



#stayhomestayactive

#PEatHome1

EXPLORE



You just need a safe space away from any obstacles.

Bright ideas:

Use your body to make:

- A tall, narrow shape
- A wide shape
- A curved shape
- A small, curled shape
- A twisted shape

Now use your body to make:

- A tall, twisted shape
- A wide, curled shape
- A small, twisted shape

Can you remember your shapes and show them to someone in your family?

Can you make your shapes without wobbling?

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@awhitehousePE

@SarahLayPE

Where can I find out more about Gymnastics?

Twitter: @PositivePE_

<http://www.birminghamgymclub.org.uk/>

<https://www.revolutiongymclub.co.uk/>

PRACTICE

Now try making your shapes:

- Standing up
- Sitting down
- Lying down



Can you make a shape where your arms are twisted but your legs are straight?
How about twisted legs and curved arms?

Communication and Language

'We're Going on a Shape Hunt'

We all know the story and rhyme for 'We're Going on a Bear Hunt' by Michael Rosen

Can you make up some new words for 'We're Going on a Shape Hunt'?

How about this to start?:

'We're going on a shape hunt'

'We're going to find some flat ones'

'What a brilliant day'

'We're all prepared'

'UH OH ... stairs... tall, steep stairs'

'We can't go OVER them, we cant go UNDER them, we've got to go UP them'

'STOMP.... STOMP...STOMP....STOMP'

Can you make up the rest?



Mathematics: Shape and Space 2d shapes

'We're Going on a Shape Hunt'



Look all around your house.

How many different squares, rectangles, circles and triangles can you find?



Make sure you have enough safe space to complete the tasks!

DEVELOP



Shape Musical Statues

Practice a few of your shapes so that you can perform them without wobbling.

Choose your favourite piece of music.

Dance about when the music plays and when it stops.... perform one of your shapes – make sure you are as still as a statue.

Can your family guess what sort of shape you have made?

Now can you all play shape musical statues together. Who can make the stillest shape statue?



Parent's Tip!

Encourage your child to be really creative with their shapes.

Help them to be wobble free by:

Keeping their head still and eyes up.

Squeezing their muscles to make the shapes strong.

EYFS



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EXPLORE



Find the biggest space you have in your house or garden.

Can you use your body to make as many shapes as possible? Count how many different shapes you can come up with.

Bright ideas:

Can you make the following shapes with your body?

- 'P' shape
- 'E' shape
- '@' shape
- 'H' shape
- 'O' shape
- M Shape



Can you make another E shape? What have you spelt out?

What other letters of the alphabet can you make?

Try to make your shapes look as neat as possible. Think about straight lines and curves.

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PRACTICE

Decide which of your shapes you are able to perform the best.

Choose 4 letter shapes to make a word and think about how you can link them together.

Could you travel, turn or jump between each of the shapes?

You have started to create a gymnastics SEQUENCE. This is when you link two or more skills or movements together.



Mathematics: Sequencing

Now you have put your gymnastics in order, you are going to do the same with Mathematics!

You will need Post It notes, paper or card.

Write the days of the week on to separate pieces of paper and get one of your family to hide them around the house. Find the days as quickly and safely as you can, once you have them all, put them in the correct sequence.

Can you do the same with the months of the year ten 2 digit numbers one, two or five times tables.



Make sure the space is safe and away from hazards when completing tasks and work safely with your balances

DEVELOP



Can you add two balances to make the sequence more difficult?

When you balance, you try to stay in control of your body whilst trying to make it look as neat as possible. You may do this whilst taking parts of your body off the ground, such as a foot or a hand.

Practice your two balances and try to hold them for at least 3 seconds. Add your two balances to your sequence and practice moving smoothly between shapes and not wobbling.

Can you perform your sequence for someone in your family? Have a clear start and ending. Get them to count and describe each shape and balance which you perform.



Parent's Tip!

Gymnastics is all about aesthetics - how each movement or skill looks and feels. Try to help your child understand the difference between 'just doing' a shape or balance and performing a shape or balance to make it look and feel as good as possible.

KS1



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EXPLORE



You just need a safe space away from any obstacles.

Gymnasts need to be excellent at balancing

Bright ideas:

- What is the largest body part that you can balance on?
- What is the smallest body part that you can balance on?
- What is the biggest number of body parts you can balance on?
- Can you balance on a small body part and make a wide shape?
- Can you balance on a large body part and make a narrow shape?
- Can you balance safely in an inverted shape?

Inverted means upside down! Be careful!!

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PRACTICE

You will need 6 small pieces of paper. Place them on the floor in an interesting pattern.

Choose 6 of your balances that you explored earlier.

Perform one balance on each of your paper 'spots'.

Try starting at different spots to decide the order that you would like to put your balances in to make a sequence.



Can you find a different way to travel between each spot/balance?

Science Challenge! Muscles!

Did you know:

- * There are over 600 muscles in the human body?
- * There are 3 types of muscles – skeletal, smooth and cardiac.
- * What can you find out about these 3 muscle types?
- * Skeletal muscles can only pull and cannot push.

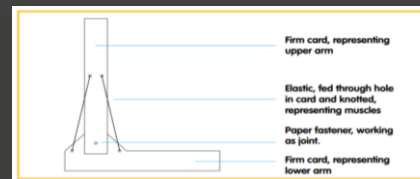
Make a 'muscles fact file' and amaze the people in your family with what you know!



Design and Technology Challenge! Make a Model Muscle

You will need 2 pieces of strong card, 2 pieces of elastic – you can cut up an elastic band or a hair band, and a paper fastener (you might need to be creative with how you can fasten the paper without one! It will need to move.)

Fix the card and elastic bands together like this. Move the 'arm' up and down and watch what happens to the 'muscles'.



