

Pike

Points/Patches

Tuck

Roll

Starting Position

Straddle

Bridge

Balance

KS2-Gymnastics

Straight

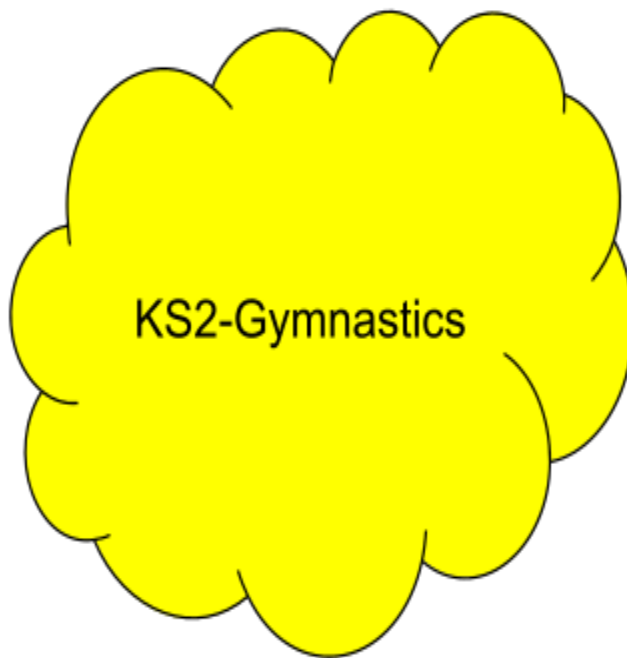
