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Dear Parents and Carers

Year 5 and 6 Girls Gymnastics



We were lucky enough to enjoy an afternoon devoted to developing our gymnastics skills and using the sprung floored gym hall at Noadswood school this week. Together, with other New Forest Schools, we had a great time meeting the young leaders, who gave us top tips on how to perform routines, stretches and vaults.

We completed a carousel of different exercises and equipment as we moved around as a small team. The gymnastics trampoline was a highlight, together with the springboard, beams and performing floor routines, with ease on a sprung floor made our round-offs much easier. I'm sure this experience has encouraged our children to explore local gym or Acro groups to continue to improve on their natural abilities.

I'm looking forward to taking some Year 3 and 4 children to repeat this experience in the next few weeks.

Mrs Dallyn and Mrs Cleeve

