

PE From Home: Gymnastic Shapes Activities

Can you make the different gymnastics shapes and positions with your body?

Try to hold them for 5 seconds. You will need a soft surface, such as a carpet or rug, for the shapes performed lying down.

Make sure you stretch all the way from your fingers to your toes and stay nice and still with each one.

All activities are explained and demonstrated in a video [here](#).

Log your physical activity for the week on the Exercise Log.

You will need to do a quick warm up before you start exercising.



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Warm Up Activity

For our warm-up today, we are going to pretend we are jungle explorers! In the jungle, we will discover all sorts of things.

When I call out the name of each discovery, you need to move in a particular way or carry out a particular action.

- **Quicksand** - walk through it, lifting your legs up high
- **Snakes** - tiptoe quietly
- **Logs** - jump over them
- **Monkeys** - pretend to be a monkey!
- **Tigers** - run away
- **Branches** - duck under them



Activity Card 1

Try to make your body as straight as possible by standing on your tiptoes and stretching your arms up high, all the way to your fingertips.

Can you hold the position for 5 seconds without wobbling?

Keep your arms straight and fingertips pointing up.

Keep a straight back.

Remember to make your muscles strong and tight - this will help you to stop wobbling!

Straight

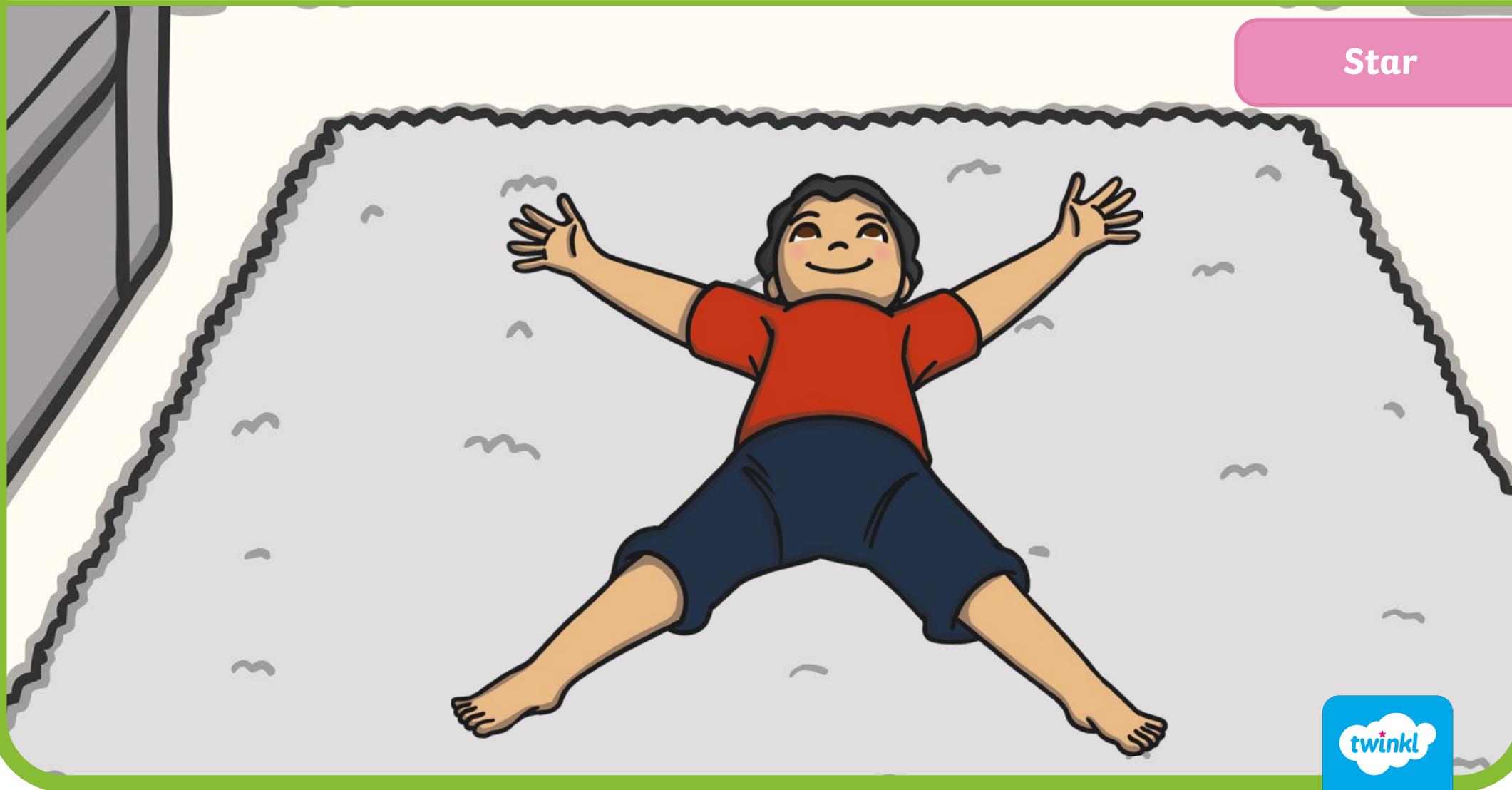


Activity Card 2

Can you make a star shape with your body by stretching your arms and legs out diagonally?

