

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern, layered effect. The text is centered horizontally and vertically.

PE 28<sup>th</sup> 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!



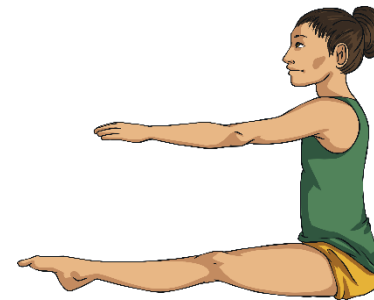
Star



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:



# 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?

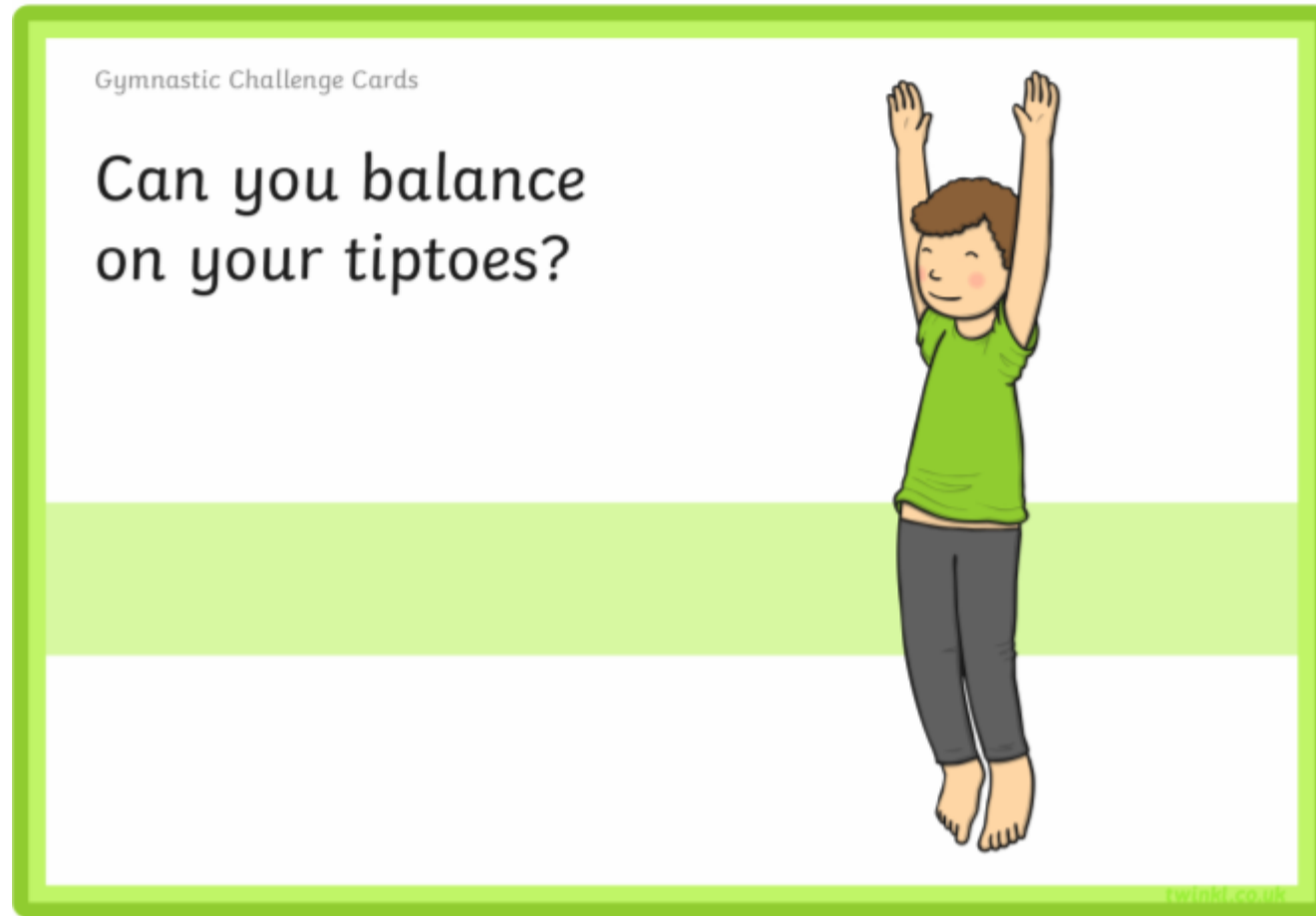


twinkl.co.uk

# Challenge cards:



# Challenge cards:



# 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!

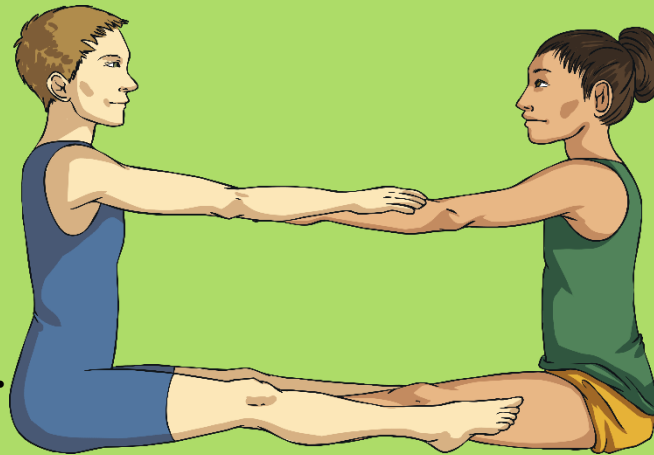


# Pike Squeeze

## ► 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.

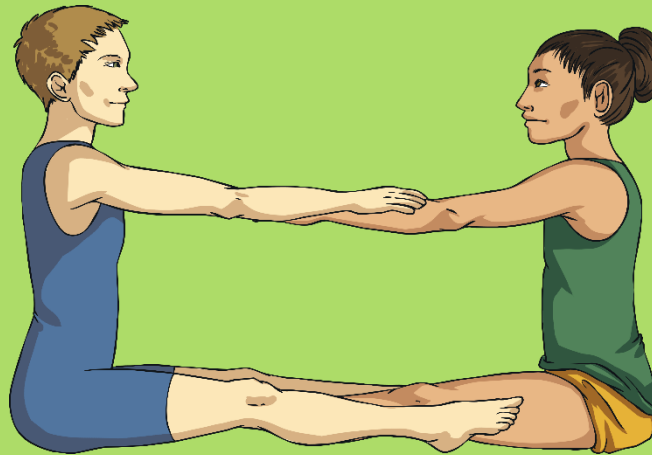


# Pike Squeeze

## ► 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>