<https://www.stem.org.uk/resources/elibrary/resource/35233/human-body#&gid=undefined&pid=5>

Make sure the space is safe and away from hazards when completing tasks and work safely with your balances

DEVELOP

Practice your sequence until you can remember it.
Try changing the positions of your spots to create interesting pathways between your balances.

Ask someone to help you now:
Film your sequence, you can use a phone for this if someone has one, or ask them to watch you if not.
What could you do to make sure you don't wobble in your balances, and you move smoothly from one to the other?



Now add some music, practice and then film or perform for an audience again

Celebrate your performance!



Parent's Tip!

Encourage your child to be really creative with their balances.

Help them to be wobble free by:
Keeping their head still and eyes up.

Squeezing their muscles, including their core (tummy) to make the balances strong.

KS2



EXPLORE



Find a ball, ribbon and a hoop. Alternatively, you could use a scarf, tie, socks or rolled up piece of paper.

Rhythmic gymnastics involves moving a ribbon, a ball and a hoop and combines movement, control and body conditioning!

Bright ideas:

With the ball:

- Hold the ball on the palm of your hand with your arm outstretched in front of you. Can you move your arm to the side keeping the ball on the palm of your hand? Try doing this with your other hand!
- Put your arms together and roll the ball down your arms into the palms of your hands.

With a hoop:

- Can you spin the hoop around your hand?
- Can you throw the hoop into the air and catch it?

With the ribbon:

- Can you create circles with your ribbon?
- Can you create spirals with your ribbon?
- Can you create a snake pattern on the floor?

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PRACTICE

Can you complete these three challenges?

- How many times can you throw and catch the ribbon in 1 minute?
- How many times can you pass the hoop around your body in 1 minute?
- How many times can you bounce the ball in 1 minute. Try this with both hands.



Can you beat your personal best if you repeat these challenges?

Can you challenge another member of your family?

Music Challenge!

Percussion instruments are often used to add a steady beat to the music which rhythmic gymnasts perform to.

Can you find out what the following instruments are and which countries they are from:

TIMPANI TOMS GLOCKENSPIEL
MARACAS CASTANETS CABASA

Junk percussion instruments can be made out of anything you have at home. Can you make one?

You can use tins, packets, jars or anything you can find!



Physics Challenge

Russia are the current World Champions in team rhythmic gymnastics.

Russian, Yuri Gagarin was the first man in space.

Using items in your home, can you create a solar system with all the planets shown? Can you find out one fact about each planet?



Can you define the following terms:
STAR SATELLITE GRAVITY
MASS GALAXY DWARF PLANET



Make sure you have enough room to complete the tasks!

DEVELOP



Can you use either the ribbon, ball or hoop to create a 30 second routine?

To make your routine interesting try adding:
TURNS JUMPS LEAPS BALANCES
TWISTS THROWS

Record your routine. What aspects of your routine could you improve? Watch the videos below to see how it should be done!

<https://www.youtube.com/watch?v=InGvLLB7L6k>

<https://www.youtube.com/watch?v=p3MSLaVO-MM>

https://www.youtube.com/watch?v=JZz1y_swLlk

The current all around Olympic champion in rhythmic gymnastics is Margarita Mamun from Russia.



Can you find out 5 top facts about Russia?



Parent's Tip!

For each challenge, try to add movement to make the task more challenging. Practice holding your balance before starting the challenges!

KS3



EXPLORE



All gymnasts require strength, balance and co-ordination to compete. Training to develop these factors is called physical conditioning.

Can you improve your strength, balance and co-ordination?

Bright ideas:

Strength: Start in a plank position. Make sure you have your back flat!

- How many body parts can you lift off the floor?



- Can you lift two body parts off the floor at the same time?

Balance: stand in a stork stand position, with the sole of your foot next to the inside of the opposite knee.

- How long can you hold this position for?
- How long can you hold this position with your eyes closed.
- What other body parts can you balance on?



Co-ordination:

Find 2 – 3 objects in your house.

- How many times can you throw and catch these items simultaneously?
- Which objects are harder to throw and catch?

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PRACTICE

Find another member of your household and a pack of cards for this task.

Get into the plank position opposite your partner with the cards face down between you.



Take it in turns to flip the cards over. If you turn over a 2, you must push up onto your hands and back down to your arms twice. If you succeed, you win that card.

Can you win more cards than your opponent?

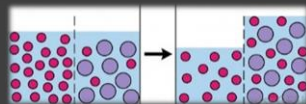


Biology Challenge!

Equilibrium occurs when all forces or factors are in balance.

Can you define the term diffusion and how equilibrium is brought about in a liquid?

The diagram below shows osmosis in a liquid.



Can you explain the process of osmosis using the following terms:

SEMI PERMEABLE MEMBRANE PARTICLES
GRADIENT SOLUTES EQUILIBRIUM IONS

Design Technology Challenge

Co-ordination is the movement of two or more parts moving at the same time efficiently.

Automation has been used in industry, allowing machines to co-ordinate their movements to create products.

- What is the difference between automation and robotics?
- How has smart technology improved the way that we live?
- What products can smart technology produce?



Make sure you have enough room to complete the tasks!

DEVELOP



Gymnasts regularly train to develop their strength, balance and co-ordination.

Can you create a circuit of activities which would help develop these three components of fitness for a gymnast of your age?



Set up and try out your own circuit to develop strength, co-ordination and balance.

- What parts of the circuit are most effective? Can you justify why this is?
- Would you change any of these elements? Why?
- What other methods of training could you use?

What other sports require strength, co-ordination and balance?



Parent's Tip!

Place your knees on the floor if you struggle with a plank position. Hold the core part of the body still to make sure good technique is maintained!

KS4