Try it standing up and lying down on the ground.

Star



Activity Card 3

This is called a pike shape. You can have your arms stretched up in the air, out to the sides or out in front of you.

Try to stretch all the way from your fingers to your toes.



Pike

Try to keep your head straight - don't let your chin drop.

Stretch your arms all the way to your fingertips.

Your back and legs should make an 'L' shape like this. It is called a right angle.

Keep a straight back.

Point your toes - try not to scrunch them.

Stretch your legs out in front you.

Activity Card 4

A tuck shape can be done sitting, squatting or with your back on the floor. Have a go at a tuck shape using the three different ways.

Tuck

Chin tucked into chest.

Arms hugging your knees.

Feet tucked in close to the body.

Knees bent and close to chest.

Hips bent.



Activity Card 5

First try the straddle shape in a sitting position.

Next, try it while lying on your back and your legs in the air (keep your legs straight and open in a 'V' shape).



Straddle

You can have your arms stretched up in the air, out to the sides or out in front of you.

Keep a straight back.

Point your toes - try not to scrunch them.

Legs should be straight and open (turned out).

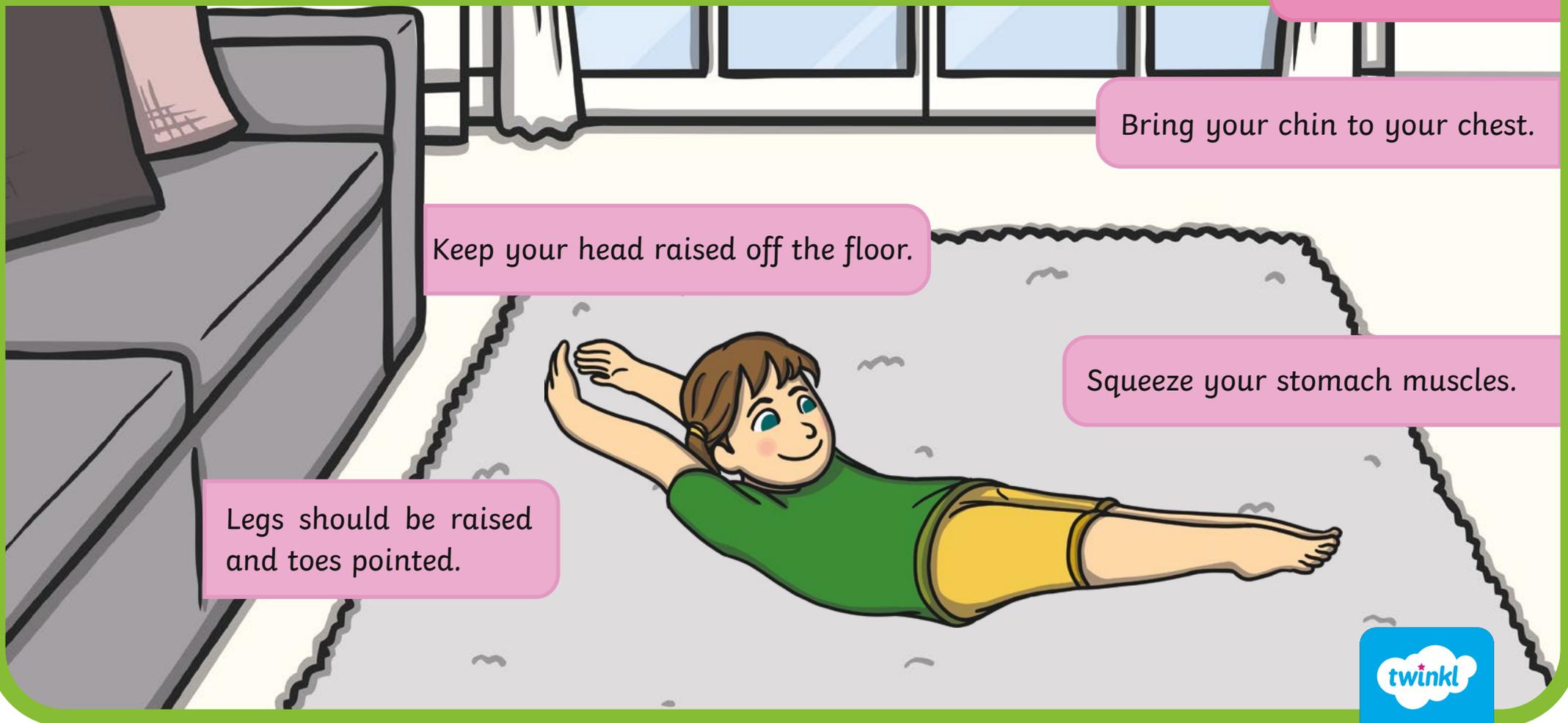
Activity Card 6

Can you make a dish shape?

