

Gymnastics in Motion with Leo the Lion

Learning objective: To identify and illustrate key gymnastic body shapes and movements, demonstrating an understanding of balance, tension, and control.

Leo the Lion is practising his gymnastics routine! Use the word bank to label the different movements Leo is performing in your drawing. Ensure your drawing shows clear body control and balance.

Draw: Draw a large, clear scene on a gym mat showing Leo the Lion performing a sequence of three different gymnastic shapes. The style should be clean and illustrative. Focus on showing Leo with his toes pointed and muscles engaged to show control. Use arrows to point to the different shapes and write the corresponding labels from the word bank next to them.



Label words: Tuck shape · Straight shape · Pike shape · Stretched position · Balance · Core tension · Extension

Steps:

1. Step 1: Draw Leo in a 'tuck shape'. Describe one way you can make his muscles look tense and controlled.
2. Step 2: Label your drawing to show where Leo is using his core muscles to maintain his balance.
3. Step 3: Draw a 'pike shape' next to Leo. How does the position of his legs differ from the tuck shape?

4. Step 4: Add a 'stretched position' to your drawing. Why is full extension important in gymnastics?
5. Step 5: Identify one safety rule you should follow before starting a gymnastics routine.