

Gymnastics Circuit

Complete each activity for 40 seconds. Rest for 20 seconds before moving onto the next activity. Complete the circuit 3 times taking regular water breaks.

1- Basic jumps - Straight jump, star jump, tuck jump. Make sure you use the correct technique.

2- Advanced jumps - Split Jump, half turn jump, straddle jump. Make sure you use the correct technique.

3- Create your own sequence of jumps using the shapes you know.

4- Japana stretch - Sit in a straddle shape and push your legs out as wide as they can go. Walk your hands out in front of you and attempt to get your chest to the floor. Go as far as you can and hold the stretch until time runs out.

5 - Pike fold - Sit on your bottom with your legs out in front of you. Stretch up and fold forwards, attempting to place your chest on your knees. Hold the stretch until time runs out. Challenge - flex your feet when you do this to get a deeper stretch.

6- Rolling - Practise different types of rolls including log rolls, barrel rolls and teddy bear rolls.

7- Balance - Create and hold 3 two-point (small part of the body) balances. Create and hold 3 patch (big part of the body) balances.

8- Split stretch - Slide into the splits with one leg in front of you and one leg behind you. Make sure you keep your chest up. Go as far down as you can and hold for 20 seconds. Repeat this on the other leg for the next 20 seconds.

9- Bridge training - Lay on your back. Place your hands by your ears with your fingers facing towards the body. Push your hips up towards the sky and follow with the chest. If you can't do the full extension push halfway up and repeat.

10- Back support to front support - How many times can you change from front support to back support in 40 seconds? Don't let your bottom dip and keep your shoulder in line with your hands. Squeeze your stomach muscles when you do this to keep you balanced.