

PE 28th January 2020

Learning Objective:

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

Let's have a quick recap!

Why is it important to warm-up before exercise?

Spend 2 minutes refreshing yourself.



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.

Well done if you remembered these!

Warm-up

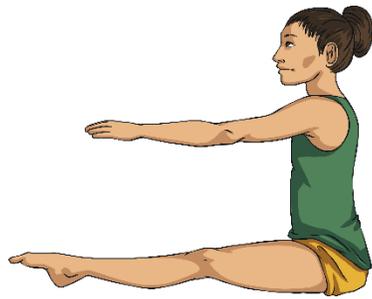
- ▶ <https://www.youtube.com/watch?v=uh4dTLJ9q9o>
- ▶ Watch this video and copy the stretches and warm up activities.
- ▶ Make sure you follow the steps carefully and carry out the moves correctly.

Gymnastics

- ▶ We are going to be continuing with our gymnastics this week.

Static body shapes

Can you remember what any of these positions are called?



Static body shapes

How many did you know? Great work!



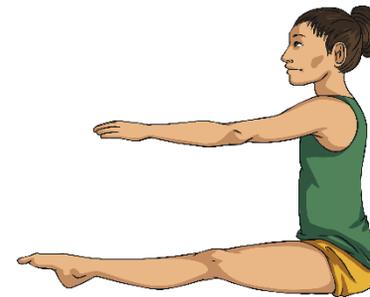
Star



Tuck



Straddle



Pike

Can you practice each one?

Gymnastics

- ▶ Follow the steps in this video:

<https://www.youtube.com/watch?v=-qRu0HnfTgQ&safe=active>

- ▶ Now have a go at this one:

<https://www.youtube.com/watch?v=1l6H-s08CpM&safe=active>

Challenge cards:

Gymnastic Challenge Cards

Can you hold your balance for more than 5 seconds?



Challenge cards:

Gymnastic Challenge Cards

How high can you raise your leg if you are balancing on the other one?
Can you hold it still?



Challenge cards:



Challenge cards:

Gymnastic Challenge Cards

Can you balance
on your tiptoes?



[twinkl.co.uk](https://www.twinkl.co.uk)

Well done!

- ▶ Which move is your favourite?
- ▶ Extension: Can you practice your shape sequence from last week?

Cool down

- ▶ Can you remember why is it important to cool-down after any exercise?

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.

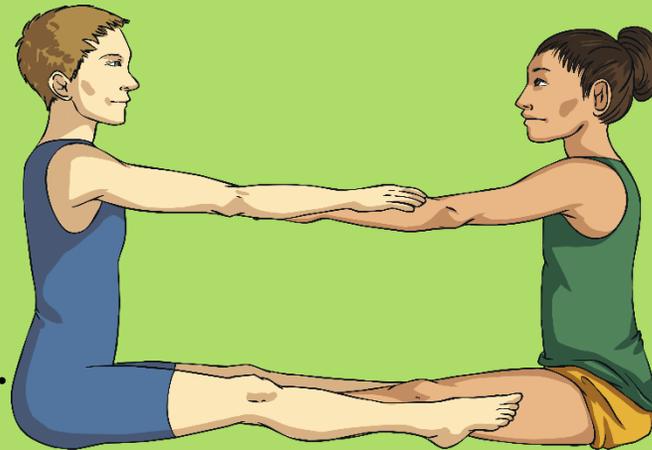
Well done if you remembered any of these!

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.

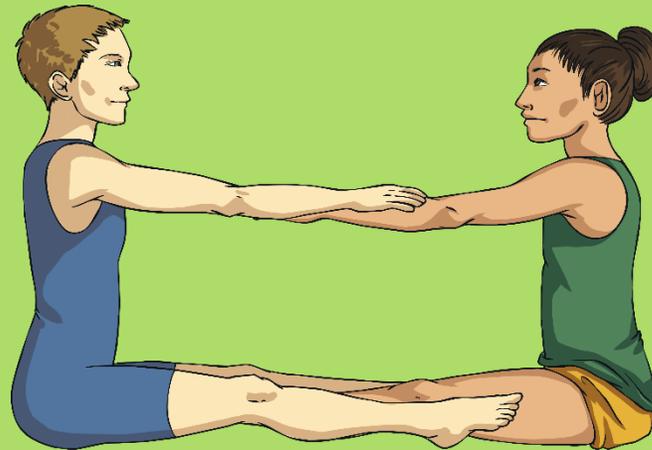


Pike Squeeze

► 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=M-d11QiWdm8&safe=active>