

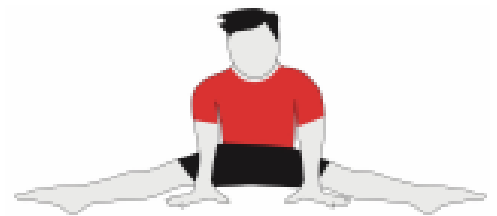


PE Lesson:

GYMNASTICS: SHIP SHAPE

Can you create the following balanced shapes?

- A 'wide' shape. Are you high or low, what body parts are you using?
- A 'curled' shape. Are you high or low, what body parts are you using?
- A 'narrow' shape. Are you high or low, what body parts are you using? Can you teach someone else all of your different balanced shapes?
- Can you create a sequence of all 3 balanced shapes together?



Can you keep trying to improve your performance?

Top Tips!

Be Still!

All balances must be held completely still for at least 4 seconds.

Make your balances excellent by pointing your fingers and toes.

Lets Reflect

Can you hold your balances still?

If your balance is wobbling, how could you change it to make it still.

Did you try a variety of ways of balancing?