



KS2 PE AT HOME

Exercise and Learning

Key Shapes 3

WARM UP

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 help

How to Complete!

Children to the action called out by the teacher (adult/partner) and perform for 10 seconds.
After continue jogging on the spot waiting for the next command.

Side punches – extending the arms straight (alternatively)



High Punches – Punches above your head (alternatively)



Arm Circles – Stretch the arms out and make circle motions



Key Shapes Learnt so far.....



Key Shapes Learnt so far.....

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 help



Straddle

- Sit with legs in a V shape
- Toes pointed
- Hold arms straight out above legs
- Keep back straight
- Head up looking forward



Front Support

- Keep Arms Straight
- Hold Stomach, Back and Legs all in a straight line
- Keep Legs straight and together
- Shoulders directly over hands



Arch

- Lay on the stomach
- Hold arms straight out above the head
- Point Fingers
- Legs straight and held together
- Point toes
- Raise hands, arms and legs slightly off the ground

Can you make the shape?



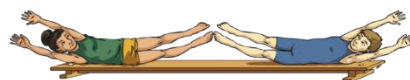
Tuck

- Sit on the floor
- Bring knees to chest
- Hold each knee with one hand
- Keep knees and feet together
- Keep back straight
- Tuck chin into chest
- Lift heels from the floor
- Point toes to touch the floor



Straight

- Stand up tall
- Feet, ankles and knees together
- Arms and fingers straight and pointed
- Body straight – stretch up
- Head up – looking forward



Dish

- Lay on back
- Place arms straight back behind head
- Point fingers
- Keep legs together and straight
- Point Toes
- Raise head slightly off the floor to look at toes



Pike

- Sit on the floor
- Keep legs straight and together
- Point Toes
- Hold arms straight and above legs
- Keep back straight
- Head up and looking forwards



Back Support

- Support your body on hands and feet
- Shoulders directly over hands
- Arms straight 0
- Fingers point towards feet
- Hold back, stomach and legs in straight line

How to Complete

- Spend 10 Minutes performing the Key shapes learnt so far
- Practice each one and Hold for **10 seconds** on each shape.

NEW SHAPES!

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

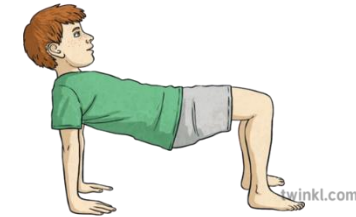
How to Complete:

- With support from the teacher/ partner try and hold each shape for up to 10 seconds and swap to another shape



Knee Balance

- Starting on both, lean back slightly and stretch arms out for balance.
- Lift one leg in the air and try to keep it as straight as possible.



Crab

- Sitting on the bottom with knees bent and feet flat on the floor, lift the bottom off the floor and raise the stomach so it points to the ceiling.



V-Sit

- Sit on the floor with legs and feet placed out in front of the body.
- Keep legs and back straight with legs and feet placed firmly together.
- Place arms straight at the side of the body.
- Slowly lift both legs up together off the ground slightly leaning back.
- Try to get legs and chest as close together to make a V shape.



Frog Balance

- Crouch down on the floor in a tuck position.
- Place hands on the floor, with the arms straight and the fingers facing forward.
- Keeping feet together, separate knees to position them at the outer side of the elbow.
- Keeping arms straight lean chest forwards over hands and slowly lift feet off the floor to balance on hands resting the knees on the upper arm.

Question Time????

While the student is performing these Key Shapes, the teacher can ask the student some questions?

- What is the Largest Country in the World?
- Bob and Billy went to watch a Football match - tickets cost £37.50 how much would both tickets cost?
- What is the name of Harry Potters pet Owl?
- What Athlete holds the World Record for the Men's 100m Sprint?

Challenge Time

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!

- Try and hold the shapes as long as you possible can?
- Your partner will need a timer
- Once you cannot hold the shape any longer you can drop to the floor.

How long can you hold the new key shapes?



<u>Key Shape</u>	<u>Attempt 1</u>	<u>Attempt 2</u>	<u>Attempt 3</u>
Knee Balance			
Crab			
V-Sit			
Frog Balance			

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



Tuck



Straight



Straddle



Pike

HOW COMPLETE!

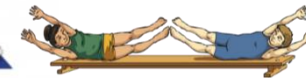
- Use the Key Shapes to create a mini routine
- Link Key shapes together using smooth transitions between each shape
- Can you perform your routine to music?
- Can you perform your routine with a partner?



Front Support



Back Support



Dish



Arch



Knee Support



Crab



V-SIT



Frog

Example

-Start position – ‘Pike’

Roll Forward into the

-‘Front Support’

Push forward into the

-‘Knee Support’

Push Forward into the ‘Frog’

-Stand up and finish in the **Straight** position

(Try to hold each position for 4-8 seconds)

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.

Sports Word Scrabble

Rearrange the letters to form a sport or sporting equipment – The first one has been done for you



1) OTOBFLLA - FOOTBALL

2) RITCKCE

3) HYOKCE

4) SGMYTICNS

5) LLAB

6) BELTA NNST I

7) TKECRA

8) GTA BURG Y

9) BBSALLTEK

10) BLNTALE

11) EDANC

12) FGLO

