

<u>YEAR</u>	<u>Learning Objectives</u>	<u>Equipment/Timing</u>	<u>Activity</u>
<u>Reception, Year 1, and Year 2</u>	<p>Gymnastics/Balances/Shapes Objectives</p> <ul style="list-style-type: none"> - Can you make different shapes with your body - Can you make your shapes in the air. - Enjoy and have fun! 	<p>All you need is some space on a soft surface.</p> <p>Approx. 25 minutes</p>	<p>Warm up – Jog on the spot as fast as you can for 10 seconds, (count to 10) 3 times at least. Now see if you can do it while getting your knees as high as you can.</p> <p>Make sure any equipment needed is gathered before you start! A mat could be used for these exercises but it's not essential</p> <ol style="list-style-type: none"> 1- Shapes - Try and make different shapes with your body. Can you make the tallest shape? Reach your arms up as high as you can and stand on your tip toes. Next can you make the widest shape by standing with your arms and legs stretched out to the side. Lastly can you make the smallest shape by crouching down into a tiny ball. Try and hold each shape for 5 seconds. <i>What else can you think of? Can you hold your shape for longer than 5 seconds?</i> Try your best at the activity. 2- Shape Alphabet – Try and make the letters of the alphabet using your body. How many letters can you make? <i>Can you make your name?</i> Try your best at the activity. 3- Shapes In The Air– Try jumping as high as you can and make different shapes with your body in the air. Count how many different shapes you can come up with. <i>Can you name your shapes?</i> Try your best at the activity.

<p><u>Year 3/4</u></p>	<p>Gymnastics/Shapes/Balances</p> <p>Objectives</p> <ul style="list-style-type: none"> - Can you make different shapes with your body and hold each one for 5 seconds? - To be able to make shapes while jumping. - To be able to hold 2 & 3 point balances for 7 seconds. 	<p>All you need is some space on a soft surface</p> <p>Approx. 30 minutes</p>	<p>Warm up –Jog on the spot as fast as you can for 15 seconds. (count to 15) 3 times at least. Now see if you can do it while getting your knees as high as you can.</p> <ol style="list-style-type: none"> 1 Shapes - Try and make different shapes with your body. Can you make the tallest shape? Reach your arms up as high as you can and stand on your tip toes. Next can you make the widest shape by standing with your arms and legs stretched out to the side. Lastly can you make the smallest shape by crouching down into a tiny ball. Try and hold each shape for 5 seconds. <i>What else can you think of? Can you hold your shape for longer than 5 seconds?</i> To make it more challenging you could use items to make even bigger shapes. 2 Shape Alphabet – Try and make the letters of the alphabet using your body. How many letters can you make? <i>Can you make your name?</i> Can you use objects with your body to create words/numbers? 3 Shapes In The Air– Try jumping as high as you can and make different shapes with your body in the air. Count how many different shapes you can come up with. <i>Can you name your shapes?</i> If this is too difficult then you do not have to jump to start off with. 4 2&3 Point Balances – Can you think of a balance that only has three body parts touching the floor? For example, both hands and one foot touching the floor. Next can you
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Year 5/6	<p>Gymnastics/Shapes/Balances Objectives</p> <ul style="list-style-type: none"> - Can you make different shapes with your body and hold them for 7 seconds? - To be able to make different shapes while jumping. - To confidently hold 2 & 3 point balances for 7 seconds. - To be able to make a sequence using different shapes and balances. 	<p>All you need is some space on a soft surface</p> <p>Approx. 35 minutes</p>	<p>Warm up – Jog on the spot as fast as you can for 20 seconds, at least 3 times. Now see if you can do it while getting your knees as high as you can.</p> <ol style="list-style-type: none"> 1- Shapes - Try and make different shapes with your body. Can you make the tallest shape? Reach your arms up as high as you can and stand on your tip toes. Next can you make the widest shape by standing with your arms and legs stretched out to the side. Lastly can you make the smallest shape by crouching down into a tiny ball. Try and hold each shape for 10 seconds. Can you hold your shape for longer than 10 seconds? To challenge yourself can you create 10 different shapes? 2- Shape Alphabet – Try and make the letters of the alphabet using your body. How many letters can you make? Can you make your name? How high of a number can you make with your body? Use added items if needs be. 3- Shapes In The Air– Try jumping as high as you can and make different shapes with your

			<p>body in the air. Count how many different shapes you can come up with. Can you name your shapes? If this is too difficult then you do not need to jump to start off with.</p> <p>4- 2&3 Point Balances – Can you think of a balance that only has three body parts touching the floor? For example, both hands and one foot touching the floor. Next can you think of a balance that only has two body parts touching the floor? For example, one hand and one foot. Try and think of 2 more balances for each. Can you hold your balance for 10 seconds? How many body parts in total can your balance on? Can you get to 12? (fingers and toes count)</p> <p>5- Sequences – Can you make of 3 shapes and 3 balances? Try and hold each shape and balance for 7 seconds. You can write your sequence down or draw pictures to help you. Can add music to create a mini routine.</p>
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