




GYMNASTICS



OBJECTIVES

- ★ UNDERSTAND THE BASIC GYMNASTICS SHAPES.
- ★ KNOW THE NAMES OF EACH SHAPE AND THE CORRECT BODY POSITION.

INSTRUCTIONS

-  ENSURE THAT THE WORKING AREA IS LARGE ENOUGH TO MOVE AROUND IN.
-  PRACTISE ALL OF THE GYMNASTICS SHAPES (SHOWN IN DIAGRAM), HOLDING EACH SHAPE FOR AT LEAST 5 SECONDS.
-  ONCE YOU HAVE PRACTISED ALL OF THE SHAPES, TRY TO REMEMBER EACH ONE WITHOUT THE GUIDE SHEET.



CHANGE IT UP



- HAVE A PARTNER CALL THE SHAPES OUT AND THEN POSITION THE BODY IN THE CORRECT SHAPE.
- LINK SHAPES, MOVING SMOOTHLY FROM ONE TO THE OTHER.
- CHOOSE 5 SHAPES AND PERFORM THEM IN A SET ORDER, OVER AND OVER AGAIN.