

Gymnastics with Max the Monkey

Learning objective: To learn how to control our bodies and perform basic balances safely.

Max the Monkey loves to move! Look at the pictures and answer the questions. Use the word bank to help you.

Word bank: balance · core · stretch · control · safety · tuck

1. Max is standing on one leg. Which word describes staying still without falling over? (1 mark)

2. Before we start gymnastics, why must we clear the floor space? (2 marks)

3. When we move, we need to use our tummy muscles. What is the special name for these muscles? (1 mark)

4. Max does a 'tuck' shape. Describe how you hold your knees when you are in a tuck. (2 marks)

Draw: Draw a picture of Max the Monkey performing a balance on one leg. Remember to show him standing tall!



Extension challenge: Think of one other shape you can make with your body. Can you describe it in one sentence?