

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

PE Wednesday 20th
January 2021

Learning Objective:

- ▶ 1. To understand the importance of warming up
- ▶ 2. To perform static shapes

Why is it important to warm-up before exercise?

Spend 2 minutes thinking about it.



These are the 3 main reasons we warm up:

- To get your muscles ready
- To prevent injuring or hurting yourself
- To increase your heart rate to supply oxygen to your muscles.

Warm-up

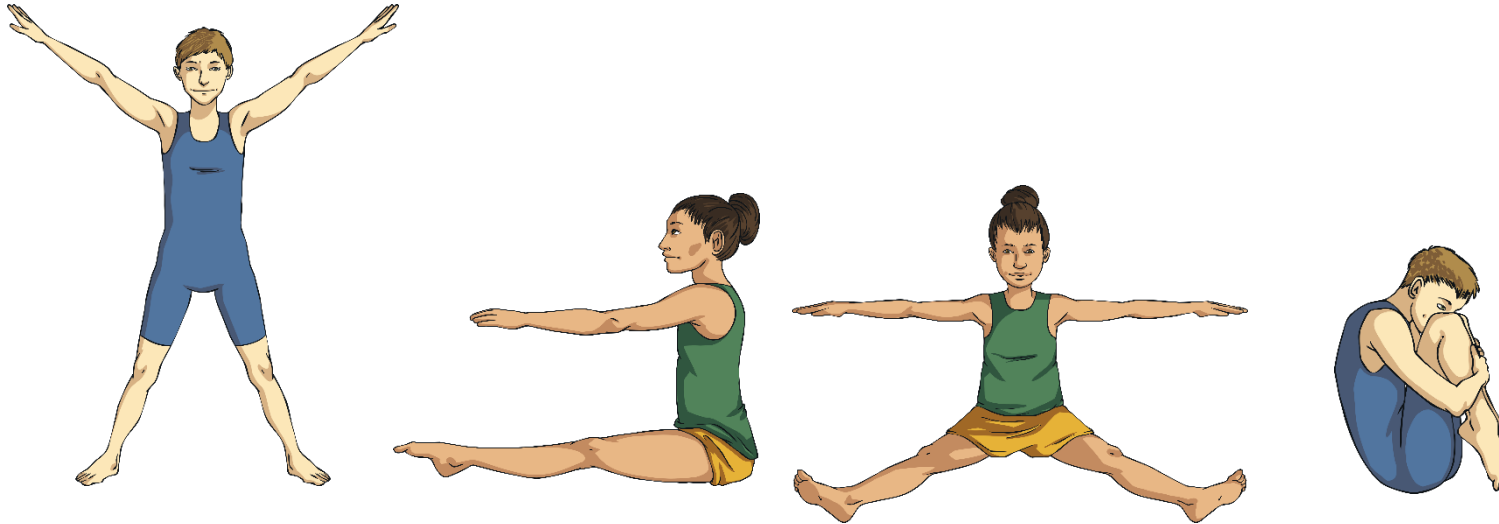
- ▶ <https://www.youtube.com/watch?v=uh4dTLJ9q9o>
- ▶ Listen to this and dance in your area, see how many different letters you can make with your body.

Gymnastics

- ▶ We are going to be focusing on gymnastics this week and learning to make shapes with our bodies.
- ▶ This includes making different positions with our bodies whilst we're stood still and in the air.
- ▶ You are going to create a shape sequence and upload it on your portfolio.

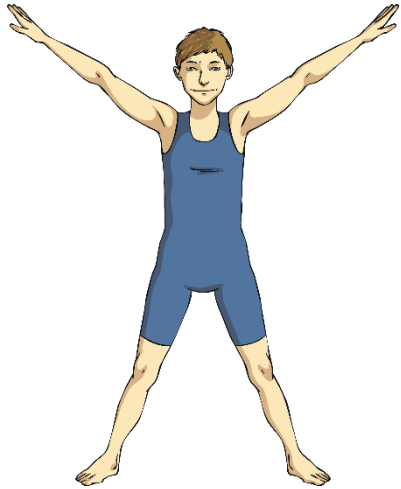
Static body shapes

Do you know what any of these positions are called?



Static body shapes

How many did you know? Well done for trying!



