



KS2 PE AT HOME

Exercise and Learning

Key Shapes 2

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



RECAP ON LAST WEEK



RECAP ON LAST WEEK

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

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



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



Straight

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

Spend 5 minutes Practicing these shapes above before trying our game-

HOW TO COMPLETE!!

- Jog on the Spot
- Every 10 seconds the adult or partner will call out a shape (look at shapes above to help)
- Hold the shape for at least 5 seconds
- Try to complete each shape at least 3 times over 5 minutes

NEW SHAPES!

DISH/ ARCH /FRONT SUPPORT / BACK SUPPORT

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



Front Support

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



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



Back Support

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



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

Question Time????

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

- Can you name 5 countries **NOT** in Europe?
- Sarah goes to the shop and buys some bananas and a drink of orange (the Bananas cost **£1.37** and the drink of orange is **£1.15**) Billy pays for everything with a £10 note how much change will she receive?
- Can you spell your partner/teachers **first** name and **second** name backwards?
- What sport would you use a Putter? **A)**Football **B)**Tennis **C)** Golf **D)** Snooker



Challenge Time

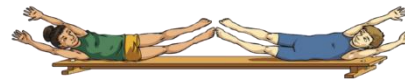
How to Set UP!

- 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>
Front Support			
Arch			
Dish			
Back Support			

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?

Example

- Start position – ‘Straight’ (Hold for 4 seconds)
- 2 steps forward then into a ‘Front Support’ (Hold for 4 seconds)
- Roll into a ‘Dish’ (Hold for 4 seconds)
- Sit up and finish in a ‘Straddle’ Position (Hold for 4 seconds)



Tuck



Straight



Straddle



Pike



Front Support



Back Support



Dish



Arch

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.

Can you Name 3?
Sports challenge



Think of different sports and write them in the table below using the first letter of the sport. A few have already been done for you. Can you think of 3 for each letter?

A			
B			
C			
D			
E			
F			
G	<u>Golf</u>		
H			
I			
J			
K			
L			
M			
N			
O			
P			
Q			
R			
S			
T	<u>Tennis</u>		

<u>U</u>			
<u>V</u>	<u>Volleyball</u>		
<u>W</u>			
<u>X</u>			
<u>Y</u>			
<u>Z</u>			