

Ship shape . . . Stretched and tucked shapes

Shape statures

- Children move to music.
- When it stops they make the shape called out by the teacher, e.g. straight, tucked, dish, arch, etc.

Extension

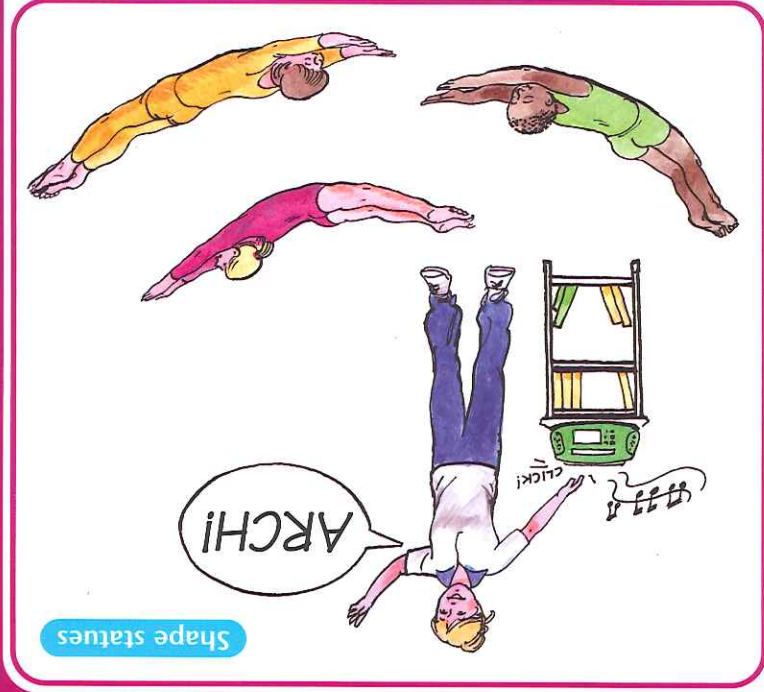
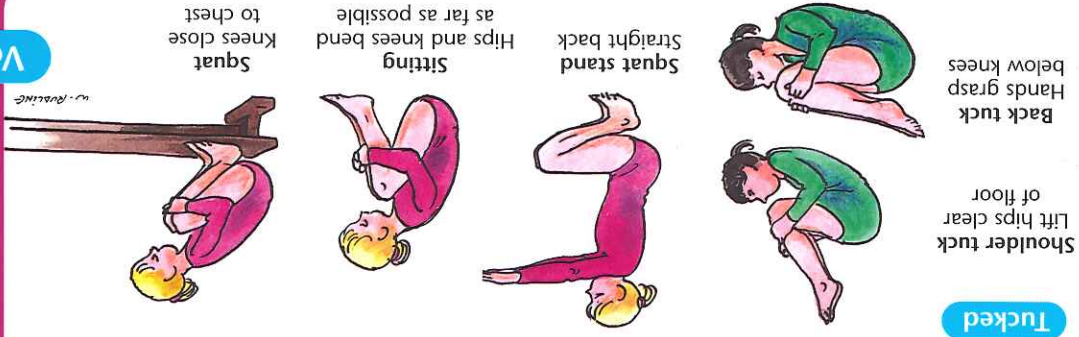
Include different positions, lying in dish shape, tucked on back, pike sitting, etc.

Think INC.

Develop children's progression and extend the range of positions by trying parts of equipment or thinking of equipment to help achieve the shapes safely.

Tall, long, tuck, squat, curl, narrow, feet, thighs, hips, tummy, shoulders

Vocabulary



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Safety: Ensure the children:

- do not allow an arch in their lower back while performing the dish shape. See Easier adaptations on back of card
- have sufficient space for their work and are aware of others when completing tasks
- have been warmed-up and know how to lift and carry equipment properly

• are familiar with the apparatus being used.