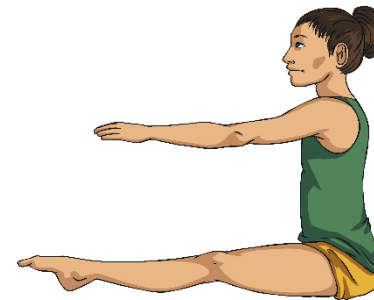
Star



Tuck



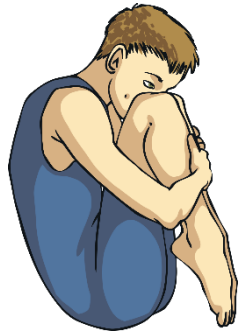
Straddle



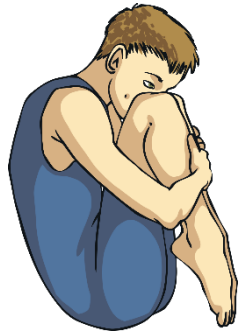
Pike

Can you practice each one?

Which shapes are these?



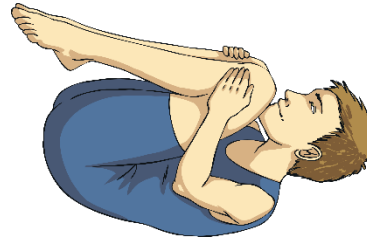
These are all different tuck shapes!



