

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.

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.

Star



- 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.

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.

Arch



- 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?*