



## Shadow Move

### *Equipment Needed*

Small obstacles such as soft toys, cushions or other small items.

### *How to play*

Place various small obstacles within the playing area. Invite someone at home to shadow your movements. Include movements such as running, stopping, skipping or rolling. Perform these at various levels (high, middle, low). Lead your partner to jump over the obstacles in the playing area. Include different ways of jumping, for example, two feet to two feet, one foot to two feet, one foot to the other foot, one foot to the same foot.



Adapted from  [Move Well, Move Often - Book 1, page 129](#)



### Walk the Line

#### Equipment Needed

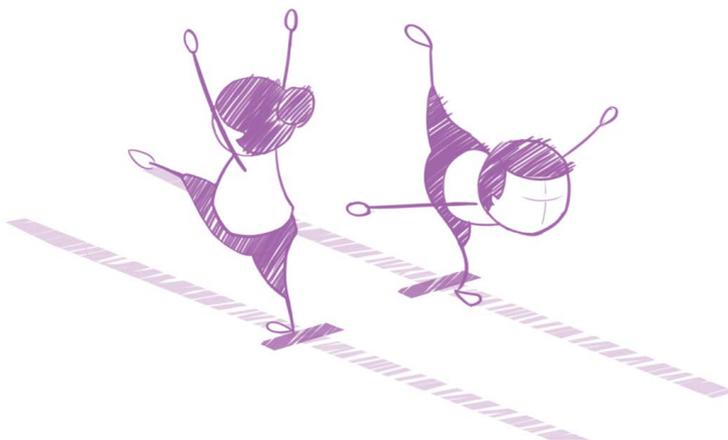
A line on the ground (this could be a line on your kitchen tiles, wooden floors, on the footpath, in the garden or use chalk to draw a line in the playing area).

#### How to play

Walk along a line on the ground, one foot in front of the other. Imagine that you are a tightrope walker.

Include some of these balancing activities

- Turn fully around in the middle of the line without losing balance or toppling off the line.
- Stretch out your arms in front of you and stand on one foot with your eyes closed.
- Hold a wide shape for a count of three as you balance on the line.
- Play a clapping game or 'Rock, paper, scissors' with someone opposite you.



Adapted from  [Move Well, Move Often - Book 1, page 114](#)



## Ready to Roll

### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

### *How to play*

Perform some of the following rolls travelling both left and right along the area.

- A pencil roll- Begin by lying on your back. Stretch your body out as long as you can and roll in a straight line.
- An egg roll- Lie on your back and tuck your body up as tight as you can and roll across the area.

How fast can you do the roll? Can you have a rolling race with someone at home?



Adapted from  [The Fun Gym Circuit - Page 11](#)



## Rocking and Rolling

### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

### *How to play*

Lie on the floor on your back in a tucked position. Rock back and forth along your spine.

Can you do this while singing 'Row, row, row your boat' or another of your favourite rhymes?

Rock and roll to a standing position.

Can you do this beginning with your feet apart and finishing with your feet together?

Try to do this beginning with your feet together and finishing with your feet apart.



Adapted from  [PDST Gymnastics Skills Card 7 - Forward Roll- Preliminary activities, page 15](#)



## Crabs and Octopuses

### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

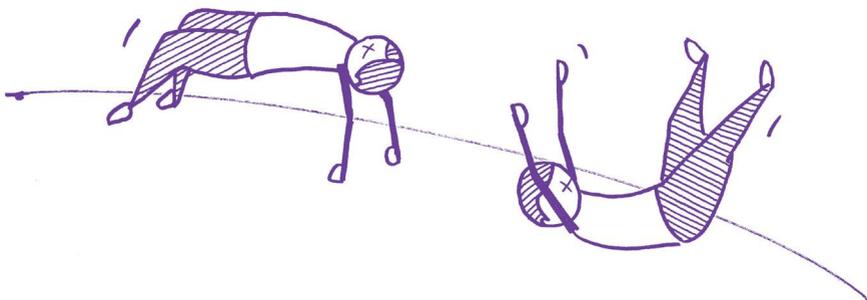
### *How to play*

Can you try to move like a crab or an octopus?

To move like a crab, start by squatting down close to the ground. Lean backwards and place your hands on the ground behind you. You should look like a table top. Now walk sideways, moving your left hand and foot together followed by your right hand and foot together. Hold your bottom off the ground and keep your back straight.

Have a race with someone at home.

To move like an octopus, start in the seated position on the floor. Lift both legs off the ground at the same time while wiggling your legs and arms.



Adapted from  [PDST Gymnastics Workshop - Rolling, page 6, 7](#)



## Seashore Sequence

### *Equipment Needed*

No equipment needed.

### *How to play*

Imagine that you are at the seashore. Think about what you see, hear, smell and touch.