Get into position by stretching out on the floor and lying on your back. Raise your outstretched arms and legs at the same time.

Hold it for 2 seconds.

Dish



Bring your chin to your chest.

Keep your head raised off the floor.

Squeeze your stomach muscles.

Legs should be raised and toes pointed.

Activity Card 7

Can you make an arch shape?

Get into position by stretching out on the floor and lying on your tummy. Raise your outstretched arms and legs at the same time.

Hold it for 2 seconds.

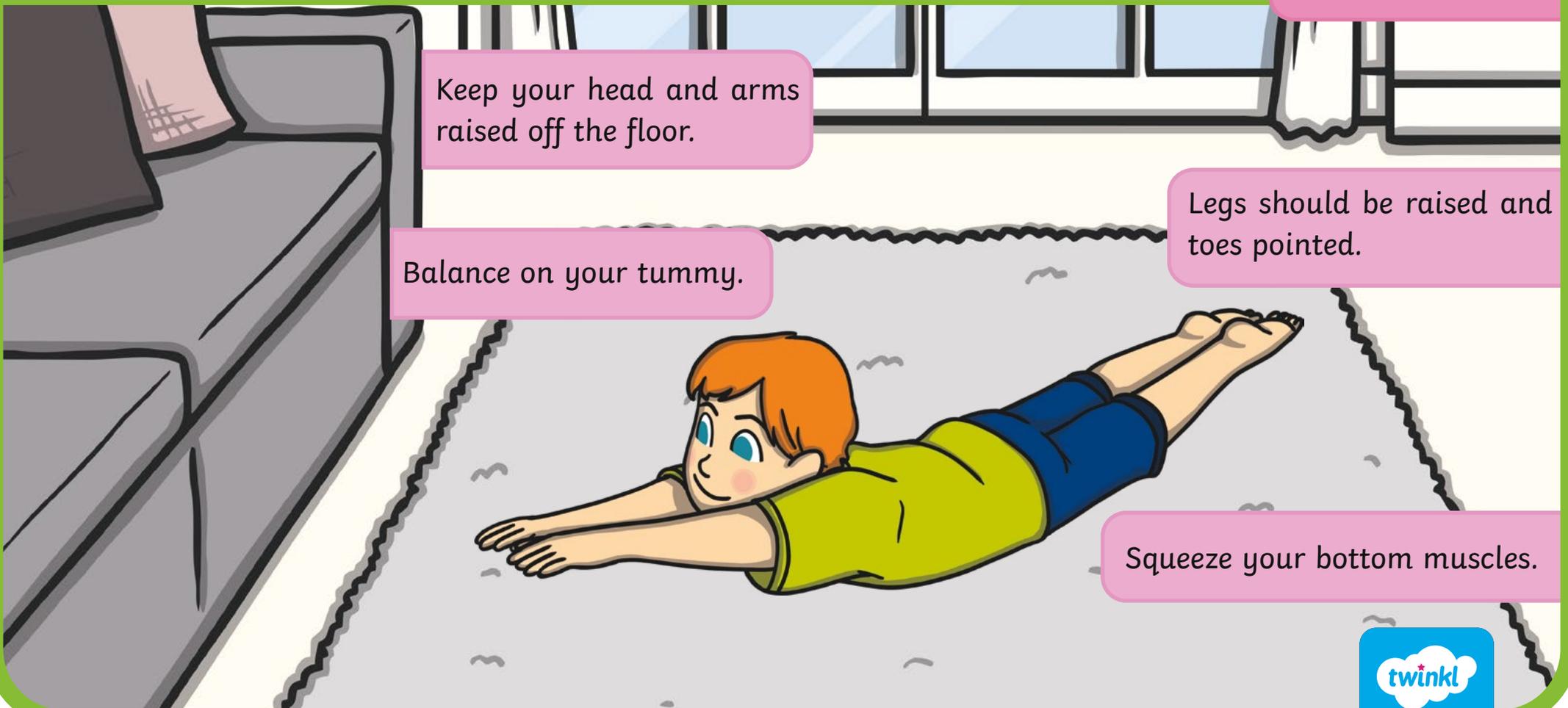
Arch

Keep your head and arms raised off the floor.

Balance on your tummy.

Legs should be raised and toes pointed.

