



P.E. Gymnastics Session 1

Lets practice making these shapes with our bodies.

Cut out the cards to help you remember the shape to get your body into.

Straight



Pike



Tuck



Straddle



Star



Arch



Dish



Tuck

How many ways can we perform a tuck?

Always work with feet and knees squeezed together.

Do not put weight on the back of your head or neck when performing shapes.

Tuck Position on Back



Back is in contact with the floor.
Knees are tucked into the chest.
Feet are tucked in close to the body and toes pointed.
Chin tucked into chest.
Hands grasp legs below the knees.

Tuck Position Sitting



Bottom in contact with the floor.
Knees are tucked into the chest.
Feet are tucked in close to the body.
Chin tucked into chest.
Hands grasp legs below the knees.

Tuck Position on Shoulders



Lift hips clear of the floor.
Knees are tucked into the chest.
Feet are tucked in close to the body and toes pointed.
Chin tucked into chest.
Hands grasp legs below the knees.

Tuck Position Squatting



Feet in contact with the floor.
Knees are tucked into the chest.
Chin tucked into chest.
Hands grasp legs below the knees.



Pike

How many ways can we perform a pike?

Always work with feet and knees squeezed together.

Do not put weight on the back of your head or neck when performing shapes.

Pike Position Sitting



Legs straight and together.

Toes pointed.

Bend from the hips not the spine.

Angle between chest and thighs
90° or less.

Arm Position

The position of the arms can
be changed to:

Arms down by the side.

Arms extended straight above
head.

Arms stretched out to the
sides.

Arms stretched out in front.

Pike Position on Shoulders



Legs raised, straight and together.

Lift hips clear off floor.

Toes pointed.

Feet stretched beyond head.

Arms down by the side or extended above head.

Pike Position on Back



Back flat on the floor.

Legs raised, straight and together.

Toes pointed.

Angle between chest and thighs 90° or less.

Arms down by the side or extended above head

Pike Position Supported



Legs straight and together.

Bend from the hips not the spine.

Hands supporting on a bench.

Flat back, parallel to the floor.

Straddle

How many ways can we perform a straddle?

Always work with feet and knees squeezed together.

Do not put weight on the back of your head or neck when performing shapes.

Straddle Position Sitting



Legs straight and open at or beyond 90°.

Legs turned out and toes pointed.

Back straight.

Arm Position

The position of the arms can be changed to:

Arms down by the side.

Arms extended straight above head.

Arms stretched out to the sides.

Arms stretched out in front.

Straddle Position Standing



Standing with arms and legs stretched out to make an 'X' shape.

Feet at least shoulder width apart.

Straddle Position on Back



Back flat on the floor.

Legs raised, straight and turned out at or beyond 90°.

Toes pointed.

Arms down by the side or extended above head.

Straddle Position on Shoulders



Legs raised, straight and turned out at or beyond 90°.

Lift hips clear off floor.

Toes pointed.

Feet stretched beyond head.

Arms down by the side or extended above head.

Straddle Position Supported



Legs straight and feet at least shoulder width apart.

Bend from the hips not the spine.

Hands supporting on a bench or the floor.

Arms straight and shoulder-width apart.

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Create your own gymnastics routines using the shapes that you have learnt today.



Can you find a way to create these shapes with a partner, at least one part of your bodies must be touching.

Starting balance

Ending balance

Five large, empty rounded rectangular boxes for drawing gymnastics routines, each with a horizontal line underneath.

