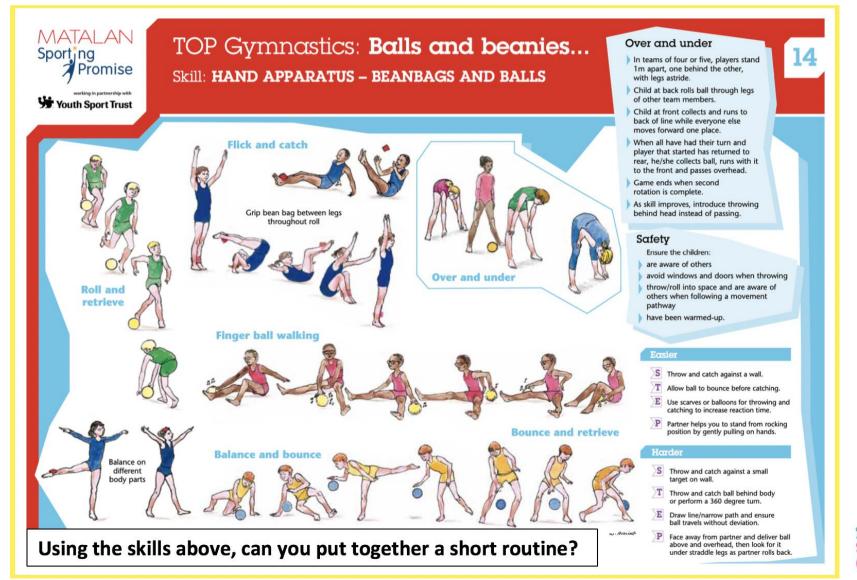


A-Z School Games Challenge

G – Gymnastics (Rhythmic) Challenge – Create a Routine

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the **#StayInWorkOut** and tag **@SSolihullSSP**







Did you know:

Rhythmic gymnastics is a sport in which gymnasts perform on a floor with these pieces of equipment:

HOOP - BALL - CLUBS - RIBBON - ROPE

The sport combines elements of gymnastics, dance and calisthenics; gymnasts must be strong, flexible, agile, dexterous and coordinated.

Birmingham-based Mimi-Isabella Cesar is a three-time British all-around medallist!

She made her Commonwealth Games debut at Glasgow 2014 and was a Team England ambassador for the Gold Coast 2018 Games. Here she is in action...



To Watch Mimi Cesar (@mimi_cesar) in action at the Rhythmic Gymnastics British Championships here -<u>https://www.youtube.com/watch?v=BVLr5C_6bKE&feature=youtu.be</u> Can you make up your own routine?

If you have enjoyed this challenge and would like to discover more check out British Gymnastics YouTube <u>https://www.youtube.com/user/BritishGymnasticstv</u>

To find a local Gymnastics club follow the link - <u>https://www.british-gymnastics.org/discover/club</u>



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