Sitting tuck
position



Squat tuck
position



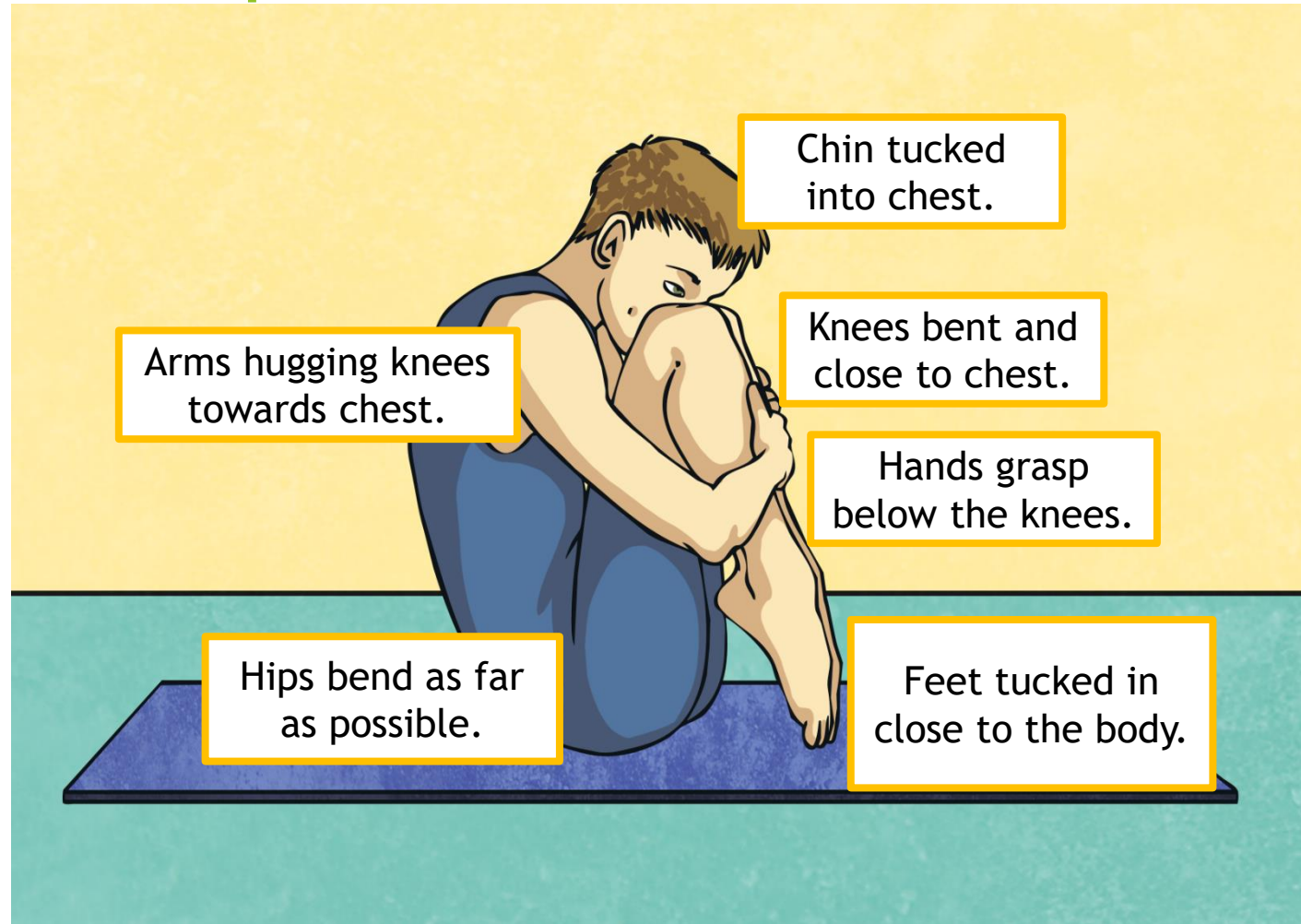
Tucked position
on back



Tucked position
on shoulders

How are they the same?
How are they different?

Tuck shape: what does it look like?



Practice the tuck shape again, making sure you follow these steps.

Tuck Shape Practice

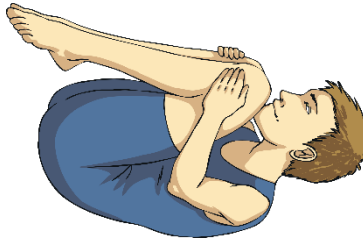
Have a go at each of the different tuck positions.
Try and hold each position between 3 and 5 seconds.



Sitting



Squat



On back

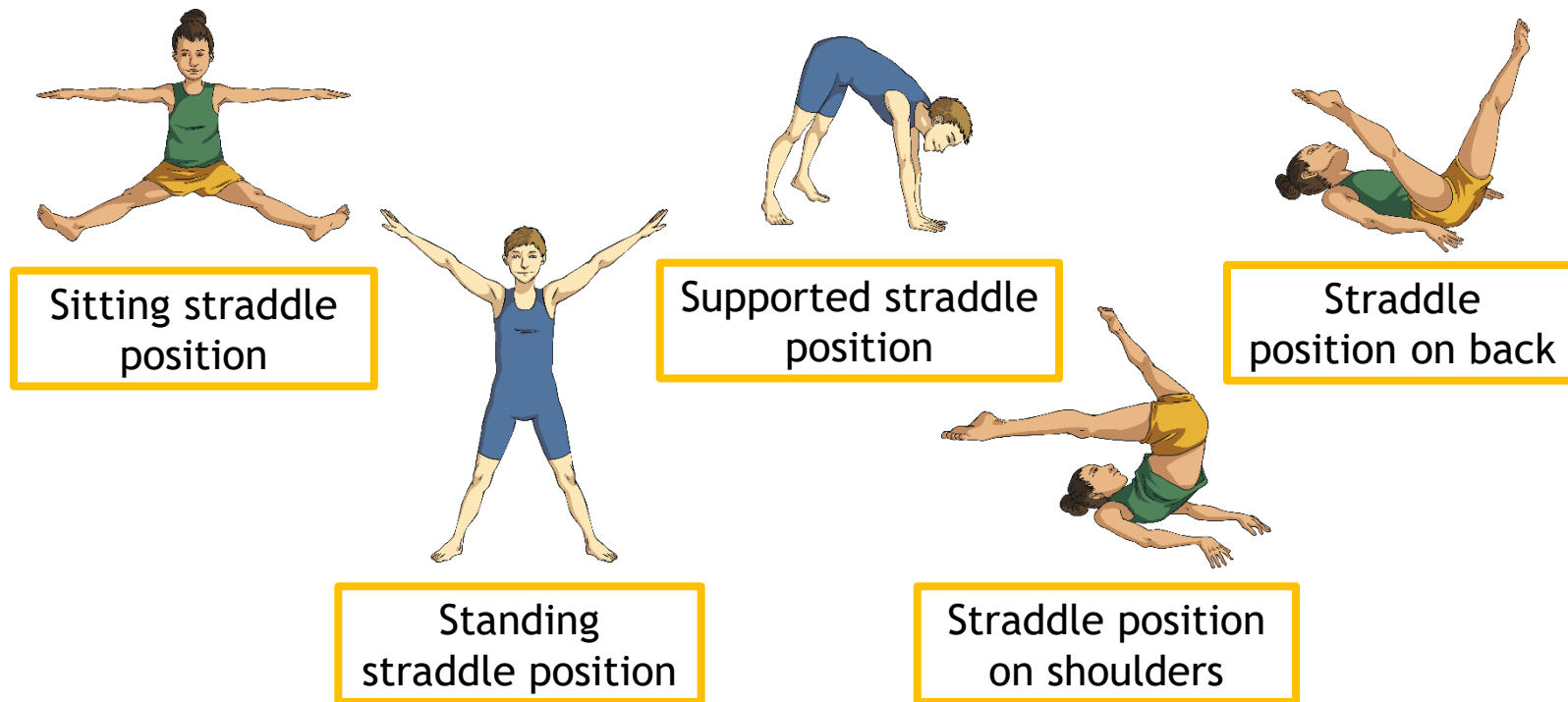


On shoulders

Don't forget:

