



KS2 PE AT HOME

Exercise and Learning

Key Shapes 4

Lesson Objective

This lesson focuses on **Jumps** and **Leaps** in Gymnastics

By the end of the lesson, you should have added Jumps and Leaps to your Gymnastics Routine

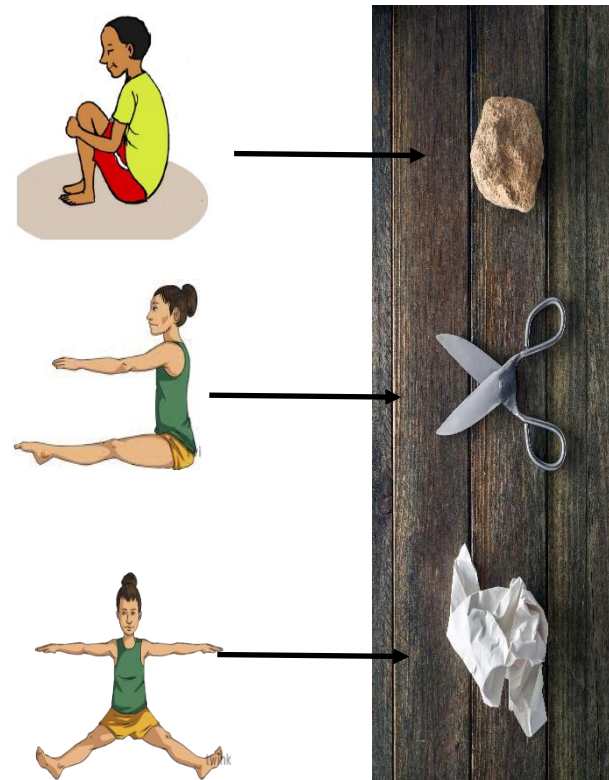
Rock Paper Scissors

How to Set UP!

- Make sure you have enough space to be able to jump on the spot and make a star shape
- Complete in socks or bared foot.
- You will need an adult/ partner to play

How to Complete:

- Sit Back-to-Back with another player
- On the Count of 3 play Rock Paper Scissors using Key shapes instead of hand Actions
- Rock= Tuck
- Paper = Pike
- Scissors = Straddle
- If the adult/partner doesn't want to play using Key shapes – they can use hand actions



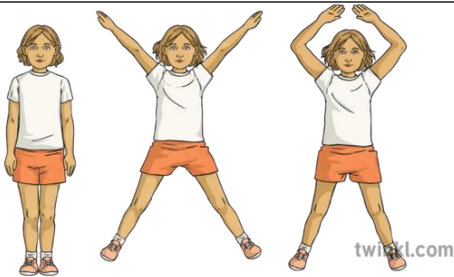
Rules:

- Paper beats Rock
- Rock Beats Scissors
- Scissors beats paper

Who will win First to 10?

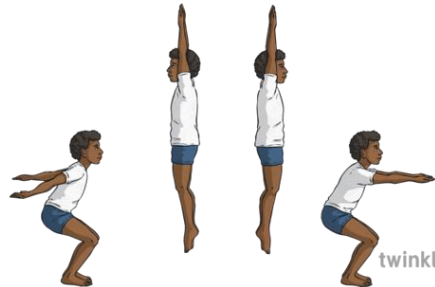
How to Set UP!

- Make sure you have enough space to be able to jump on the spot and make a star shape
- Complete in socks or bared foot.
- You will need an adult/ partner to play
- Make Sure you work away from objects and Furniture



Star Jump- Start of standing like a pencil with your legs straight and arms by your side.
-Bend your knees before take off
-After taking off move your arms and legs outwards at the same time to create a star shape
- Bring arms and legs back together for landing
- Land on both feet

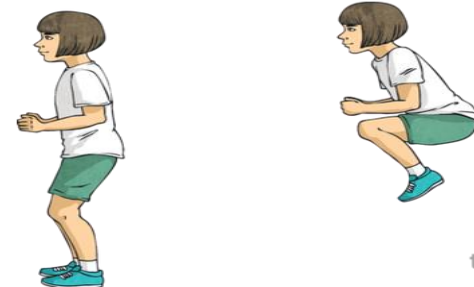
Jumps



Straight Jump – Standing in a smart position,
-With arms by the side of the body
-Bend the knees to prepare to take off.
-In the air create a straight shape with the whole body.
-Land on both feet.

Challenge Time

How many Jumps can you complete in 1 minute?
Try each jump and see which is your highest score.



Tuck Jump- Standing in a smart position, bend knees to prepare for take off
-In the air bring knees up to the chest and use arms to create a tuck shape.
-Come out of the shape to land Safely on both feet.

Leaps

How to Set UP!

- Make sure you have enough space to be able to jump on the spot and make a star shape
- Complete in socks or bared foot.
- You will need an adult/ partner to play
- Make Sure you work away from objects and Furniture



Split Leap

- Take off with one foot
- With your legs, create a split position whilst in the air.
- Land on the opposite foot
- Use arms throughout the movement to support take off and landing; and place out wide whilst in the air to help balance.



