



## Rope Shape and Jump

### *Equipment Needed*

A skipping rope or some string.


### *How to play*

Use your skipping rope to make a shape such as a square, triangle or rectangle on the ground in the playing area. Jump from corner to corner using different jumping techniques. For example, jump two feet to two feet, one foot to two feet, one foot to the other foot, one foot to two feet.

Remember to land correctly in the toe-ball-heel formation.

Stand in the middle of your shape and jump to land facing another side of the shape, for example, a  $\frac{1}{4}$  or  $\frac{1}{2}$  turn.



Adapted from  [Move Well, Move Often - Activity Book, page 130](#)



## Body Part Balances

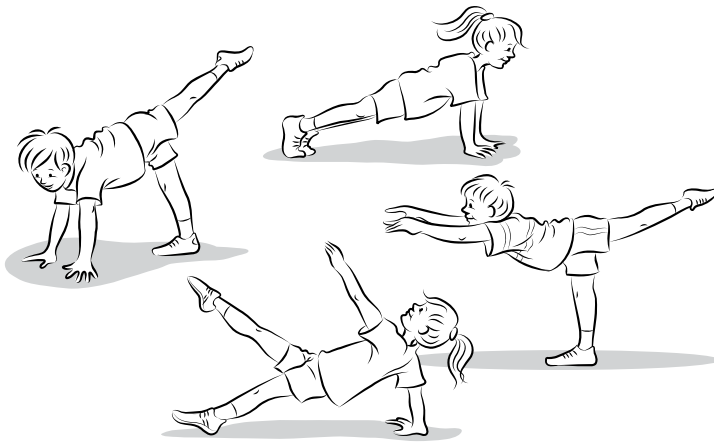
### *Equipment Needed*


A soft surface such as a carpet, mat or grassy area.

### *How to play*

Try some of the following individual balances. Hold them for five seconds without wobbling. Practice them in front of someone at home or in front of a mirror.

- Balance on smaller body parts for example two hands and one foot, one hand and one foot, two knees and one hand.
- Balance on one, two, three, four or five body parts.
- Arm balance- Sit on the ground with your legs stretched out in front of you and your back straight. Point your toes. Place your hands down by the side of your body. Press the palms of your hands down onto the ground and lift your bottom off the floor. Take the weight on your heels and hands.



Adapted from  [PSSI Lesson Plans - Gymnastics, 3rd/4th Class, Lesson 3, pages 3, 4](#)



### Dazzling Dish

#### Equipment Needed

A soft surface such as a carpet, mat or grassy area.

#### How to play

Can you roll to make a shape like a dish?

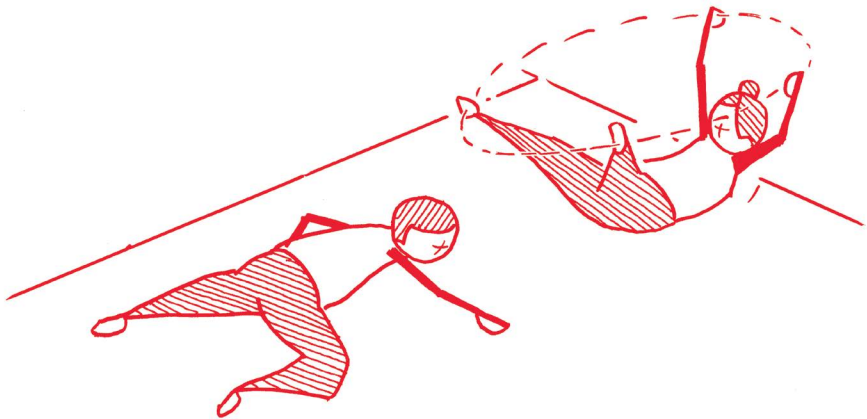
Remember the following points:


Lie on your back with your lower back pressed into the floor. Lift your shoulders, arms and legs to make a dish or bowl shape. Keep them as straight as possible.

Turn your head and look under your arm to roll onto your tummy into a 'Superman' position.

Keep your arms close to your ears with your head lifted and palms facing outwards. Squeeze your legs together.

Roll again onto your back into a dish or bowl position.



Adapted from  [PDST Gymnastics Skills - Card 3, Dish/ Arched Back Roll, page 6](#)



### Forward Fun

#### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

#### *How to play*

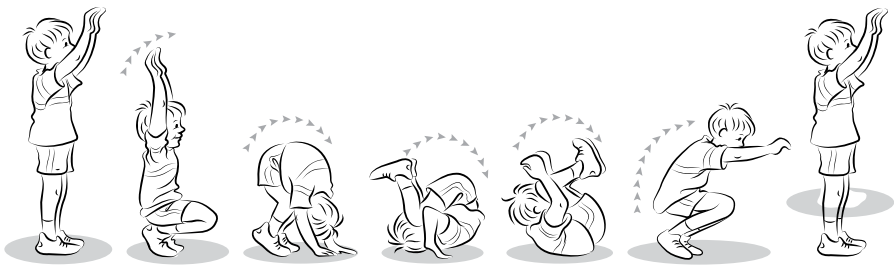
Practise the forward roll.


Remember the following points:

Stand with your feet apart and place the palms of your hands flat on the mat or soft ground. Keep your hips high, tuck your head in and look backwards through your legs.

Push up and forward from your feet. Roll like a ball onto your shoulders and upper back, to arrive on your feet.

Keep your head off the ground as you roll.



Adapted from  [PDST Gymnastics Skills - Card 7, Forward Roll, page 14](#)



### Animal Antics

#### Equipment Needed

A soft surface such as a carpet, mat or grassy area.

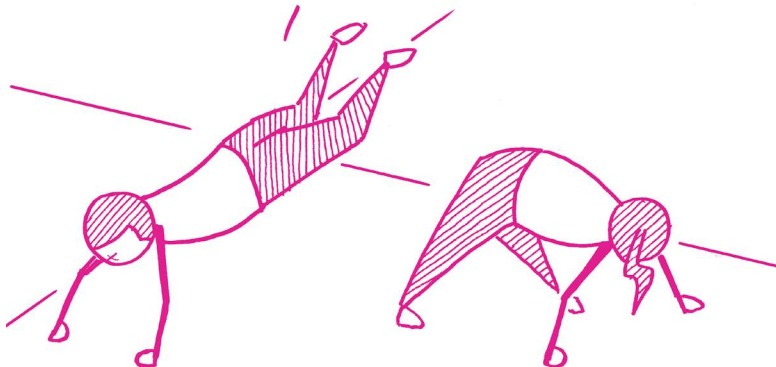
#### How to play

Can you kick like a donkey or walk like a bear?

To kick like a donkey start in a standing position, lean over and put both hands and both feet on the ground. When the area around you is clear, jump with your legs and kick behind you, leaving your hands on the ground.

To walk like a bear, begin in a standing position. Bend over and put both of your hands on the ground.

Walk forward with the same leg and arm- move your right arm and right leg forward together, then your left leg and arm together, then repeat. Now try moving your left hand and right leg together followed by your right hand and left leg. For an additional challenge, try keeping your legs and arms straight.



Adapted from  [PDST Gymnastics Workshop - Rolling, page 6, 7](#)



## Bring a Story to Life

### *Equipment Needed*

No equipment needed.

### *How to play*

Imagine that you are a character from your favourite book or a story that you have read at home or in school. Recreate a scene involving this character which includes the following sequence:

- Three ways of travelling for example running, skipping, hopping or crawling
- Rock and roll or a forward roll
- A change in direction and level
- Two balances

Invite someone at home to take part with you.

