

Beth  
Tweddle

GYMNASTICS

**Beth Tweddle  
Value Awards**

**Week 3  
FUN**

Beth  
Tweddle

GYMNASTICS

Fun

#InspiringAGeneration

#BethTweddleGymnastics

# Beth Tweddle Value Award

## FUN



## CHECK LIST - WEEK 3

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

**Beth's Value & Pulse Raiser Video**

**Design & Colour in a Flag KS1**

**Match the Flag to the Country KS2**

**Jump and Stop**

**30 Second Participation Challenge**

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

# **Beth Tweddle Value Award FUN**

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



# Beth Tweddle Value Award FUN

## KNOWLEDGE AND UNDERSTANDING FROM HOME

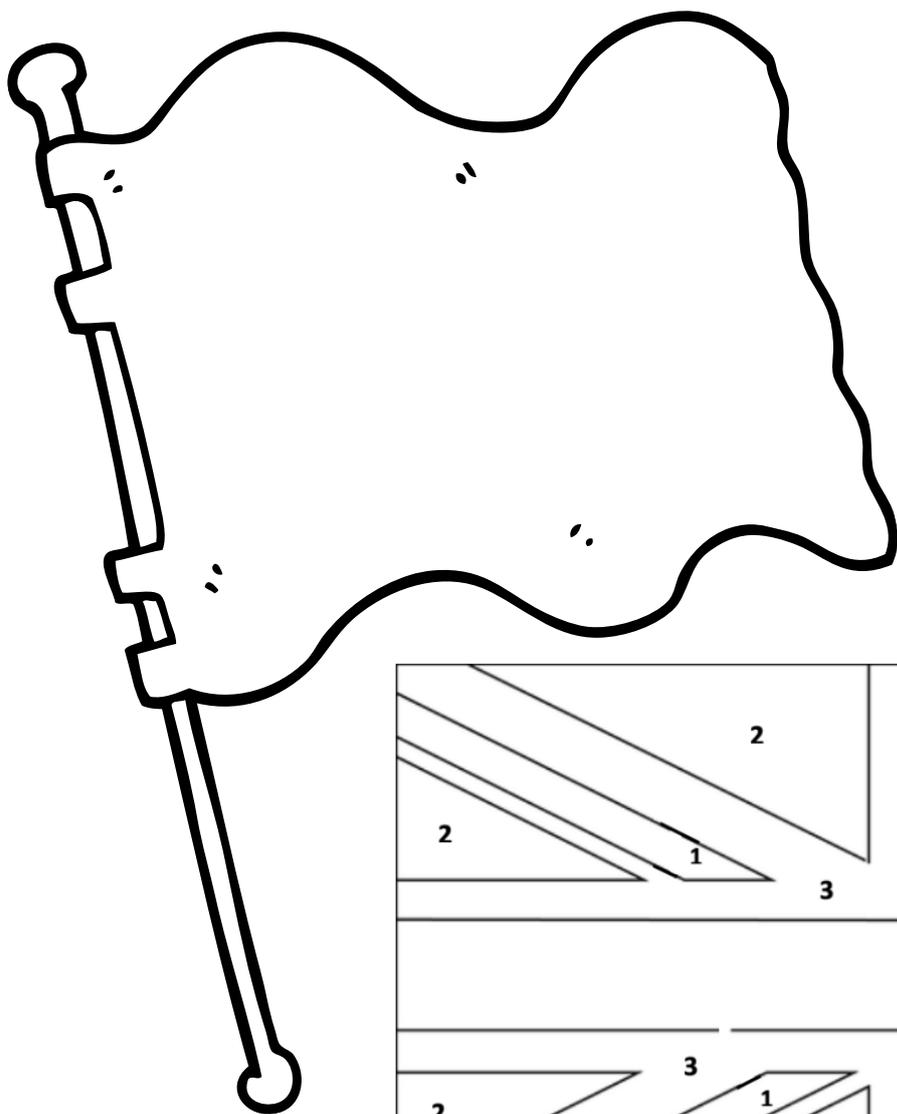
### Know Your Flags - KS1

#### Who do we need?

Child plus support from an adult.

