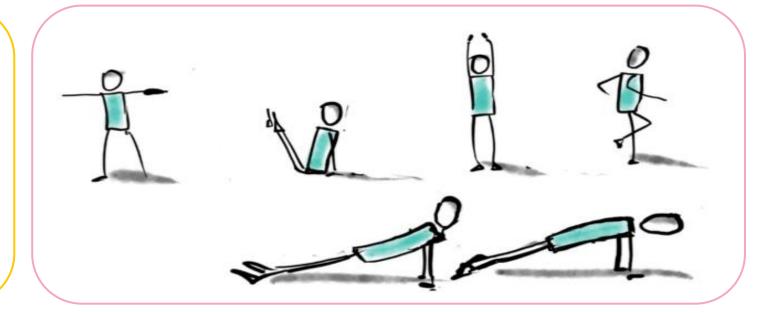


how to set up:

- Create a safe space in your home by moving chairs and tables to the side.
- If downstairs floors are hard, perhaps perform this activity on the bedroom carpet.



how to play:

- Working on your own, or in pairs, you now need to perfect your routine, linking together Key–Shapes, Balances, Jumps and Rolls.
- The sequence must include:
 - A start position
 - 4 shapes
 - 2 balances
 - 2 jumps
 - 1 roll
 - A finish position
- Why not create your routine to music?
- Can you use different levels in your sequence? high, medium, and low.
- Ask someone to record your routine so you can send it to friends, family and your teacher. They will love it!

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

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