Imagine that you are moving on the sand or in the water and create a sequence that includes the following:

- Travel for ten seconds- walk, crawl, skip, hop
- A balance on two body parts
- A jump of your choice
- A wide shape like a starfish or octopus
- A roll of your choice

Invite someone at home to complete your sequence with you.





## Rope Shape and Jump

### *Equipment Needed*

A skipping rope or some string.

### *How to play*

Use your skipping rope to make a shape such as a square, triangle or rectangle on the ground in the playing area. Jump from corner to corner using different jumping techniques. For example, jump two feet to two feet, one foot to two feet, one foot to the other foot, one foot to two feet.

Remember to land correctly in the toe-ball-heel formation.

Stand in the middle of your shape and jump to land facing another side of the shape, for example, a  $\frac{1}{4}$  or  $\frac{1}{2}$  turn.



Adapted from  [Move Well, Move Often - Activity Book, page 130](#)



## Body Part Balances

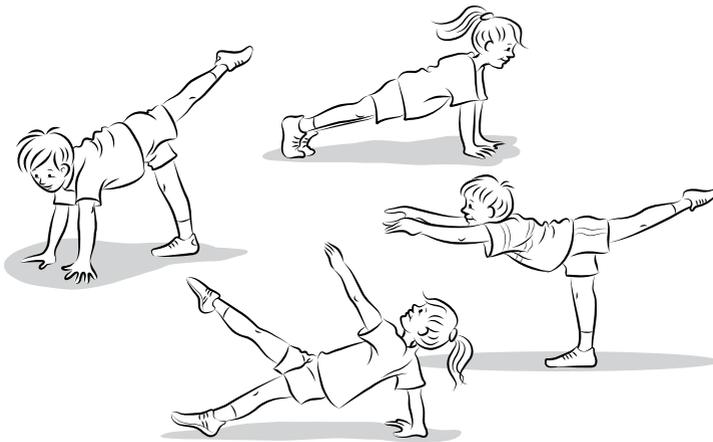
### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

### *How to play*

Try some of the following individual balances. Hold them for five seconds without wobbling. Practice them in front of someone at home or in front of a mirror.

- Balance on smaller body parts for example two hands and one foot, one hand and one foot, two knees and one hand.
- Balance on one, two, three, four or five body parts.
- Arm balance- Sit on the ground with your legs stretched out in front of you and your back straight. Point your toes. Place your hands down by the side of your body. Press the palms of your hands down onto the ground and lift your bottom off the floor. Take the weight on your heels and hands.



Adapted from  [PSSI Lesson Plans - Gymnastics, 3rd/4th Class, Lesson 3, pages 3, 4](#)



## Dazzling Dish

### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

### *How to play*

Can you roll to make a shape like a dish?

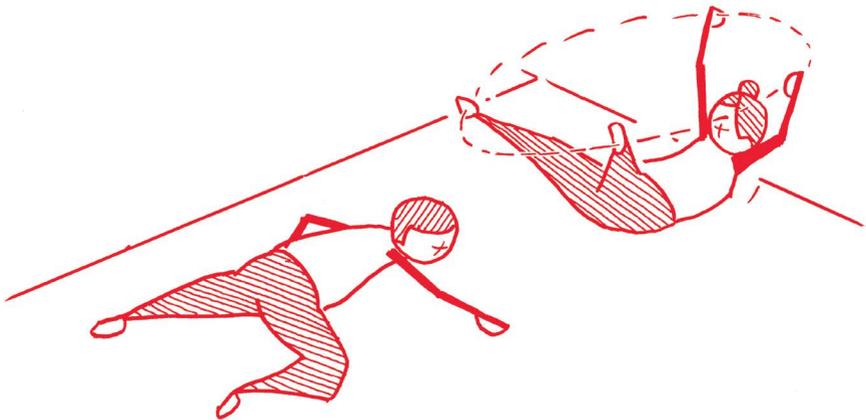
Remember the following points:

Lie on your back with your lower back pressed into the floor. Lift your shoulders, arms and legs to make a dish or bowl shape. Keep them as straight as possible.

Turn your head and look under your arm to roll onto your tummy into a 'Superman' position.

Keep your arms close to your ears with your head lifted and palms facing outwards. Squeeze your legs together.

Roll again onto your back into a dish or bowl position.