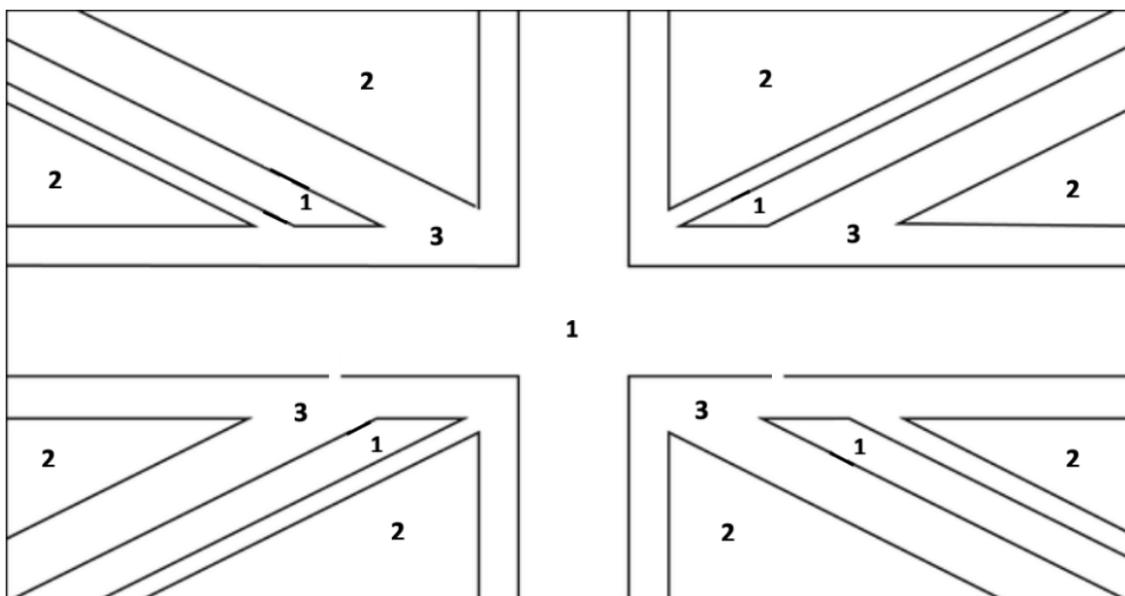
#### What to do:

1. Design your own flag. Use lots of different colours and shapes.
2. Colour in the Union Jack by using the numbers.



When Beth went to the Olympic Games, she represented Great Britain. The national flag of Great Britain is the Union Jack.

- 1 = Red  
2 = Blue  
3 = White



# Beth Tweddle Value Award FUN

## KNOWLEDGE AND UNDERSTANDING FROM HOME

### Know Your Flags - KS2

#### Who do we need?

Child plus support from an adult.

#### What to do:

1. Have a look at the flag and find out which country that flag belongs to.
2. Then name a sports person from that country and what sport they participate in.

Flag	Country	Sports person from that country and their sport
		
		
		
		
		
		
		
		
		
		

**Challenge: Can you find these countries on a map?**

# Beth Tweddle Value Award FUN

## PHYSICAL LITERACY FROM HOME

### Improve your listening whilst having fun and performing fundamental movements

#### Who do we need?

Anybody in the family.

#### What to do:

- Get another person or a few people and a clear space. One person needs to be the commander
- The commander will tell the individuals that they will be following commands given by them. To start with, there will only be two commands "jump" and "stop". They will jump when the word jump is said and they will stop on the spot when stop is said.
- This can be done as many times as you like.
- To progress this, tell the individuals you are going to swap the meanings of the commands so jump means stop on the spot and stop means jump.
- This can be done as many times as you would like

#### Advance options:

- Have more commands and actions and mix the words up more. Example: Walk, clap, hop, jog

#### Beth's Top Tips

1. Listen careful to what the person giving out the instruction is saying.
2. Listen to the instructions about each word as the action you need to do may not be what is being said
3. Do not have too many different actions and meanings as everyone may get confused

### Challenge

**How many actions and mix ups can you have going at once with everyone still able to join in?**

# Beth Tweddle Value Award FUN

## 30 SECOND PARTICIPATION CHALLENGE!

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

**1**

**MONDAY - WALL PRESS UPS**

**2**

**TUESDAY - LUNGES**

**3**

**WEDNESDAY - JUMPING JACKS**

**4**

**THURSDAY - SKIPPING WITH OR  
WITHOUT A ROPE**

**5**

**FRIDAY - HIGH KNEES JOGGING**





# Beth Tweddle Value Award

## FUN

This is to certify that

.....

has completed the Beth Tweddle  
Fun Value Award!



*Beth Tweddle*

.....

**Beth Tweddle**