Sequence

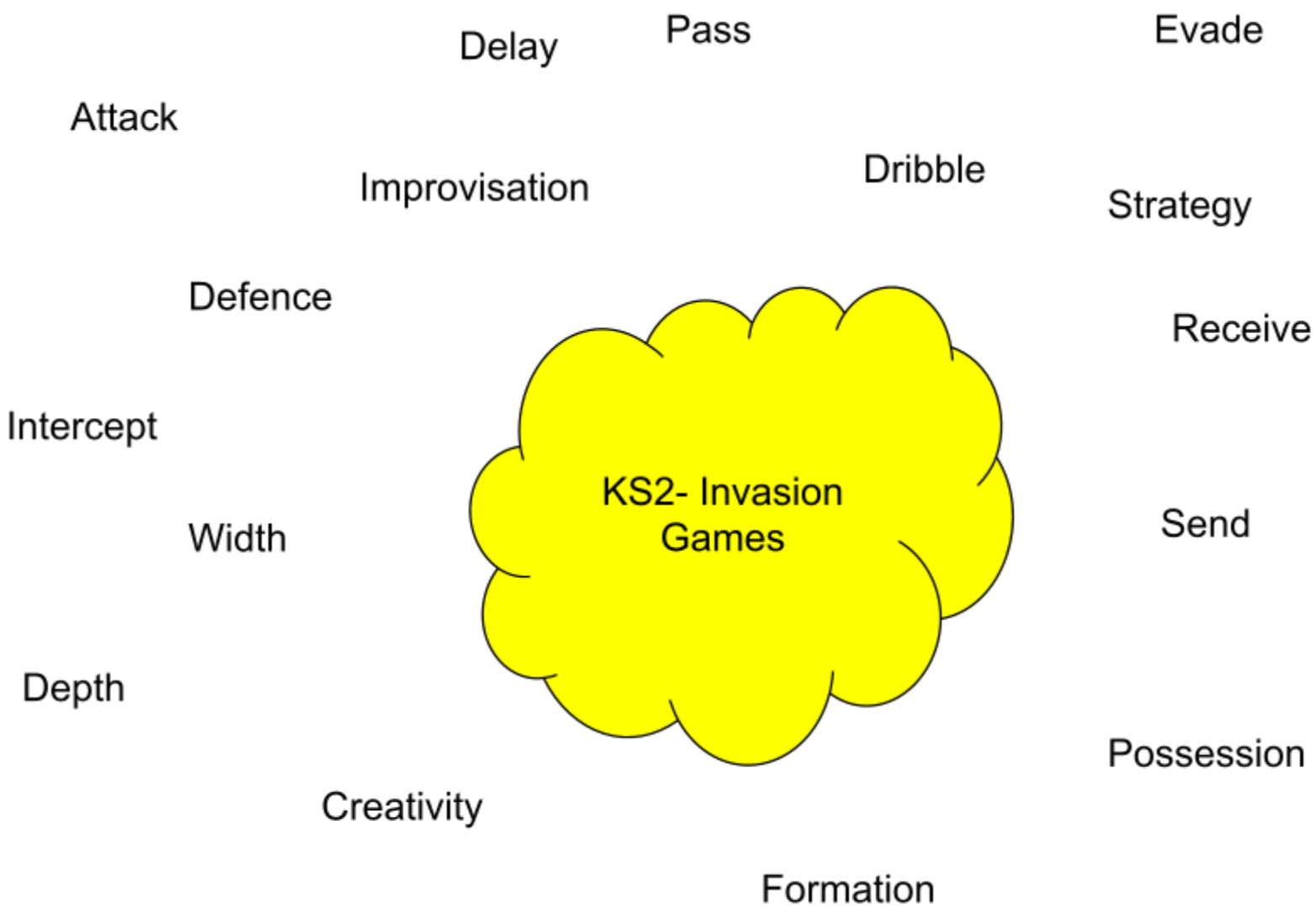
Linking

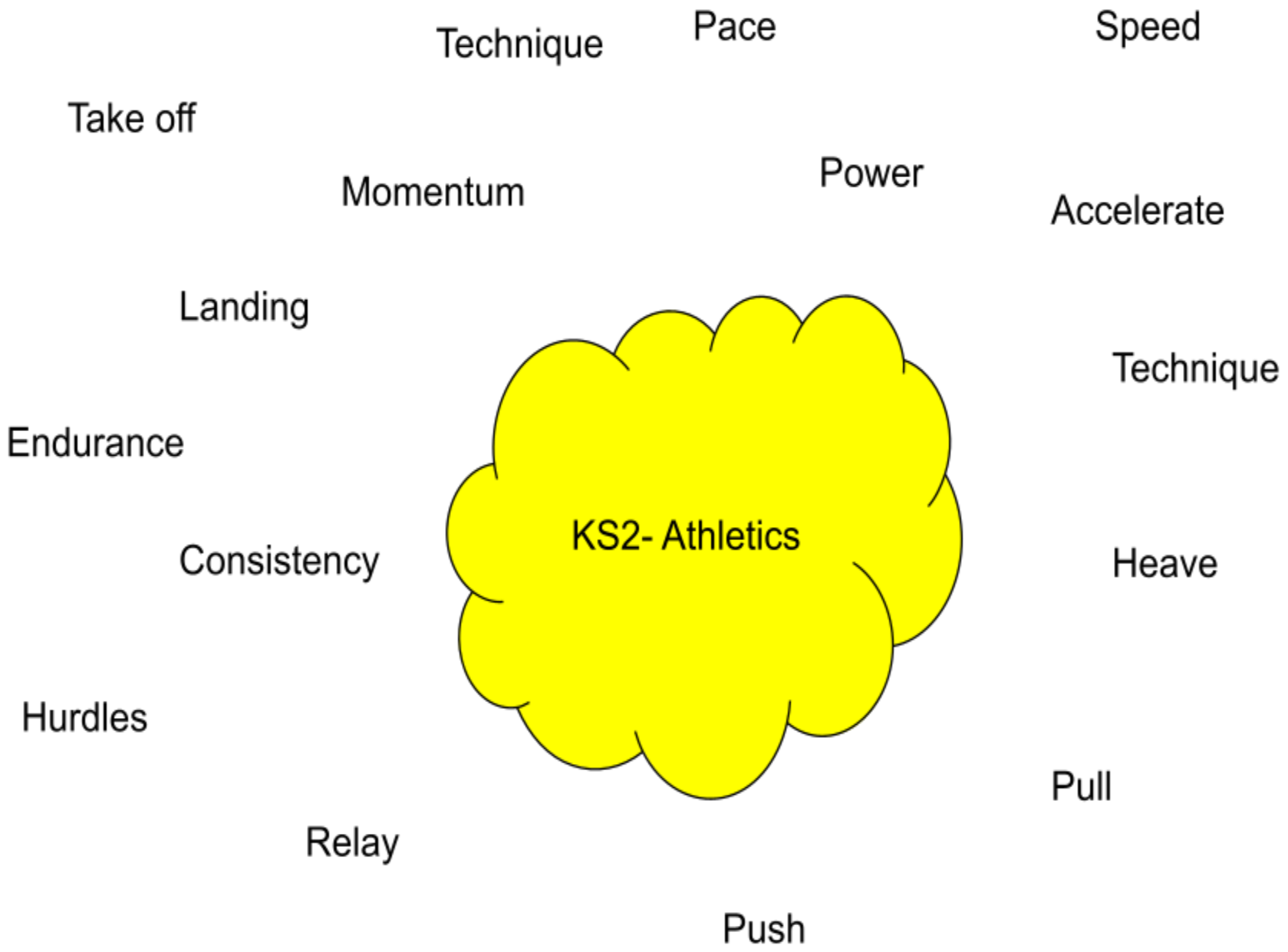
Star

