



Ship Shape PE Home Learning



Can you keep trying to improve your own performance?

Time to Learn:

- Can you create the following balanced shapes?
- A **'wide'** shape. Are you high or low, what body parts are you using?
- A **'curled'** shape. Are you high or low, what body parts are you using?
- A **'narrow'** shape. Are you high or low, what body parts are you using?
- Can you teach someone else all of your different balanced shapes?



Create all three balances using big body parts. As you get more confident, try smaller body parts.



Can you create a sequence linking all three balanced shapes together?



Create a sequence with a partner. Your three balances should be linked together.

Top Tips

Be Still!

- All balances must be held completely still for at least four seconds. Make sure your balances are excellent by pointing your fingers and toes.



Let's Reflect

- Why do you need to hold your balances still?
- Did you try a variety of ways of balancing?