

## Lesson 1

### Gymnastics

An introduction to basic balances.

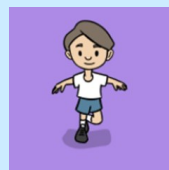


<https://classroom.thenational.academy/lessons/an-introduction-to-basic-balance-ccwk2d?activity=video&step=1>

## Lesson 3

### Gymnastics

Exploring travelling movements.



<https://classroom.thenational.academy/lessons/exploring-linking-rolls-and-balances-cdgkad?activity=video&step=1>



## Key Stage 1 PE activities

Follow the video links and keep active at home!

## Lesson 2

### Gymnastics

Exploring linking travelling movements.

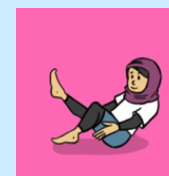


<https://classroom.thenational.academy/lessons/exploring-travelling-movements-6grp4r?activity=video&step=1>

## Lesson 4

### Gymnastics

Improving balances.



<https://classroom.thenational.academy/lessons/introducing-intermediate-balance-68rk2c?activity=video&step=1>