

Basic Gymnastic Shapes

- Recap each of the 'Basic Gymnastic Positions' taught in the previous lesson. Focus on the **tuck sit**.
- Demonstrate these to the children, getting the children to copy.
- Ensure children are performing each shape correctly, using the 'Handy Hints' prompts.
- Demonstrate & teach as many of the new 'Gymnastic Positions' you feel appropriate for your class - Dish Hold, Arch Hold, Piked V Sit with hand support.
- Simon Says Game: Play a game of Simon Says, using the basic positions.

Tuck Sit



Tiny Tips:

- Sit on your bottom, knees bent up towards your chest.
- Feet Flat on the floor.
- One hand cupped around each shin.
- Back slightly rounded.
- Chin tucked in.

Straddle Sit



Tiny Tips:

- Sit on your bottom, legs out straight at 45 degree angles.
- Legs and knees straight and pressed down into the floor.
- Arms up straight to the side.
- chin up, shoulders down.
- Toes pointed.

Pike Sit



Tiny Tips:

- Sit on your bottom, legs out straight in front.
- Legs and knees straight and pressed down into the floor.
- Arms down by sides with palms flat on the floor.
- Toes pointed.

L Sit



Tiny Tips:

- Sit on your bottom, legs out straight in front
- Legs and knees straight and pressed down into the floor.
- Arms up straight pressed against ears.
- Toes pointed.

Stretch Stand



Tiny Tips:

- Stand up straight.
- Feet and knees squeezed together.
- Arms raised up by ears.
- chin up, shoulders down.
- Squeeze whole body.

Star Stand



Tiny Tips:

- Stand up straight.
- Feet just over shoulder width apart.
- Arms raised to the side.
- Chin up, shoulders down.
- Squeeze whole body.

Front Support



Tiny Tips:

- Hands shoulder width apart.
- Fingers facing forwards.
- Shoulders over wrists.
- Feet together.
- Legs squeezed.
- Flatback position.

Back Support



Tiny Tips:

- Hands shoulder width apart.
- Fingers facing forwards.
- Shoulders over wrists.
- Feet together.
- Legs squeezed.
- Bums pushed up towards a flat position.

New Gymnastic Shapes

- Demonstrate & teach the new 'Gymnastic Positions' - Tuck Rock
- Simon Says Game: Play a game of Simon Says, using the basic positions focusing on the Tuck Rock.

Tuck Sit



Tiny Tips:

- Sit on your bottom, knees bent up towards your chest.
- Feet Flat on the floor.
- One hand cupped around each shin.
- Back slightly rounded.
- Chin tucked in.

Rock in Tuck Shape



Tiny Tips:

- Begin in a 'Tuck Shape'.
- Transfer weight slightly backwards to begin the rock.
- Stay strong in your Tuck Shape throughout - Chin to stay pulled in towards chest.
- Rock onto the shoulders.
- Squeeze the core & use the momentum to pull back up towards the seated Tuck position.