

Gymnastics Moves with Max the Monkey

Learning objective: To identify and illustrate key body shapes and balance positions used in gymnastics.

Follow the steps below to draw Max the Monkey performing his favourite gymnastics routine. Use your pencil to sketch the shapes clearly.

Draw: Draw a large, clear scene on your paper showing Max the Monkey in three different gymnastics positions. The style should be clean and simple, focusing on the shapes of his body. Draw Max performing a straight shape, a tuck shape, and a one-legged balance. Make sure his feet have pointed toes in every position. You can draw a soft mat underneath him.



Label words: tuck shape · star shape · straight shape · balance · pointed toes

Steps:

1. Step 1: Draw Max the Monkey standing tall with his arms reaching up high. Label this the 'straight shape'.
2. Step 2: Draw Max sitting on the floor with his knees pulled tightly into his chest. Label this the 'tuck shape'.
3. Step 3: Draw Max standing on one leg with his arms out wide to the sides. Label this a 'balance'.
4. Step 4: Draw a line from the word 'pointed toes' to show Max's feet in your drawings.