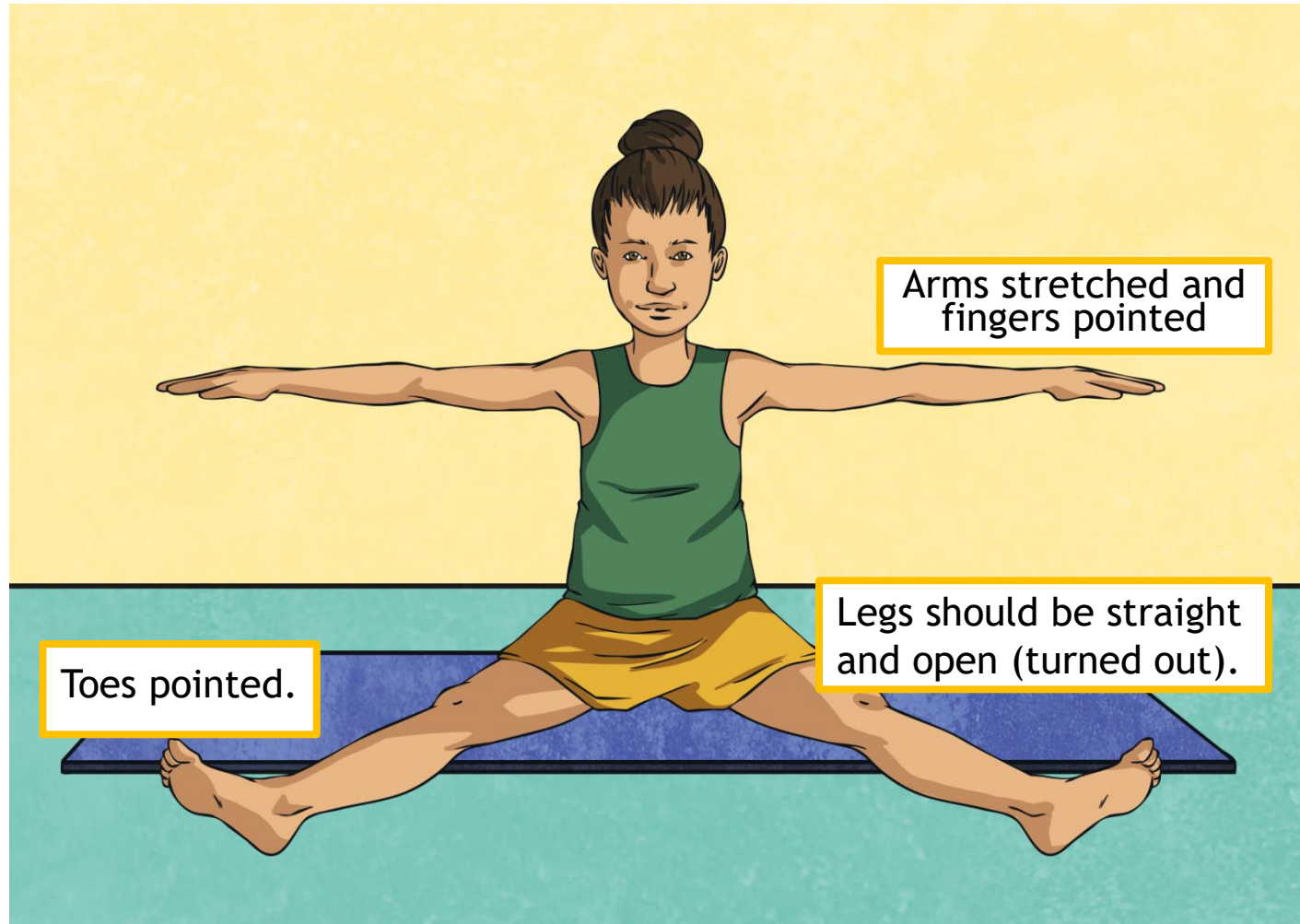
- Knees bent and close to chest
- Hips and knees bent as far as possible
- Arms hugging knees towards the chest

Straddle Shape



How are these positions the same?
How are they different?

