

Dear Parents/Carers,

We have very kindly been asked to arrange a team to take part in a KS1 Gymnastics competition at Meadowside Leisure centre on **Thursday 23rd March**. Your child has been chosen by Mrs Prince to take part in this festival because they have shown a strong ability and sporting skill in their gymnastic lessons and we feel they would benefit from this experience.

The competition will take place at Meadowside Leisure Centre (High Street, DE14 1TL) in Burton on **Thursday 23rd March** from **1:00pm – 3:00pm**. The children will eat lunch in school and then travel on the minibus with Mr Bill and Miss Cullumbine to the leisure centre. Parents are invited to attend to watch the competition if you can make it, please make your own way there. You are welcome to take your child home at the end of the festival at (approx.) 3:00pm, however if you cannot attend, we will bring your child back to school where you can collect them at (approx.) 3:30pm.

If your child is able to attend the after school gymnastics class we offer on a Tuesday after school until 4pm on **Tuesday 14th March OR Tuesday 21st March** to practice, that would be useful. If they already attend, that's great, if not, please come along to either date if you can, please do not attend both. The routine is also on the next page for your child to practice at home!

Children will wear their school PE kit for the event so please ensure this is in school on this date.

Please ensure you return the consent slip below in order for your child to attend this trip.

Kind regards,

Miss Evans

I consent to my child attending the trip to take part in Meadowside's KS1 Gymnastics competition on Thursday 23rd March from 1pm-3pm.

Please choose one of the below:

I will be attending and will collect my child from Meadowside ☐

I cannot attend and will collect my child when they return to Violet Way ☐

Signed

Date

Or, please email the school office to confirm the above.

ROUTINE A

1. Bunny Jump placing hands on floor and jumping hips high, feet together
2. Forward Roll to pike sit, hold
3. Pike fold, leaning forward to touch toes, chest down, hold
4. Back support, placing hands behind hips, lift hips off floor, hold. Lie down on back
5. Bridge, hold
6. Shoulder stand, supporting hips with hands. Roll out to stand
7. Star Jump
8. Half turning straight jump
9. Backward roll in tuck position to stand
10. One-foot balance, leg bent at front, hold