



Dear Head Teachers,

During this 3rd lockdown, we as a club would like to offer our local primary schools a home Physical Education lesson based on Gymnastics.

We have attached a 45 minute pre-recorded gymnastics session especially for the schools. This session focuses on some basic gymnastic skills, flexibility, and strengthening exercises all demonstrated and explained by some of our most experienced coaches in the club. This is focused to be done in the home environment and is also suitable for complete beginners. Some of the skills may be a little more challenging for some but even attempting to do the skills will benefit them in a physical way. The benefit of having a pre-recorded session is that your students can pause, rewind or use this session over and over again.

The idea behind this Gymnastics session is for schools to incorporate this into your home schooling schedules, providing our video as part of their PE class. Especially working through the winter time table, trying to get our kids outside is extremely difficult, hence why we have delivered something to benefit them indoors and in sight of the grownups.

All of our coaches are qualified gymnastics instructors and have been teaching for many years. Gymnastics is such a great activity for all around body fitness and improving hand eye co-ordination. We do hope you can all make use of this in a positive way and continue with us in keeping our kids healthy, active and keeping a positive mindset during this lockdown.

If you have any questions before you make use of this content, please feel free to email me and I will get back to you as soon as possible.

Kind Regards

Peter James

Manager & Co Owner of Harlow Gymnastics Club

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HGC Home Gymnastics Session – This content is only available by the link and is not openly available to search on YouTube.

Link - <https://youtu.be/WkeyjCRz4IE>