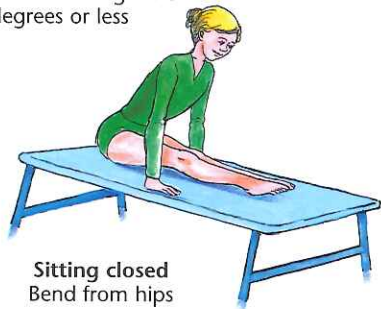


Piked

Legs straight and together, angle between chest and thighs 90 degrees or less



Sitting closed
Bend from hips

Supported
Flat back,
parallel to floor



Legs straight



Supported

On back
Back flat,
legs raised



On shoulders
Feet stretched
beyond head



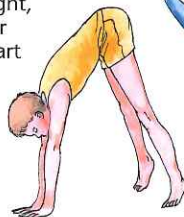
Straddle

Legs straight and open sideways at or beyond 90 degrees



Sitting
Legs turn out,
feet pointed

Supported straddle
Arms straight,
shoulder width apart



Standing
Legs at least
shoulder width apart



Standing straddle (Star shape)
Trunk parallel to floor



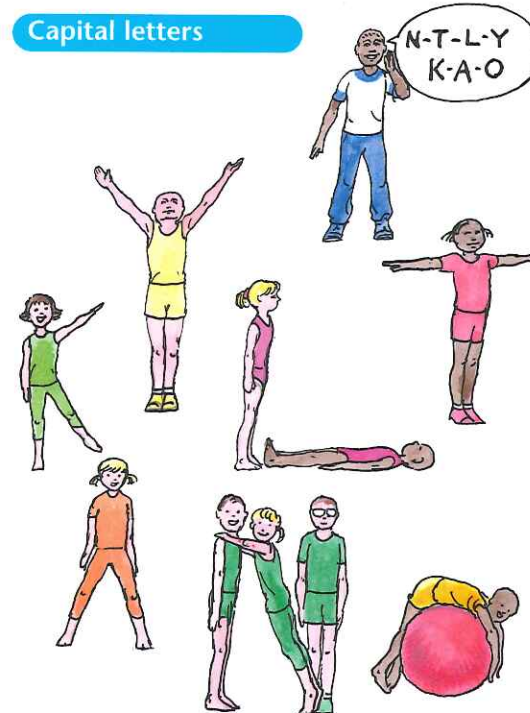
On shoulders
Hips lifted,
legs turned out



On back
Back flat,
legs raised



Capital letters



Capital letters

- Children travel in various ways to music.
- When the music stops they make the capital letter shape called out by the teacher.
- Good examples include 'X', 'V', 'Y', 'T', 'I', 'L' and 'C'.

Extension

Groups of three or four create different letter shapes.

Think INC.

Concentrate on performing the shape, or part of the shape, in a manner appropriate to the person.

Vocabulary

Wide, pike, straddle, astride, stretched, extended, symmetrical, asymmetrical, back, trunk, shins, arms, elbows

Safety: Ensure the children:

▲ **do not put weight on back of head or neck in inverted shapes**

- 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 apparatus being used.