

Good afternoon from ASG,

I am writing to give a little feedback about regarding the Gymnastics classes have been running this term at Burham.

Luke, the coach for the Monday sessions at Burham informed me that the children have been working extremely hard.

He is very impressed by their determination, politeness and enthusiasm for gymnastics.

This term we have worked to target progress in the basic skills, moving towards harder skills and then revisiting the basic skills to them neat and tidy.

They have used all of the equipment available, which they love, such as benches, mats, all the table tops and all the visual aids of hoops&bean bags.

Furthermore all children have displayed confidence when practicing:

- Forward rolls
- Travelling bunny hops along a bench and on the floor
 - Bunny hops
 - Headstands on a matt
- Handstands on a bench and on the floor.
 - Bridges
 - Attempting to do the Splits
 - Squat and straddle on able tops.
- A range of jumps and balances such as star, straight, tuck jump & Arabesque and T balances.
- backward rolls with & without the coach.

The children are a pleasure to teach according to Luke.

Luke is grateful and would like to thank Burham for making him part of the team and always being so welcoming and he looks forward to each week.

With thanks,

Active Sports Group

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