 jumping jacks</p> 	<p><b>V</b></p>	<p><b>V Sit</b></p> 
<p><b>I</b></p>	<p><b>Inchworm</b> Perform 10</p> 	<p><b>W</b></p>	<p><b>Wheelbarrow Walks</b></p> 
<p><b>K</b></p>	<p><b>Kneeling Scale</b> Balance for 5 secs. Swap legs. Try lifting 1 arm at the same time.</p> 	<p><b>X</b></p>	<p><b>Xing the Midline</b> Opposite hand to opposite knee. 10 times on each side</p> 
<p><b>L</b></p>	<p><b>Log Roll</b> Both directions.</p> 	<p><b>Y</b></p>	<p><b>Yoga Pose – Downward Dog</b></p> 
<p><b>M</b></p>	<p><b>Motorbike Landing</b> Run and jump, landing in motorbike.</p> 	<p><b>Z</b></p>	<p><b>Zig Zag around obstacles</b> For 20 secs.</p> 



# MOVEMENT BREAK - GYMNASTICS ALPHABET

## Ideas for using the Gymnastics Alphabet

- As a movement break during remote learning, do the exercises that spell your name (use your middle name and last name on different days), your families names or your school friends names.
- To help you learn your spelling words for the week. Do each activities that spells the words you are learning.
- Using letter dice (from games like Boggle) roll the dice and do the corresponding exercise.