

## Gymnastics

## Key Shapes Games

Ensure you have enough space to perform the Key Shapes safely.

Practice the 9 Gymnastics Key Shapes (see Gym resource cards), then try these games.

### Guess the Shape

- ✓ One person describes Key Shapes without saying the name of them.
- ✓ Everyone else must guess the Key Shape.
- ✓ The first person to perform the correct Key Shape wins a point.
- ✓ Who can guess the most correct Key Shapes?

### Key Shape Bingo

- ✓ Write down all the Key Shapes and place them in a bowl.
- ✓ Everyone takes turns to pick a Key Shape out of the bowl to perform.
- ✓ Place the Key Shape back in the Bowl.
- ✓ The first person to perform all 9 Key Shapes wins.

### Simon Says

- ✓ Choose one person to be 'Simon', this person calls out different Key Shapes using the phrase "Simon says.... *Straight*". Everyone else performs the shape.
- ✓ If Simon does not say 'Simon says...' at the beginning, everyone else should NOT perform the shape.
- ✓ How many people can Simon catch out?

# Gymnastics

## The National Curriculum

### By practicing this activity, your child will develop the following skills:

- ✓ Coordination & movement
- ✓ Balance & flexibility
- ✓ Link movements and actions
- ✓ Cooperation
- ✓ Move with control
- ✓ Create dances and movements from your own ideas
- ✓ Practise and refine techniques

### National Curriculum Criteria:

#### Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.
- ✓ Perform dances using simple movement patterns.

#### Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.
- ✓ Perform dances using a range of movement patterns.
- ✓ Compare their performances with previous ones and demonstrate improvement to achieve their personal best.