Straddle Shape: What Does It Look Like?

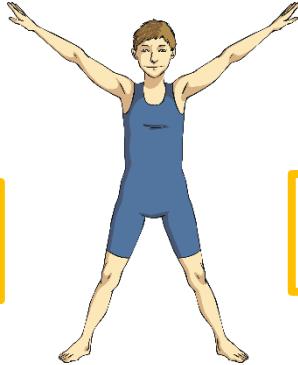


Straddle Shape Practice

Have a go at each of the different tuck positions.
Try and hold each position between 3 and 5 seconds.



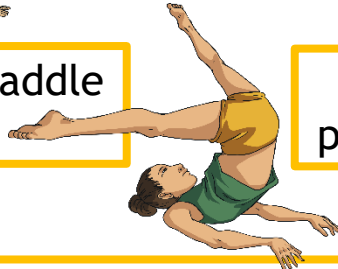
Sitting straddle position



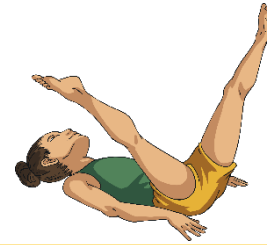
Standing straddle position



Supported straddle position



Straddle position on shoulders



Straddle position on back

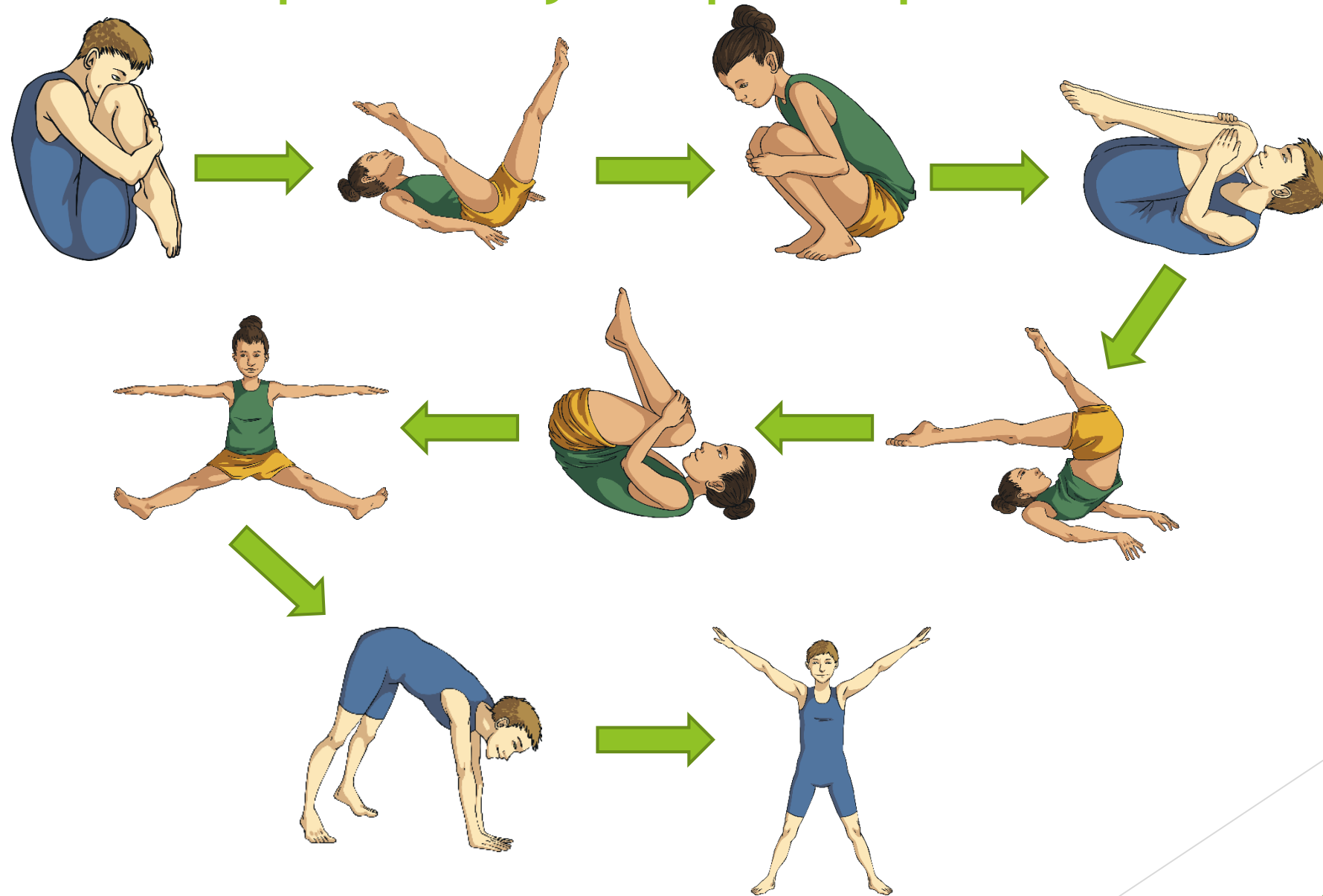
Don't forget:

- Legs should be straight and open (turned out)
- Keep your toes pointed.

Well done, fantastic shapes so far!

- ▶ Can you now create your own shape sequence with your body?
- ▶ You are welcome to create your own letter shapes but you must include the straddle and tuck shape.
- ▶ You are welcome to record yourself and upload it to Class Dojo, draw your shape sequence and upload or just comment on how you felt after practising your shape sequence.
- ▶ The next slide has an example of my shape sequence.

An example of my shape sequence



Cool down

- ▶ Why is it important to cool-down after any exercise?
- ▶ Think of as many reasons as you can

Cool down

Why is it important to cool-down after any exercise?

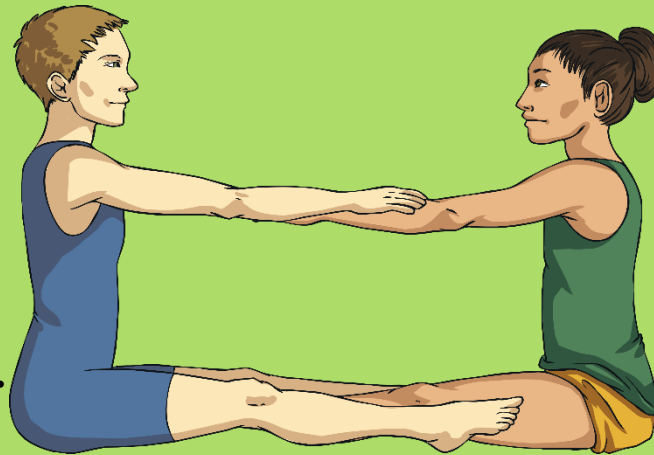
- ▶ Helps to bring your heart rate back down to its resting rate.
- ▶ Gradually cools your body temperature down
- ▶ Helps to return your muscles to their relaxed state.

Pike Squeeze

► Option one

If you have someone at home to cool down with then choose this option

- Sit in the basic pike shape facing one another and label yourselves A and B.
- A keeps their legs together.
- B places their legs outside the legs of A.
- On the command “Squeeze”, A tries to open their legs and B tries to stop them using their leg muscles.
- Attempt for 5 seconds and then swap.
- Repeat 5 times.

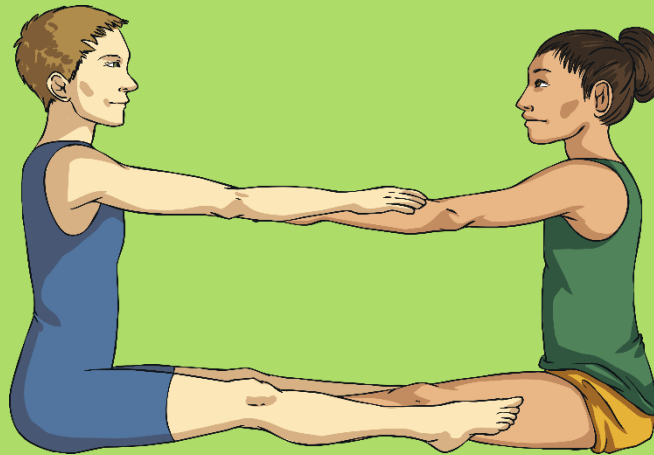


Pike Squeeze

► Option two

If you are at school or do not have anyone to cool-down with.

- Sit in the basic pike shape.
- Stretch your arms out to the side.
- Stretch up to the ceiling.
- Now to the front.
- Bend your feet forward.
- Rotate your ankles.



Finally, have a go at this 5 minute cool down. You can use this after any exercise you do, including going on a walk.

<https://www.youtube.com/watch?v=ngjXUUf4Nzs>