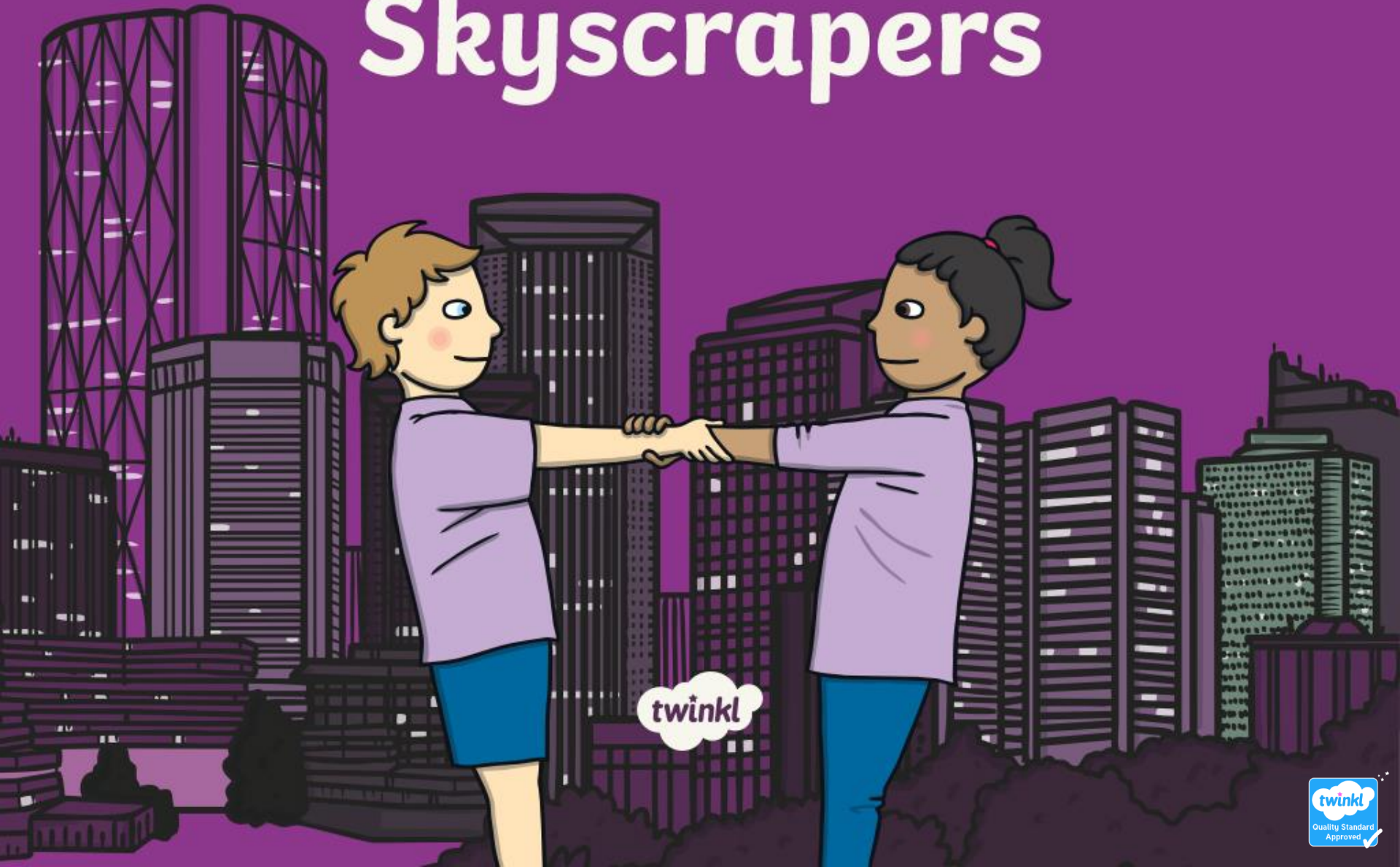




Gymnastics: Landscapes and Cityscapes

Skyscrapers



twinkl

Aim

- I can make long thin shapes with my body.

Success Criteria

- I can straight jump.
- I can hurdle step on to a springboard.
- I can balance in a long thin shape.
- I can balance with a partner to make a long thin shape.

Warm-Up: City Streets



You are going to travel around the city streets. You need to go in straight lines to get around the buildings. Choose one of the rubber spots on the floor and travel to it in a straight line. Now run to 3 different spots travelling in straight lines.

① Can you make zigzag patterns as you move?

Each time you move to a new spot change the way you travel.

② What other patterns can you make as you move from spot to spot?

Watch



Look at these photos of London Landmarks.

- ① What shapes can you see?
- ① Could you make shapes like these buildings with your bodies?

Big Ben



Watch



London Eye



Watch



London City



Watch



National Gallery



Watch



Houses of Parliament



Watch



Natural History Museum



Watch



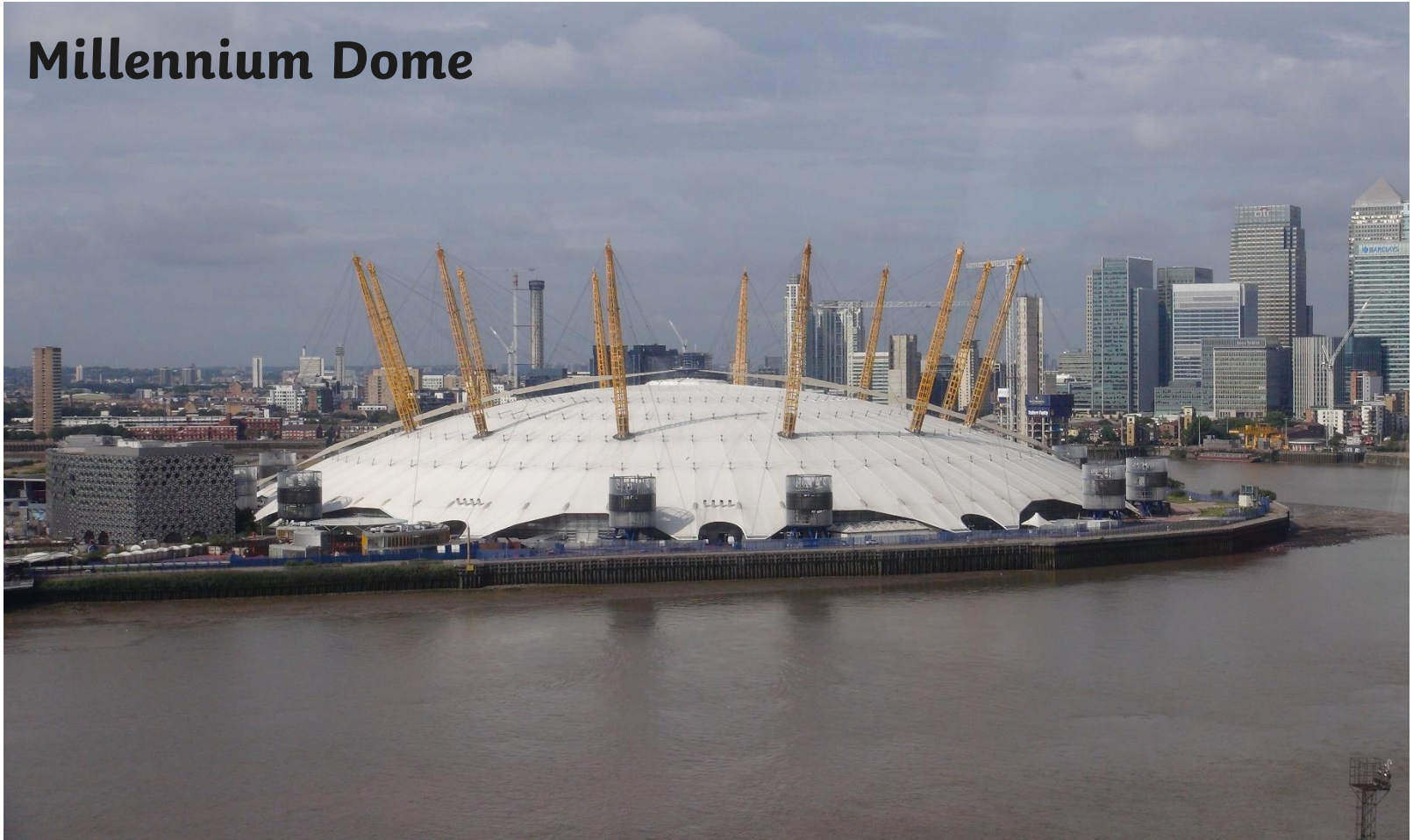
The Gherkin



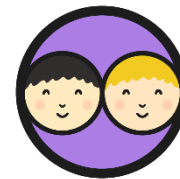
Watch



Millennium Dome



Towering Tall

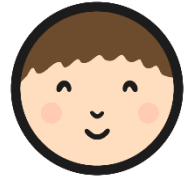


Make yourselves into the long thin shapes of city buildings.
Now balance in those shapes.

- ① Can you use your hands to make the top of the Gherkin?
 - ② Can you balance on one leg to make a really thin shape?
-
- ③ Can you make and hold a shape and balance with a partner?
 - ④ Can you support each other to take one leg off the ground?
 - ⑤ Can you lean back whilst holding hands?



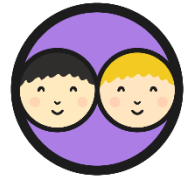
Straight Jump



? Can you jump up into a straight shape like a skyscraper?

Click
here to
watch
video.

Hustle and Bustle



Travel around, along, over and under the equipment as if it is the city streets. Move in straight lines making zigzag patterns as practised in the Warm-Up. Straight jump off equipment, on mats and springboards and hold a balance in a long thin shape.

- ① Can you hold a balance in a long thin shape with a partner?

Put your movements together to form a sequence.

- ① Can you make and hold a balance with a partner?
- ① Can you and your partner do the same sequence of three moves and stand to finish?
- ① Can you describe the difference between your movement sequence and another pair's?



Cool-Down: Stretch it Out



Cool-Down

Stretch

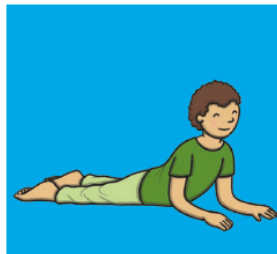
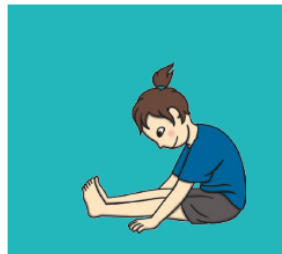
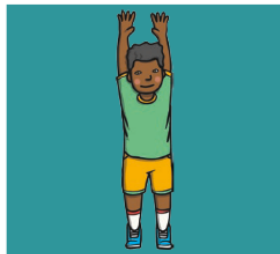
Let's Stretch

Stretch up to the ceiling, down to the floor, out to the side and the other side.

Sit down. Put your legs out in front and fold yourself over curving your back, stretching your lower back.

Now lie on your front, legs together, resting on your elbows and lift up your chest, curling backwards and stretching your back the other way.

Finally sit on your bottom, put one leg over the other, bend your knees and reach around the other side to get a stretch through your waist.



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Aim



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Success Criteria

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