

Shape Activities

1. Try making some different shapes and holding them for a count of 5 seconds. Start by making the tallest shape you can by stretching your hands up in the air and standing on your tiptoes. Next, try making the widest possible shape you can. Finally, can you make the smallest shape possible by curling yourself up in a ball?



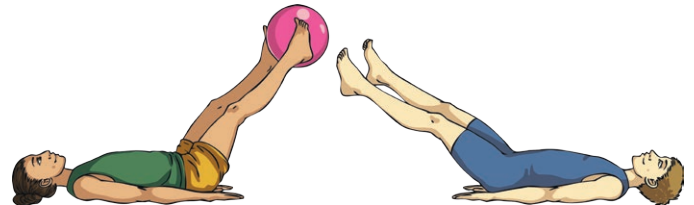
2. Shape Alphabet - How many different letters of the alphabet can you make with your body? If you are finding certain letters difficult, ask a friend or family member to help make the letter shape with you. You could try lower case and upper case letters.



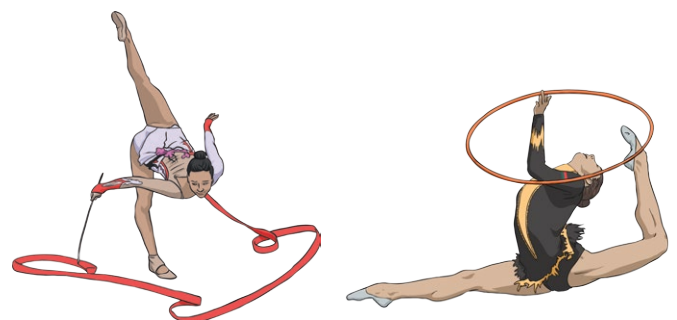
3. Shapes in the Air - Have a go at jumping as high as possible in the air and making different shapes with your body. Can you name the shapes you make?



4. Gymnastics involves great strength, balance and flexibility. You can improve your core strength by trying this fun activity. Pass a beach ball or similar between you and other family members or friends by lying on the floor and using your feet only.



5. Rhythmic Gymnastics involves performing with apparatus – either a ball, ribbon, hoop, clubs or rope. Try doing some rhythmic gymnastics by throwing a ball up into the air and making different shapes with your body before catching it again.



Shape Activities

6. There are several different artistic gymnastic events that men and women take part in, such as the beam or the rings. Men compete in 6 events and women compete in 4 – can you find out what they are?

Men

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Women

- 1.
- 2.
- 3.
- 4.

