

## Gymnastics

## Key Shapes Games 2

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.

### Rock Paper Scissors

- ✓ Sit back to back with another player.
- ✓ On the count of three, play Rock, Paper, Scissors using Key Shapes instead of the hand actions:

Rock = Tuck

Paper = Pike

Scissors = Straddle

### Copy Cats

- ✓ One person is the leader, another person is the 'Copycat'
- ✓ The leader performs key shapes that the Copycat must copy.
- ✓ The leader must attempt to catch out the Copycat and trick them into performing the incorrect Key Shape.

### Make a Routine

- ✓ Use the Key Shapes to create a mini routine.
- ✓ Link Key Shapes together using smooth transitions between each one.
- ✓ Perform your routines to each other.
- ✓ Can you perform your routine to music?

# 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.