Squeeze your bottom muscles.



Activity Card 8

This is called a front support shape. Try it by placing your hands on the ground straight under your shoulders and support your body with your arms. Lift from your hips to get into this position.

How long can you hold this position for?

Front Support

Squeeze your tummy and bottom muscles.

Keep a straight back.

Try to make a straight line from your head to your toes.

Keep your fingers facing forwards.



Activity Card 9

This is called a back support shape. Try it by placing your hands on the ground straight beneath your shoulders and support your body with your arms.

How long can you hold this position for?

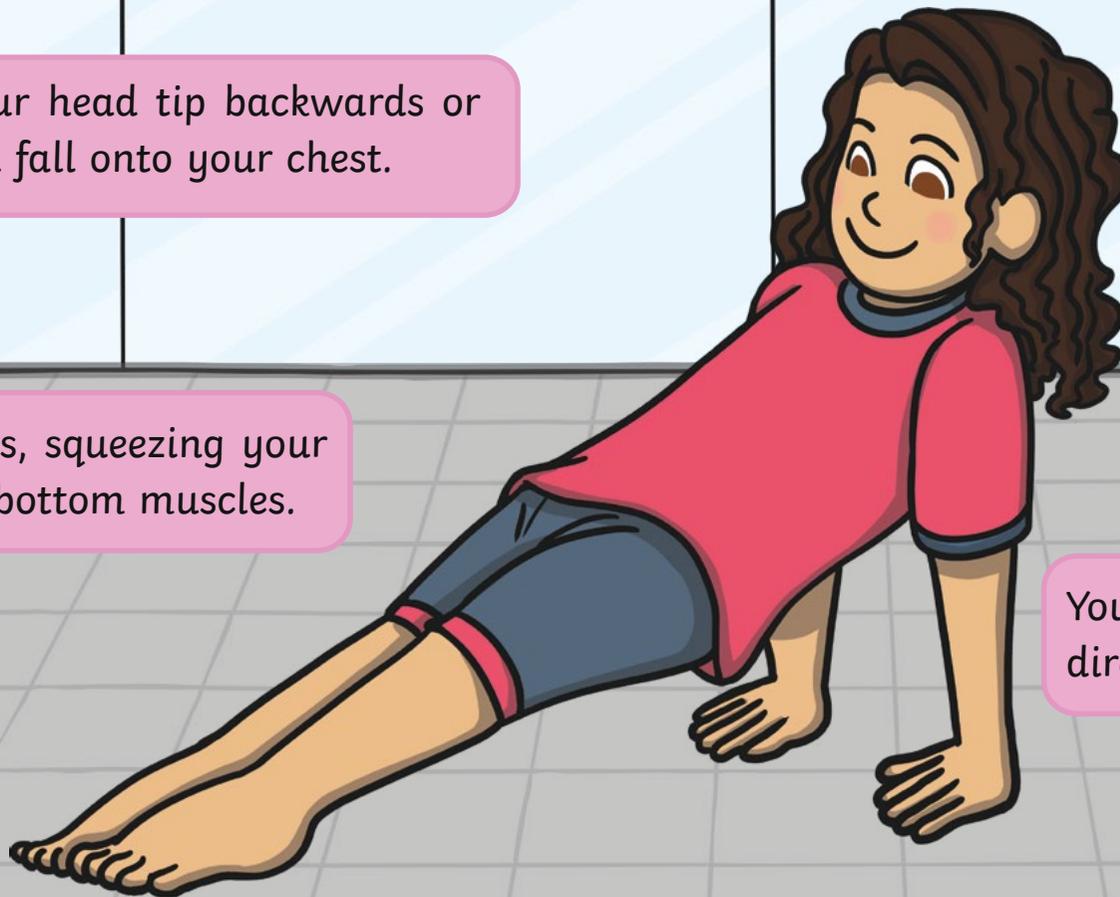
Back Support

Don't let your head tip backwards or let your chin fall onto your chest.

Lift your hips, squeezing your tummy and bottom muscles.

Try to make a straight line from your head to your toes.

Your hands should be pointing in the same direction as your toes - this can be tricky!



Bingo

Straight



Star



Pike



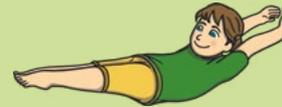
Tuck



Straddle



Dish



Arch



Front Support



Back Support



Practise your gymnastic shapes with this game of bingo.

What to do:

- Select an activity by closing your eyes and putting your finger down on the board.
- Refer to the Activity Cards or the [video](#) to find out what you need to do.



Exercise Log

Tick the box when you complete each shape.

There is also a column to tick if you have done any other exercise each day.

	Straight	Star	Pike	Tuck	Straddle	Dish	Arch	Front Support	Back Support	Bingo	Other
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

My best PE moment of the week was: