 **Lesson 1 – Shapes and movement**

**Warm up**

* **Oti’s Boogie Beebies dance – Shine like the Sun (BBC i-player – Cbeebies)**

**Activity 1 - Movement**

* Have a think about different ways you can move your body? What different body parts can you move/use to move around your space?
* Move around your space on the following parts of your body:

On your feet

On your hands and feet

On your tummies

On your tiptoes

On your hands and knees

* How many ways can you move on these body parts?? Example for moving on your feet – giant steps, skipping, jogging on the spot, jumping, side steps and hopping!

**Activity 2 – Shapes**

* Can you remember the four main shapes from our gymnastics lessons?
* They are Straight, Star, Tuck and Straddle shapes
* Have a go at performing these shapes in as many ways you can think of – see below for pictures to help.
* Make sure you have good body tension – squeeze your tummies, point your toes and hold the shapes still for at least 5 seconds!

**Activity 3 – Alphabet shapes**

* Have a go at getting your bodies into the shape of different letters in the alphabet – you can try the letters in your name, or you could even try and work through the whole alphabet! See below for an example for T.

**Straight Shape Star Shape Tuck Shape**



 **Straddle Shape T letter shapes**

