

## Gym shapes puzzle 1

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S	T						
		S					

## Gym shapes puzzle 2

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	C						
			T				

## Hand apparatus ball and hoop exploration worksheet

For each idea you successfully explore/create in your trio, draw a line between the body action and hand apparatus action used.

Body action	Hand apparatus action
Spin	Hula
Travel/step	Throw/catch
Body wave	Spin
Roll	Hold
Jump/leap	Bounce
Balance	Trap
High kick	Roll

**Challenge 1** Can your trio find ideas to practically explore every body action and every hand apparatus action at least once?

**Challenge 2** Can your trio add body action and/or hand apparatus ideas into the blank boxes then include them within your practical exploration?

# Partner school session 16

### Skill:

British  
Gymnastics

**Jump**

**Travel**

**Turn**

**Slide**

**Spin**

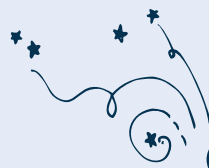
**Shape**

**Roll**

**Balance**

**Rock**

**Twist**



## The neatest gymnast spell



To get the spell off to a start  
Place your hands shoulder width apart  
Curl up into the tiniest ball  
And move along keeping small  
Lift a chin and stick up your nose  
Extend ten fingers and point your toes  
When 360° you have spun  
Stare ahead for 3, 2, 1  
Then from a high jump safely land  
With head between arms you must stand  
Be upside down with no bend of knee  
So the neatest gymnast you will be!



### Extra challenge:

Can you add your own rhyming couplet to the spell and extend your sequence in response to the new lines to further demonstrate ways of performing gymnastics actions with good quality?

1

Planets orbit the sun in an anti-clockwise direction with the inner planets orbiting faster than the outer planets.



2

Two high tides occur everyday on every beach on Earth because of the Moon's gravitational pull on the oceans.



3

When he became the first man to walk on the moon, Neil Armstrong said, "One small step for man, one giant leap for mankind".

4

Saturn has many thin rings made up of ice and dust particles that form bright bands around the planet.



5

Earth is 3.5 times bigger than the Moon.



6

Uranus spins on its side like a rolling ball with its poles taking turns to point almost directly at the sun.

7

The Moon Cycle goes through 8 phases including Crescent Moon, Half Moon, Gibbous Moon and Full Moon.

8

A constellation is a group of stars that make an imaginary shape in the night sky.



9

The tallest planetary mountain in the Solar System is a volcano called Olympus Mons on Mars. It is 2.5 times the height of Mount Everest.