

YEAR	Learning Objectives	Equipment/Timing	Activity
<u>Reception, Year 1, and Year 2</u>	<p>Gymnastics/Balances/Shapes Objectives</p> <ul style="list-style-type: none"> - Can you make different shapes with your body? - Can you make your shapes in the air? - Enjoy and have fun! 	<p>All you need is some space on a soft surface.</p> <p>Approx. 25 minutes</p>	<p>Warm up – Jog on the spot as fast as you can for 10 seconds, (count to 10) 3 times at least. Now see if you can do it while getting your knees as high as you can.</p> <p>Make sure any equipment needed is gathered before you start! A mat could be used for these exercises but it's not essential</p> <ol style="list-style-type: none"> 1- Shapes - Try and make different shapes with your body. Can you make the tallest shape? Reach your arms up as high as you can and stand on your tip toes. Next can you make the widest shape by standing with your arms and legs stretched out to the side. Lastly can you make the smallest shape by crouching down into a tiny ball. Try and hold each shape for 5 seconds. <i>What else can you think of? Can you hold your shape for longer than 5 seconds? Try your best at the activity.</i> 2- Shape Alphabet – Try and make the letters of the alphabet using your body. How many letters can you make? <i>Can you make your name? Try your best at the activity.</i> 3- Shapes In The Air– Try jumping as high as you can and make different shapes with your body in the air. Count how many different shapes you can come up with. <i>Can you name your shapes? Try your best at the activity.</i>