

Beth
Tweddle

GYMNASTICS

Beth Tweddle Value Awards

Week 1
TEAMWORK



#InspiringAGeneration

#BethTweddleGymnastics

Beth Tweddle Value Award

TEAMWORK



CHECK LIST - WEEK 1

I've tried it I can do this I've improved this

Beth's Value & Pulse Raiser Video	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Body Parts KS1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Body Parts KS2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Balancing Lesson	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 Second Participation Challenge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please make sure you work to your own ability on each task, ask an adult for support and have fun.

Beth Tweddle Value Award TEAMWORK

**Check out Beth's
Teamwork and
Pulse Raiser
Video below!**



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TEAMWORK

KNOWLEDGE AND UNDERSTANDING FROM HOME

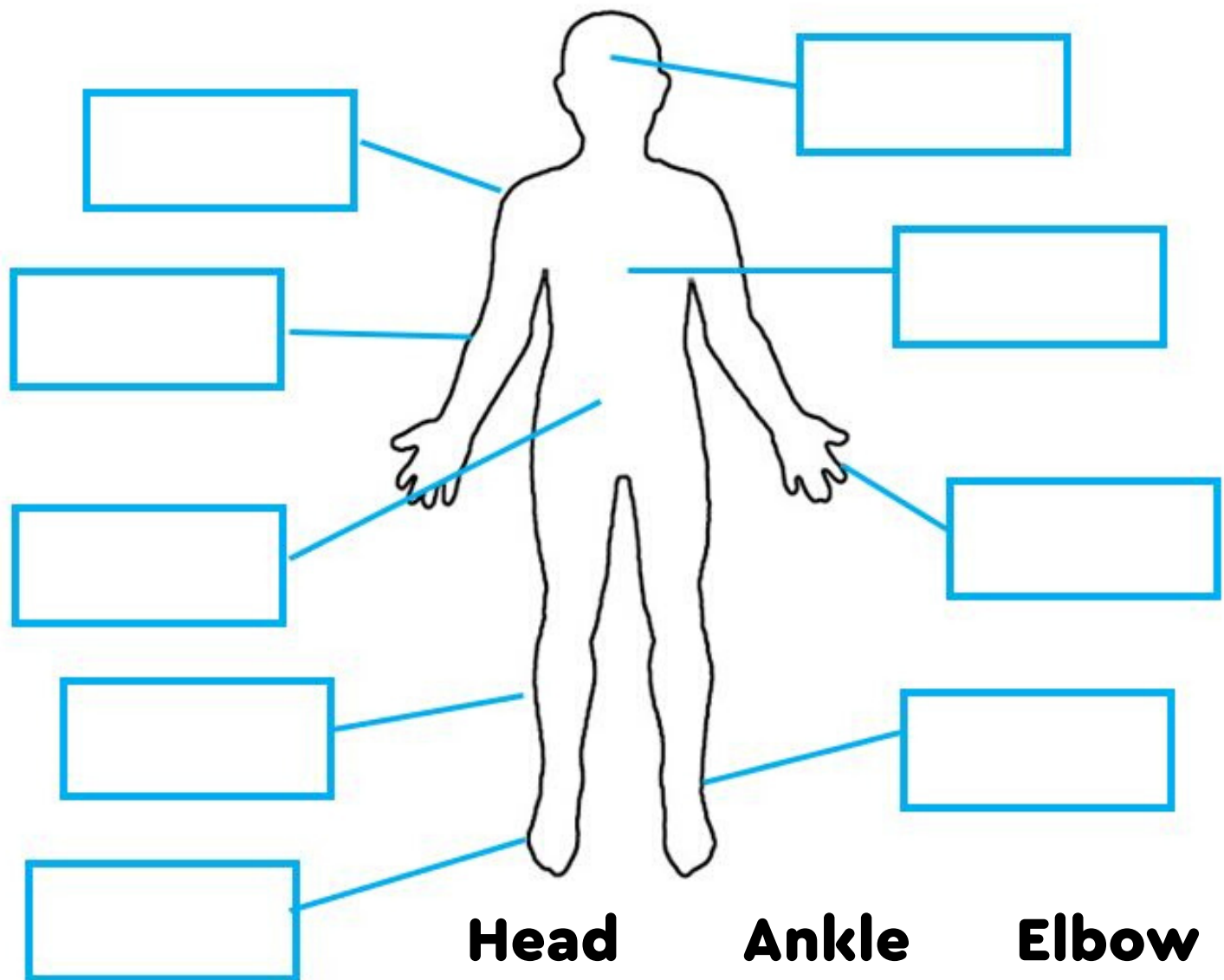
The Human Body - KS1

Who do we need?

Child plus support from an adult.

What to do:

Can you name the body parts and match them up.



