



Gymnastic Club

Year 5

Fridays 3:15 - 4:15pm

Year 5 Gymnastics club is held every **Friday after school from 3:15pm – 4:15pm** with a specialist coach from Leap Dance & Gymnastics

This extra-curricular club takes place in the school hall.

Children need to wear their own clothing suitable for taking part in gymnastics such shorts, t-shirt and pumps or trainers (most of the session will require the children to take part in their bare feet). **School PE kits should not be worn unless it is a spare, second PE kit.** This is to avoid any PE kits being taken home and not returned to school for PE lessons the following week.

The club is open to both boys and girls within the year group and sessions will cater for every level of gymnast. We therefore encourage any children interested to attend and enjoy learning more about gymnastics while also having fun with their friends outside of curriculum time.

Come and gain experience of a wide and varied gymnastics curriculum while having fun with friends!!!!

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|---------------|----------|-----------|-----------|------------|
| Tumbling | Rolling | Handstand | Round-off | Travelling |
| Backward Roll | Vaulting | Agility | Headstand | Cartwheel |
| Forward Roll | Balance | Shape | Tension | Control |

