

# Gymnastics Feedback.

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Mon 16/07/2018 10:26

To: Tina Kingston <office@burham.kent.sch.uk>;

Good Morning,

I just wanted to give you a little feedback about the Gymnastics Club at Burham which runs on a Monday.

The classes are going extremely well so far this term, and all the children work very hard every session and show good listening and exemplary behaviour.

It is very evident that the children are all driven and working really hard to develop their skills this term especially.

The children seem to be achieving the skills more frequently and picking up the skills quicker.

So far this term in the sessions with the coach Sikander the children have used a vast amount of equipment such as, floor mats, landing matt, Vault, tables, benches.

The children are also starting to learn the stretch warm up, where different children lead the warm ups.

In the gymnastics sessions the children have learnt different ways to travel along the bench, a variety of jumps and balances and a vast amount of different skills.

The skills that some children can now achieve are forward roll, log roll, teddy bear roll, cartwheel, 1 handed cartwheel, handstand, backward roll to straddle and some to front support.

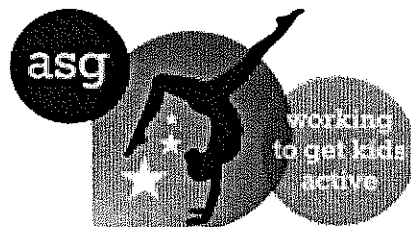
These skills have been on different heights and different equipment in order to challenge the children, and they are progressing very quickly.

Sikander is very impressed with their willingness to want to improve more week on week and has seen big improvements from the start of the term.

The children are a pleasure to teach and Sikander looks forward to coaching them.

With Thanks

*Luke*



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