

Max's Gymnastics Moves

Learning objective: To identify and describe different gymnastic shapes and movements to improve body control.

Max the monkey is practicing his gymnastics! Look at the movements below. Match the correct word from the word bank to the movement description. Use the sentence starters provided to help you.

Word bank: Tuck · Pike · Straddle · Stretch · Bridge

1. 1. I sit with my legs wide apart in a V-shape. This is called a _____. (Sentence starter: This shape is called a...) (2 marks)

2. 2. I sit with my legs straight out in front of me and reach for my toes. This is called a _____. (Sentence starter: When I sit with straight legs, it is a...) (2 marks)

3. 3. I pull my knees into my chest and hold them with my arms. This is called a _____. (Sentence starter: I call this move a...) (2 marks)

4. 4. I stand tall and reach my arms high above my head. This is called a _____. (Sentence starter: Reaching up high is a...) (2 marks)

Draw: Draw a picture of Max the monkey performing a 'Tuck' shape. Remember to draw his knees pulled close to his chest!



Extension challenge: Can you think of one more gymnastics move you have tried in PE? Write down the name of the move and describe how your body feels when you do it.