

Good Morning from ASG,

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

Sikander/Luke, the coaches who have been there so far this term but from now on will be Sikander for the Monday sessions at Burham has informed me that the children have been working very hard on their first sessions back this term. They are very impressed by their ability & enthusiasm for gymnastics.

The first sessions of this term we have worked to target progression in the basic skills, moving towards harder skills.

They used all the equipment available, which they love, such as benches, mats, table tops.

Furthermore all children have displayed good ability when practicing:

- Forward rolls on the bench and on the mats.
- Travelling bunny hops on the bench.
 - Bunny hops on the bench.
 - Handstands on the benches.
 - Cartwheels on and off the bench.
- Squat, straddle, handstand onto table tops
- A range of jumps and balances on and off the bench
 - Bridges

The children are a pleasure to teach according to Luke&Sikander, and Sikander looks forward to teaching them for the rest of this term.

Special mention goes to M..... & M.... for their ability to take in what was demonstrated and taught and then reciprocate that themselves.

Other children that also deserves a special mention for their growth and progress over the duration of the terms in a number of areas is Freya.

Luke/Sikander are ever grateful and would like to thank Burham for making them feel welcomed and he looks forward to teaching there every week.

With Thanks

Charlotte

Active Sports Group "*working to get kids active*"

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