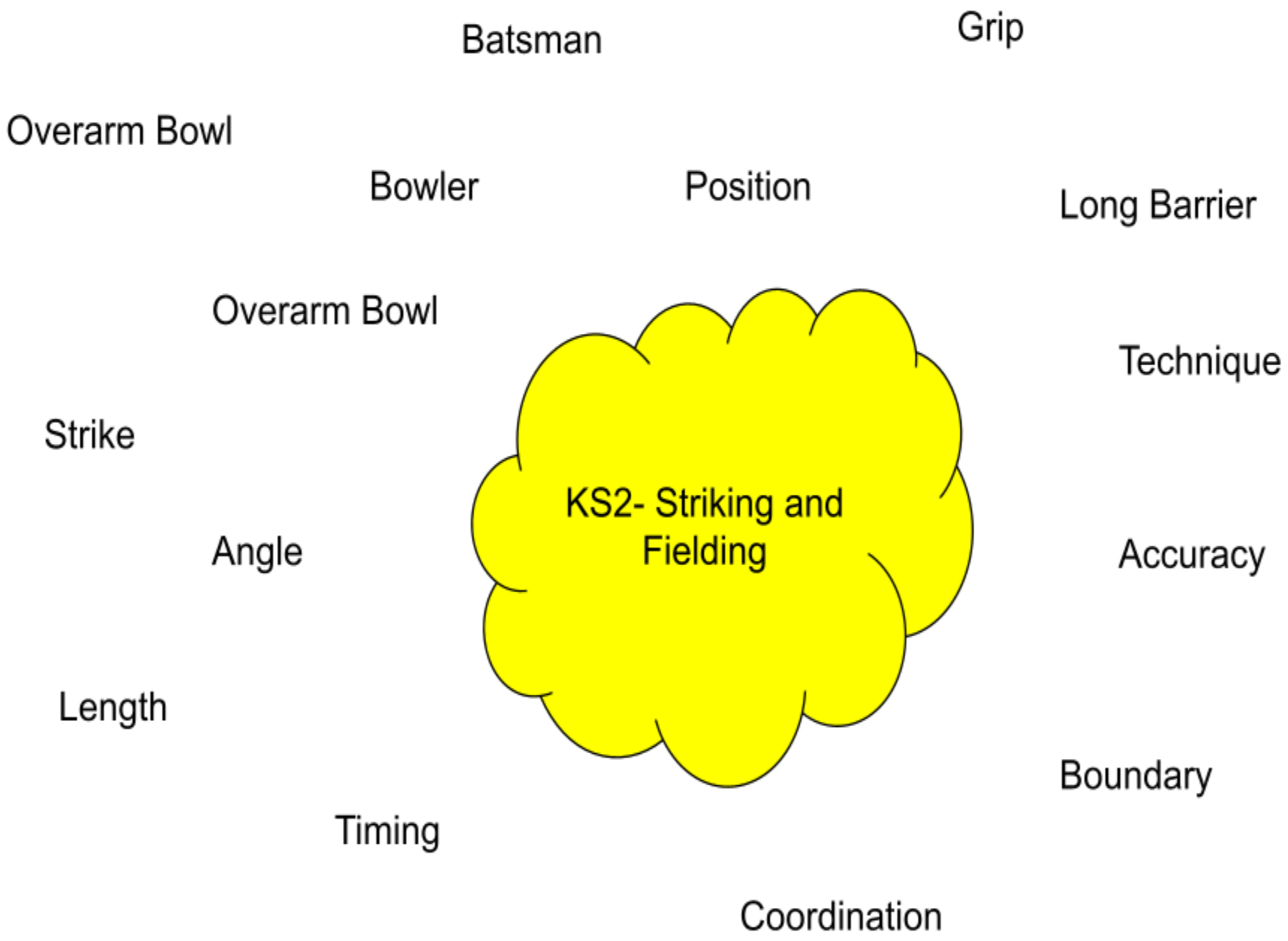
Flight

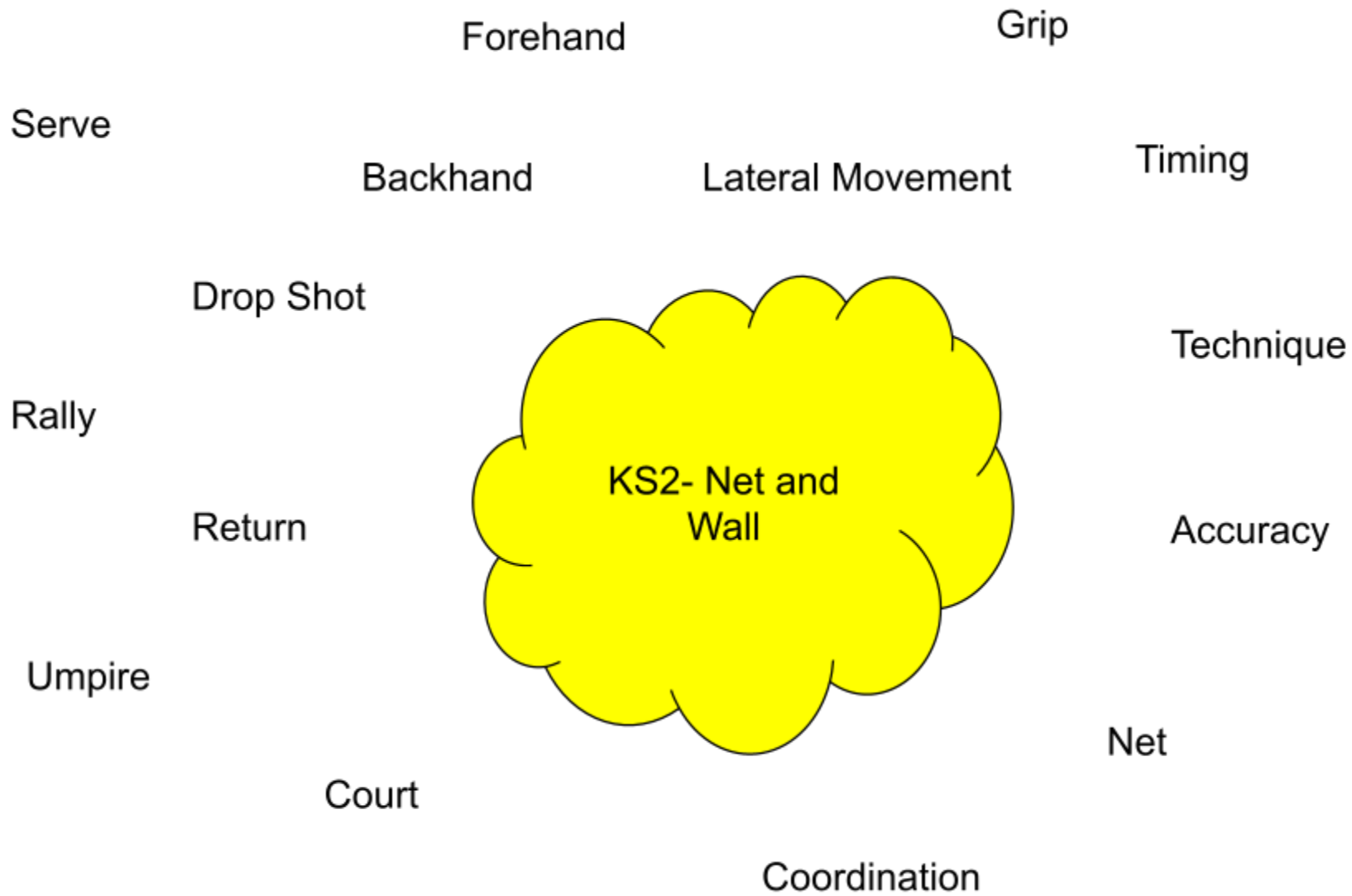
Turn











Heart Rate

Strength

Workout

Pulse

Recovery

Circuit Training

Fitness

KS2- Health and
Fitness

Muscles

Endurance

Improve

Breathing rate

Exercise

