

Increase Strength, Flexibility and Mobility and your Physical Abilities while Expressing your Creativity and building your Motivation.

Course Teacher Information:

Mr Alex Marinescu is a BMH PE Teacher in the Prep School with extensive experience in a range of schools around the world. He is skilled in teaching across the physical education spectrum and has a passion for developing excellence in Gymnastics. He looks forward to building on the knowledge and experience that students gain within their weekly PE lessons and Gymnastics Unit to hone skills in students with an interest in raising their Gymnastics abilities.

Basic Information Overview	
Year Group (s)	P3-P5
Teacher Source	BMH
Number of lessons	1 per week; 14 lessons in Term 2
Language	English
Venue	Gymnastics Studio
Class Time	Thursday, 15:30-16:30

Course Overview	
Enrollment Criteria	Students should be committed to development and be prepared to try new movements and combinations to reach the next level.
Engage and Assess	In the first weeks of the course, students will review basic gymnastics moves and balances they already know and can do. They will perform simple rolls and be offered feedback about how to enhance their technique and stay safe while engaging in gymnastics activities.
Explore and Develop	In the middle weeks of the course, students will work both individually and in groups to start to put rolls into sequences of increasing complexity. They will learn to critique their own and others' work by thinking about success criteria and their own personal goals.
Refine and Present	In the final weeks of the course, students will be grouped and given themes to work towards as they collaborate and create a final series of gymnastics sequences to perform to parents.
Parent Engagement Opportunity	Parents will be invited to review the students' final pieces in the Gymnastics Room.
Others	PE kit should be worn on this day.