Adapted from  [PDST Gymnastics Skills - Card 3, Dish/ Arched Back Roll, page 6](#)



### Forward Fun

#### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

#### *How to play*

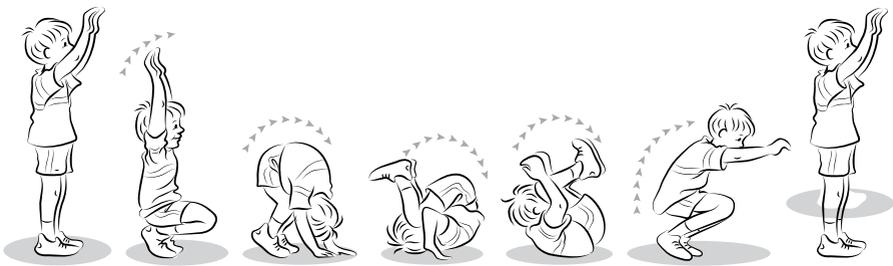
Practise the forward roll.

Remember the following points:

Stand with your feet apart and place the palms of your hands flat on the mat or soft ground. Keep your hips high, tuck your head in and look backwards through your legs.

Push up and forward from your feet. Roll like a ball onto your shoulders and upper back, to arrive on your feet.

Keep your head off the ground as you roll.



Adapted from  [PDST Gymnastics Skills - Card 7, Forward Roll, page 14](#)



## Animal Antics

### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

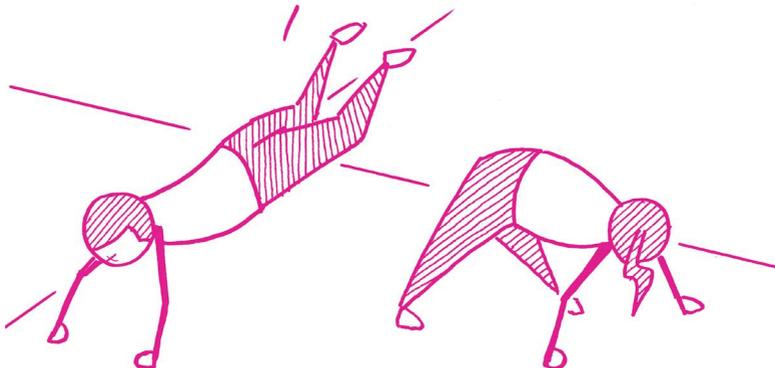
### *How to play*

Can you kick like a donkey or walk like a bear?

To kick like a donkey start in a standing position, lean over and put both hands and both feet on the ground. When the area around you is clear, jump with your legs and kick behind you, leaving your hands on the ground.

To walk like a bear, begin in a standing position. Bend over and put both of your hands on the ground.

Walk forward with the same leg and arm- move your right arm and right leg forward together, then your left leg and arm together, then repeat. Now try moving your left hand and right leg together followed by your right hand and left leg. For an additional challenge, try keeping your legs and arms straight.



Adapted from  [PDST Gymnastics Workshop - Rolling, page 6, 7](#)



## Bring a Story to Life

### *Equipment Needed*

No equipment needed.

### *How to play*

Imagine that you are a character from your favourite book or a story that you have read at home or in school. Recreate a scene involving this character which includes the following sequence:

- Three ways of travelling for example running, skipping, hopping or crawling
- Rock and roll or a forward roll
- A change in direction and level
- Two balances

Invite someone at home to take part with you.





### Memory Mat

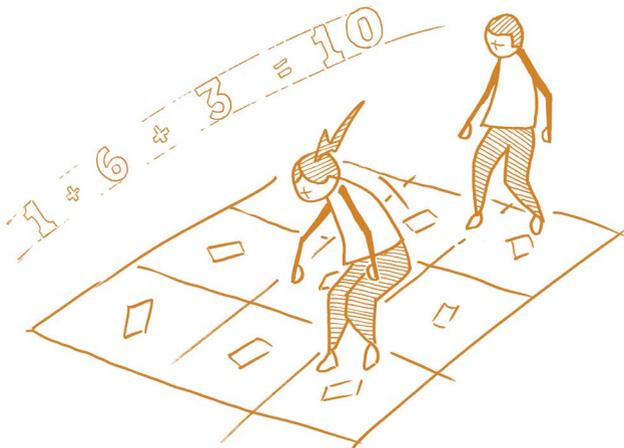
#### Equipment Needed

Playing cards or numbers written on pieces of paper (one to ten), skipping ropes or string or draw out a grid on the playing area using chalk.

#### How to play

Set up your playing area as in the illustration below. Design your own sequence for example four, six, two, seven. Jump and land correctly in this sequence around the squares.

Choose a target number. Jump around the squares adding the numbers as you jump until you have reached your target.



Adapted from  [PDST PE at Home Videos - Landing, Home Activity C](#)



## Balance With a Buddy

### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

### *How to play*

Try some of the following pair balances with someone at home.

- Sinking movement
- Seesaw movement
- Arabesque
- Wine glass
- Horizontal pairs
- Hands and knees balance
- Create a pair balance of your own



Adapted from  [PSSI Lesson Plans - Third and Fourth Class, Lesson 4, pages 3, 4, 5](#)



## Teddy Bear, Teddy Bear, Turn Around

### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

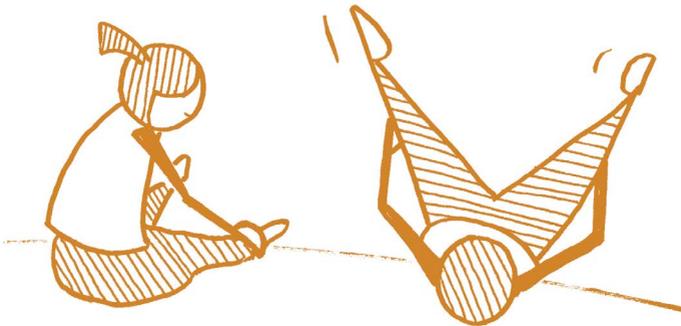
### *How to play*

Can you roll like a teddy bear?

Sit on the floor with your legs straight, spread apart. Sit tall and place your hands behind your knees .

Lean to the left, drawing your right leg upwards. Roll sideways across your back and shoulder. Keep your legs spaced apart throughout the roll.

Finish in a straddle shape facing the opposite direction from where you started.



Adapted from  [PDST Gymnastics Skills - Card 4, Straddle/Teddy Bear Roll, page 8](#)



## Bond, James Bond

### *Equipment Needed*

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A soft surface.

### *How to play*

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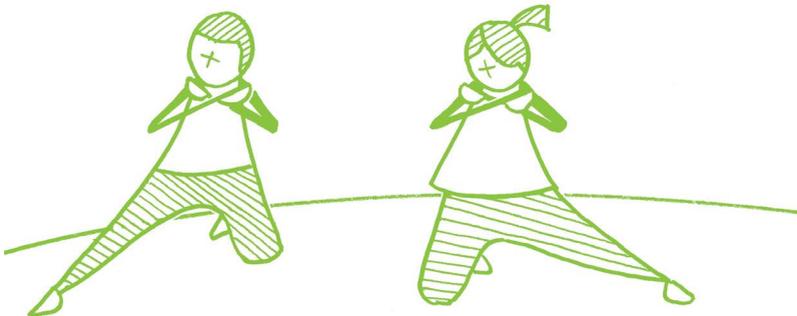
Imagine you are James Bond or any of your favourite superheroes.

Begin by kneeling on the floor. Extend your right leg to the side, creating an upside down v shape with your legs.

Place each hand on the front of the opposite shoulder.

Begin the roll by rolling onto your left shoulder, over your back and onto your opposite shoulder. You will finish the roll kneeling on the opposite leg to which you started kneeling. The other leg will be extended fully as before.

Try to roll in the opposite direction.



Adapted from  [PDST Gymnastics Skills - Card 5, James Bond/ Shoulder Roll, page 10](#)



## Are You an Inchworm or a Gorilla?

### *Equipment Needed*

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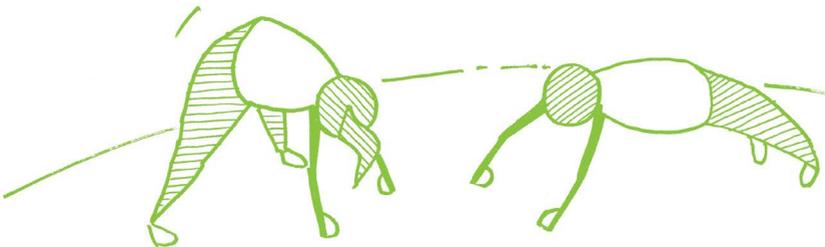
A soft surface such as a carpet, mat or grassy area.

### *How to play*

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To crawl like an inchworm, begin in a standing position and bend over with your hands and feet touching the floor. Try touching the floor as close to your toes as you can. Slowly walk your hands away from your feet, as far as you can. Finally walk your feet back to your hands, always keeping your hands on the ground. Repeat this until you have walked across the room or playing area.

To walk like a gorilla, begin in a squatted position with your fists clenched in front of your chest. Walk, at first, in a straight line while staying in the squatted position. For an added challenge, try beating your chest with your fists as you walk.



Adapted from  [PDST Gymnastics Workshop - Rolling, page 7](#)



## Partner Sequence

### *Equipment Needed*

No equipment needed.

### *How to play*

With someone at home create and perform a partner sequence. You can mirror the same body movements as your partner (symmetrical) or you can move opposite body movements to your partner (asymmetrical).

Include the following in your sequence

- A partner balance
- Two different jumps, try to include a  $\frac{1}{4}$  or  $\frac{1}{2}$  turn in one of these
- Asymmetrical travel
- A roll
- An animal walk

