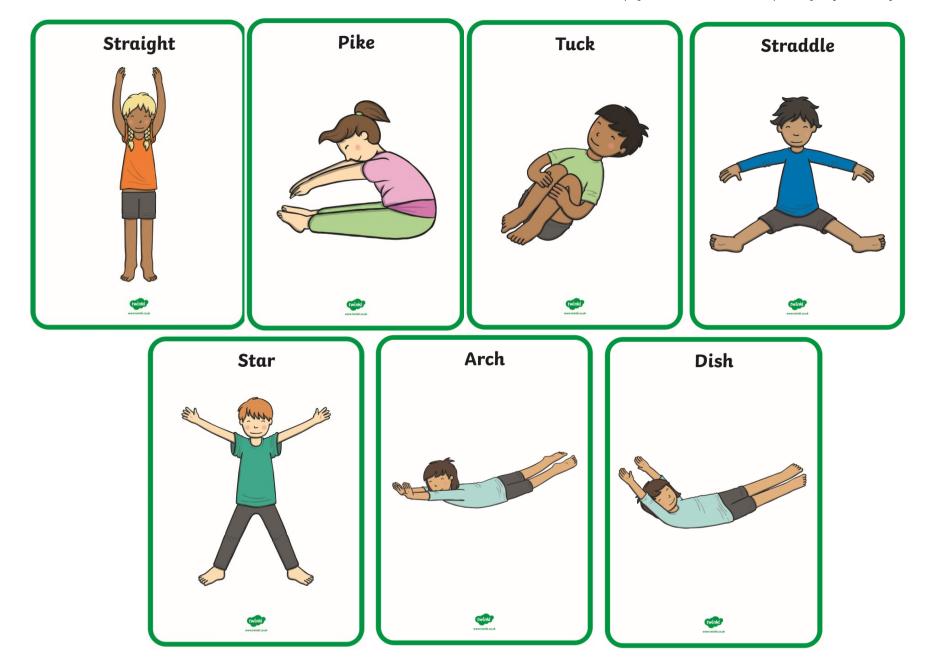
### P.E. Gymnastics Session 1

Lets practice making these shapes with our bodies.

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



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# 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.

Back is in contact with the floor.



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 Back**



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 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		Arm Position		
	Legs straight and together.	The position of the arms can be changed to:		
	Toes pointed.	Arms down by the side.		
	Bend from the hips not the spine.	Arms extended straight above head.		
	Angle between chest and thighs 90° or less.	Arms stretched out to the sides.		
		Arms stretched out in front.		
			Pike Position on Back	Back flat on the floo



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 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 Supported** 



Legs straight and together.

Bend from the hips not the spine.

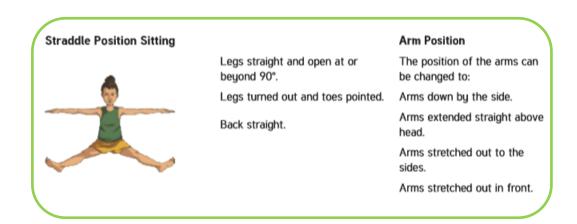
Hands supporting on a bench.

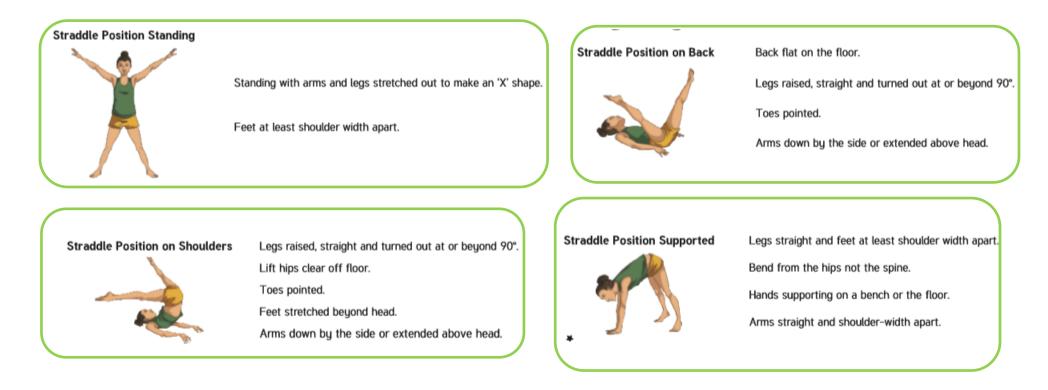
Flat back, parallel to the floor.

# Straddle

Always work with feet and knees squeezed together.

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





### P.E. Gymnastics My routine



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

