

#stayhomestayactive

#PEatHome1

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!!

@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about Gymnastics?

Twitter: @PositivePE_

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

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

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!



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

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>

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.

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