Cat Leap

- Take off from one foot
- Raise the opposite knee towards the chest
- As the leg starts to come back down to the floor, bring the take off knee up towards the chest in a fluid motion
- Land on the opposite foot

Challenge Time

Can you complete 10
Leaps at a time for the
Cat Leap and the Split
Leap?

Make a Routine

How to Set UP!

- Make sure you have enough space to be able to jump on the spot and make a star shape
- Complete in socks or bared foot.
- You will need an adult/ partner to play

HOW COMPLETE!

- Use the Key Shapes to create a mini routine
- Link Key shapes together using smooth transitions between each shape
- Can you perform your routine to music?
- Can you perform your routine with a partner?



Tuck



Straight



Straddle



Pike



Front Support



Back Support



Dish



Arch



Knee Support



Crab



V-SIT



Frog

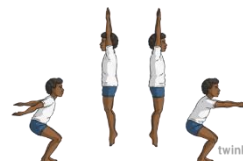
Example

- Start position – ‘Straight’
- ‘Tuck Jump’
- 2 steps forward and the ‘Straddle’
- Fall forward into a ‘Front Support’
- Roll into a ‘Dish’
- Lift into a ‘Crab’
- Stand up and ‘Split Leap’
- Finish with a ‘Star’

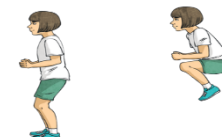
Can you hold each shape for 4-8 seconds?



Star Jump



Straight Jump



Tuck Jump



Split Leap

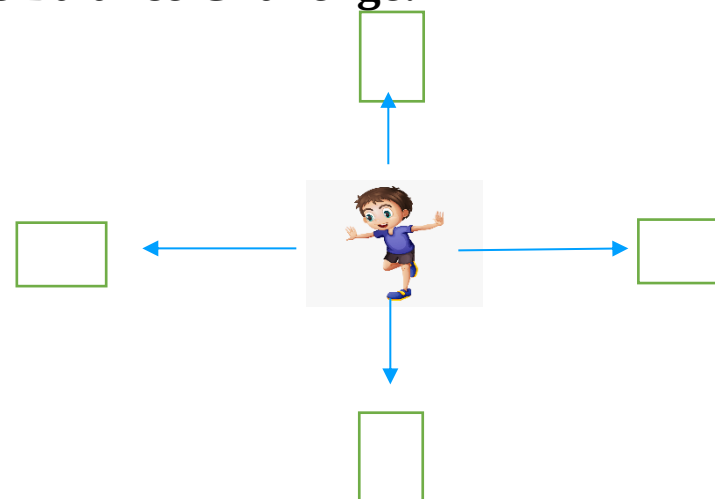
Cat Leap



Around the Socks Challenge Balance Challenge!

How to Set UP!

- Place 4 sheets of paper on the floor to act as targets
- (Look at Diagram to the right)
- Make sure each target is one step away from the centre



HOW TO PLAY!

- Whilst balancing on 1 leg, place 1 sock on each of the targets – Make sure you reach down to place the socks on the Target!
- Dropping the socks or throwing are not allowed
- Once all socks are on the targets- Without putting 1 foot down collect each of the socks one by one.
- Can you keep your Balance throughout the whole exercise?
- Can you do the same on your other leg?

Cool Down Stretches

How to Complete

- Make sure you have enough space to be able to jump on the spot and make a star shape.
- Complete in socks or bared foot
- Hold each stretch on each side for 10 seconds.



Calf Stretch- place one leg in front of the other one step apart, keeping your back leg straight and bend front leg, leaning slightly forward and keeping both feet facing forward.



Triceps (arm stretch)- Standing tall reach 1 arm across the body, keeping your arm straight, use your opposite arm to hold the stretch out.



Quadriceps Stretch- Stand on one leg, hold your non standing leg behind you. You can reach your other arm out to help you balance.



Obloquie (side stretch) – stand with your back straight and your feet shoulder width apart. Reach one arm in the air and lean over to the opposite side.

F	F	T	E	N	N	I	S	V	C
D	R	H	N	E	T	B	A	L	L
T	G	J	K	C	A	W	D	D	A
A	O	Z	H	O	C	K	E	Y	R
G	L	X	R	T	B	U	L	B	C
R	F	X	T	J	C	S	X	S	H
U	X	F	E	T	U	R	I	P	E
G	C	X	O	C	D	D	L	B	R
B	B	X	S	O	C	X	P	C	Y
Y	Y	V	X	X	T	C	P	U	I
D	I	H	J	T	D	B	V	J	F
D	Z	X	S	W	G	H	A	J	J
A	D	A	N	C	E	X	D	L	F
C	R	I	C	K	E	T	U	H	L
E	D	G	J	U	S	B	D	S	F
X	B	A	D	M	I	N	T	O	N
S	T	B	S	E	T	V	D	A	U
G	Y	M	N	A	S	T	I	C	S



WORDSEARCH

Words to Find

- Football
- Tag Rugby
- Golf
- Dance
- Archery
- Netball
- Tennis
- Gymnastics
- Badminton
- Cricket
- Hockey

