

# Home Learning Guidelines



- Always get parental consent prior to any activity
- Check your environment is safe prior to activity
- Always be prepared for activity – Hair safely up and leotard/Short & t-shirt etc on
- Only work to your own ability
- If there is anything you can't do - DON'T
- If you are unsure of anything you can facebook message, or email the club [balweariegymnastics@hotmail.co.uk](mailto:balweariegymnastics@hotmail.co.uk)

You will find all our home learning material on our website [www.balweariegymnastics.co.uk](http://www.balweariegymnastics.co.uk) under the Home learning tab anything with a Camera symbol is a video link and please click on to view - all the boxes are links to activities

**Please send us your videos and pictures as we are always happy to see you**

*All sessions and activities are set to mixed abilities*