

Gymnastics

Key Shapes

Ensure you have enough space to perform the Key Shapes safely.

Practice the 9 Gymnastics Key Shapes (see Gym resource cards), then try these games.

Guess the Shape

- ✓ One person describes Key Shapes without saying the name of them.
- ✓ Everyone else must guess the Key Shape.
- ✓ The first person to perform the correct Key Shape wins a point.
- ✓ Who can guess the most correct Key Shapes?

Key Shape Bingo

- ✓ Write down all the Key Shapes and place them in a bowl.
- ✓ Everyone takes turns to pick a Key Shape out of the bowl to perform.
- ✓ Place the Key Shape back in the Bowl.
- ✓ The first person to perform all 9 Key Shapes wins.

Simon Says

- ✓ Choose one person to be 'Simon', this person calls out different Key Shapes using the phrase "Simon says.... *Straight*". Everyone else performs the shape.
- ✓ If Simon does not say 'Simon says...' at the beginning, everyone else should NOT perform the shape.
- ✓ How many people can Simon catch out?