

Beth  
Tweddle

GYMNASTICS

**Beth Tweddle  
Value Awards**

**Week 2  
FRIENDSHIP**

Beth  
Tweddle

GYMNASTICS

Friendship

#InspiringAGeneration

#BethTweddleGymnastics

# Beth Tweddle Value Award

## FRIENDSHIP



### CHECK LIST - WEEK 2

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"/>
Healthy Eating KS1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthy Eating KS2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soft Ball/ Balloon 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 FRIENDSHIP**

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



# Beth Tweddle Value Award

## FRIENDSHIP

### KNOWLEDGE AND UNDERSTANDING

### FROM HOME

## Healthy Eating - KS1

### Who do we need?

Child plus support from an adult.

### What to do:

1. Put each food or drink item into the correct column, healthy or unhealthy.
2. Have a chat together on how you can eat all foods as part of a healthy, balanced diet.

**Healthy**

**Unhealthy**



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# Beth Tweddle Value Award

## FRIENDSHIP

### KNOWLEDGE AND UNDERSTANDING

### FROM HOME

## Healthy Eating - KS2

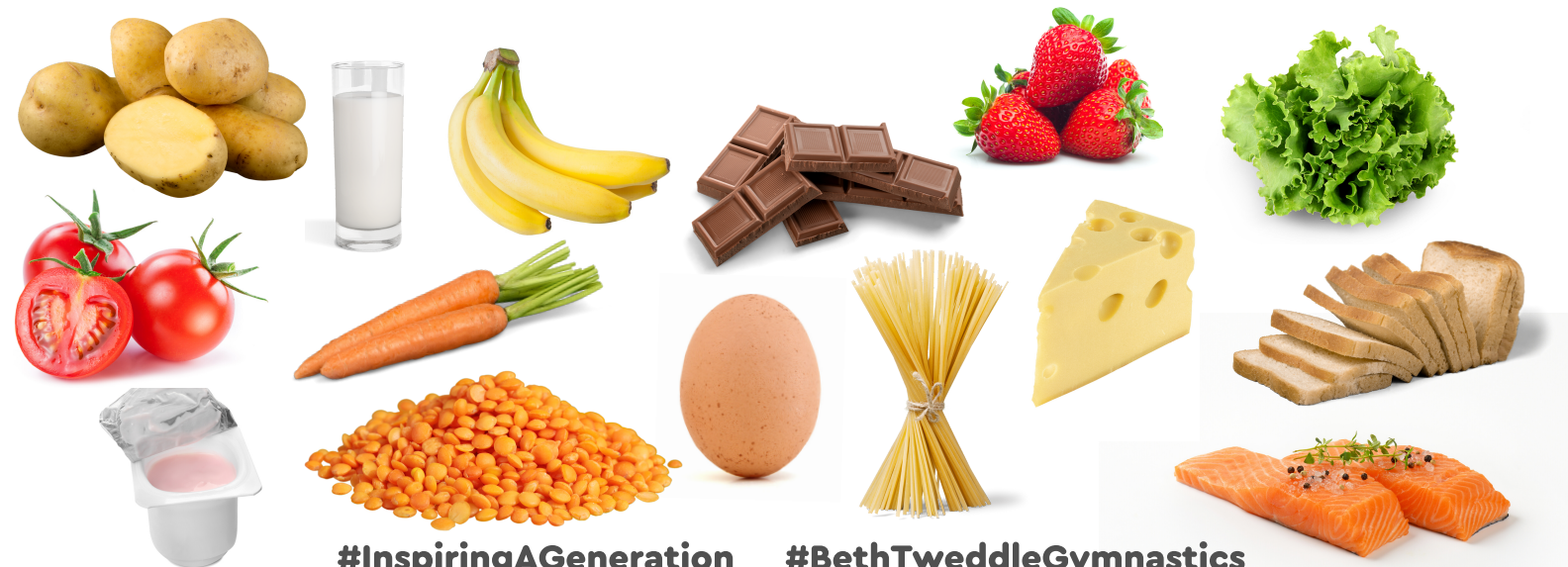
### Who do we need?

Child plus support from an adult.

### What to do:

Put the food item into the correct food group.

Carbohydrates		Proteins	
Dairy	Food and Vegetables	Fats and Oils	



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# Beth Tweddle Value Award

## FRIENDSHIP

### PHYSICAL LITERACY FROM HOME

## Improve your coordination whilst building on friendships

### Who do we need?

Anybody in the family.

### What to do:

- Get another person or a few people and a soft ball or balloon (a balloon will be slightly easier)
- The aim is to keep the ball or balloon in the air for as long as possible using any part of your body to tap it up and over to the next person.
- Explore different body parts to be able to keep the object in the air

Advance options:

1. Only allow one tap per person to get it to the next person.
2. Say which body part you are all going to use throughout the game, no changing your mind if it is going too low.

### Beth's Top Tips

- Keep your eyes on the ball or balloon.
- Push the item high enough in the air to allow the next person to get to it in time.
- Try and aim it in the right direction.

## Challenge

**How many times can you tap the soft ball/balloon without letting it touch the floor?**

# Beth Tweddle Value Award

## FRIENDSHIP

### 30 SECOND PARTICIPATION CHALLENGE!

**How many can you do in 30 seconds?**

- 1** **MONDAY - SQUATS WITH A HIGH FIVE AT THE END OF EACH SQUAT**
- 2** **TUESDAY - PASS AN OBJECT AROUND YOUR BODY**
- 3** **WEDNESDAY - JUMPS SIDE TO SIDE WITH YOUR HANDS ON YOUR HIPS**
- 4** **THURSDAY - LEFT LEG HOPPING**
- 5** **FRIDAY - PRESS UP POSITION AND TAKE ONE HAND OFF AT A TIME**



# 30 SECOND PARTICIPATION CHALLENGE!

**How many can you do in 30 seconds?**



TEAMWORK	FRIENDSHIP	FUN	HELPFUL	BRAVERY	DETERMINATION	ASPIRATION	RESPECT	INSPIRATION	CELEBRATION
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- Shuttle runs
- Sit ups
- Arm circles out to the side
- Right leg hopping
- Lie on your stomach and stand up and lie back down on your stomach again
- Squats with a high five at the end of each squat
- Pass the object around your body
- Left leg hopping
- Press up position take one hand off at a time
- Wall press ups
- Lunges
- Jumping jacks
- Skipping with or without a rope
- High knees jogging



# Beth Tweddle Value Award

## FRIENDSHIP

This is to certify that

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has completed the Beth Tweddle  
Friendship Value Award!



*Beth Tweddle*

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Beth Tweddle

