

DDMS P. OBUL REDDY PUBLIC SCHOOL

GYMNASTICS CLUB- IV & V

SEPTEMBER- 2019

TERM- I

Gymnastics is
Flippin' Fun!



OUR MISSION:
"To build a child's
self-esteem through
learning gymnastics."

A NEW SKILL IS A MOUNTAIN CLIMBED.

Gymnastics is one of the best exercises to train overall health and wellness, and build self-morale. Learning Gymnastics enhances the body's complex motor skills. The challenging nature of a gymnast requires commitment and concentration.

-Mr.Manikanta & Ms.K,Sreedevi



WEEK NO: 8 & 9- Students commenced with warm-up exercises and basic rolls- Somersault,

Forward and Backward rolls. They were introduced to Gymnastics by learning tumbling moves on the floor. As they tumble through the air, they trust their bodies to follow muscle memory allowing them to immerse themselves in their artistry.



WEEK NO: 10 & 11- It was a great opportunity for children to learn new skills like Split jump, Handstand and Back bend. They fuel the brain and body for learning well.



BEING ABLE TO HOLD A
HANDSTAND FOR AN INDEFINITE
AMOUNT OF TIME





WEEK NO: 12, 13 & 14- Students were enlightened to harness their strength, incorporate various artistic elements into specific events such as Stretches, Cartwheel and Bridge. They blend strength, swiftness, flexibility and cognitive health.



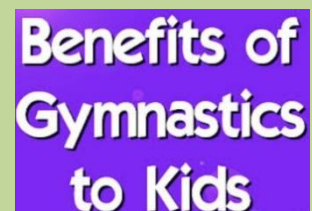
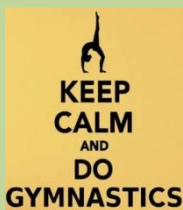
WEEK NO: 15 & 16- Students were trained to do Split, Backflip and Round off. They target to refine muscle groups for total-body strength and flexibility. They practiced religiously to refine their skills.



WEEK NO: 17 & 18- Students further went on to learn Bridge walk and Split jump. These exercises have amazing cardio benefits and muscle groups get stronger.



WEEK NO: 19- Students were instructed to learn Handstand, Forward roll, Back bend and Back extension roll to ameliorate coordination and self-esteem.



The benefits of Gymnastics sprawl into the classroom- Listening to instructions, respecting authority, taking turns and learning to work independently.

Gymnastics is a vivacious club where children have gladsome moments while exploring their skills....

