

#### overview:

- This activity is designed to continue the learning of Gymnastics at home.
- By the end of the week, your child should have developed a routine with Key Shapes, Balances and Jumps.

## management:

- Ask an adult to describe the notes for each Key-Shape (below pages).
- Practise each shape a few times to become more confident and familiar. Hold each Key-Shape for 4 seconds.
- If you have a printer available, it would be a good idea to print off the Key-Shapes Cards so you can have them at hand to help ensure you are performing the correct technique.

## equipment:

Small, safe area free from objects and furniture. If hard floors downstairs, the bedroom carpet could be a better space for this activity.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

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# **Straight**



- Stand up tall.
- Feet, ankles, and knees together.
- Arms straight reaching to the ceiling.
- Body straight stretch up.
- Spread fingers.
- Head up, looking forward.

### <u>Star</u>



- Stand with feet shoulder width apart.
- Arms straight out to the side of the body – stretch out.
- Arms straight.
- Legs straight.
- Point hands and fingers.

## **Tuck**



- Sit on the floor.
- Tuck knees up to chest.
- Hold feet and knees together.
- Back straight.
- Tuck chin into chest.

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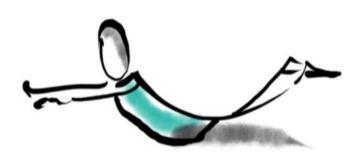


#### **Dish**



- Lay on back.
- Place arms straight back behind head.
- Point fingers.
- Keep legs together and straight.
- Point toes.
- Raise head slightly off the floor to look at toes.
- Raise feet slightly off the floor.

### <u>Arch</u>



- Lay on the stomach.
- Hold arms straight out above the head.
- Point fingers.
- Legs straight and held together.
- Point toes.
- Raise head, arms and legs slightly off the floor.



- Ensure you have enough space to perform they key shapes safely.
- Practice all of the gymnastics Key-Shapes then try these games.

## copy cats:

- One person is the leader, another person is the 'copycat'.
- The leader performs Key Shapes that the copycat must copy.
- The leader must attempt to catch out the copycat and trick them into performing the incorrect Key Shape.
- Swap roles after a few goes.

#### make a routine:

- Use the key shapes to create a mini routine.
- Link key shapes together using smooth transitions between each shape.
- Example Routine:
- Start Position = 'Straight' (hold for 4 seconds)
- 2 steps forward then into a 'Tuck' (hold for 4 seconds)
- Roll into a 'Dish' (hold for 4 seconds)
- Stand up and finish with a 'Star' (hold for 4 seconds)
- Can you perform your routine to music?
- Can you create a routine with a partner?