Head **Ankle** **Elbow**
Shoulder **Knee** **Hand**
Chest **Foot** **Stomach**

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TEAMWORK

KNOWLEDGE AND UNDERSTANDING FROM HOME

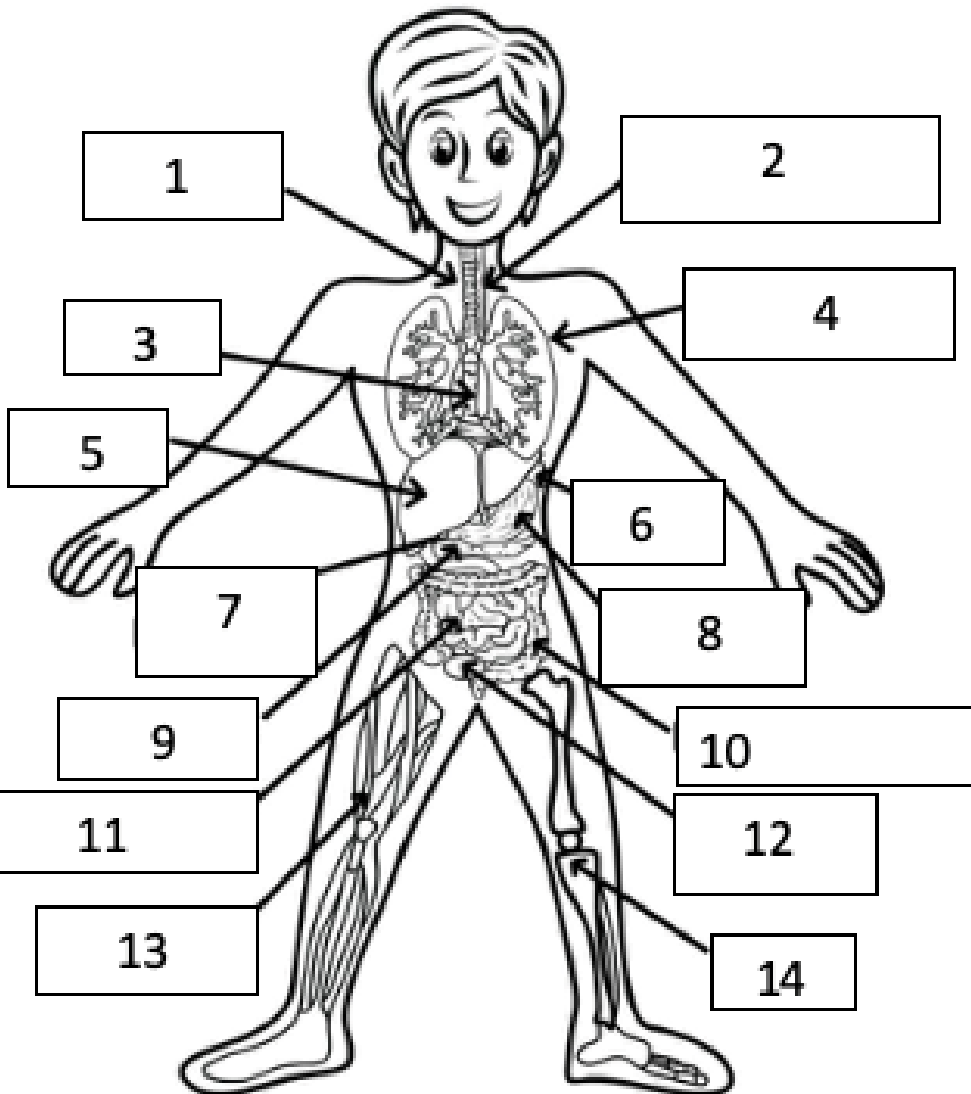
The Human Body - KS2

Who do we need?

Child plus support from an adult.

What to do:

Use the numbers from the picture and match up to the body part.



Liver

Spleen

Large Intestine

Bladder

Trachea

Oesophagus

Lungs

Bone

Muscle

Heart

Small intestine

Gall Bladder

Stomach

Pancreas

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TEAMWORK

PHYSICAL LITERACY FROM HOME

Improving your balance and coordination!

Who do we need?

Child and an adult plus anyone that wants to join in the fun.

What to do:

- Find a safe space and show your child a balance.
 - Encourage your child to copy you as you hold the balance. You can do any number of balances as shown below.
 - Try and hold each balance for a count of 3 seconds.
1. Stand up on the tips of your toes, arms stretched straight over your head.
 2. Stand on one leg, other leg bent at the knee, arms raised straight sideways like wings.
 3. Stand on one leg, arms raised straight sideways like wings, bend forward at the waist and lift rear leg (aeroplane pose in yoga).
 4. Balance on hands and feet, head down, hips(bottom) in the air (downward dog pose in yoga).

Advance options:

1. From all fours, raise and hold one leg high in the air.
2. From all fours, raise and hold one arm high in the air.
3. Hold the balances for a longer time (10 seconds)

Beth's Top Tips

- Find a point in front of you to focus on to help you balance
- Invent other balances together—use your imagination.
- Create a balance you can do together using TEAMWORK!

Challenge

How many different balances can you think of?

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TEAMWORK

30 SECOND PARTICIPATION CHALLENGE!

How many can you do in 30 seconds?

1

MONDAY - SHUTTLE RUNS

2

TUESDAY - SIT UPS

3

**WEDNESDAY - ARMS CIRCLES
OUT TO THE SIDE**

4

THURSDAY - RIGHT LEG HOPPING

5

**FRIDAY - LIE ON YOUR STOMACH,
STAND UP AND LIE BACK ON
YOUR STOMACH AGAIN**



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TEAMWORK

This is to certify that

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has completed the Beth Tweddle
Teamwork Value Award!



Beth Tweddle

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