

Monday 11<sup>th</sup> January  
Physical Development (PE)  
Theme: Woodland Animals



Learning objective:  
To be able to create shapes

### Success criteria

Squeeze your muscles to help to keep your shape.  
Straighten arms and legs when holding straight and star shapes.

*This lesson does not need to be printed.  
Any pictures can be viewed on a screen.*

*Equipment: a ball (could be rolled up pair of socks or a tin foil ball)*

*Safety- ensure you have a safe space. Move any furniture out of the way.*

## Warm up and introduction (10 minutes)

Play the following game

Squirrels:

Ask your child what animals you might find in the woods? Show your child the resource card and identify the different animals in the picture.



Explain to your child that in this game they are going to imagine that they are squirrels as they move around the teaching space. Children begin standing in their own space. Teach the children the following actions for them to complete:

- Squirrels on the move: children run around the teaching space.
- Squirrels up the tree: children stand on the spot and pretend to climb a tree.
- Squirrels have found some nuts: children sit in a tuck shape.

Encourage them to look for spaces to move into and to change direction to avoid any obstacles/people/furniture

## Skill development (approx. 25 minutes)

# Shapes:

Recap on the shapes learnt last week. Look at the basic shapes picture cards below to copy.

- **Tuck shape:** a curled shape- Straight back, toes pointed, legs together not crossed.
- **Straight shape:** a narrow shape- Legs together, hands apart, legs and arms straight. This shape can be completed standing up or lying down.
- **Star shape:** a wide shape-Legs and arms extended.
- **Pike shape** Back straight, legs and arms extended and together.
- **Straddle shape** Straight legs and straight backs.

## Shapes

**Star**

- Arms in line with shoulders
- Hands extended

**Pike**

- Arms in line with shoulders
- Legs together
- Toes pointed

**Arch**

- Legs together
- Arms and legs straight and lifted off the ground

**Dish**

- Legs together
- Arms and legs straight and lifted off the ground

**Unlabeled Shape**

- Legs together
- Arms and legs straight and lifted off the ground

Get Set 4 PE

# Shapes



## Tuck

- Knees together
- Back straight
- Roll shoulders down away from ears



## Front Support

- Shoulders over hands
- Head looks straight down
- Body stays in a straight line



## Straddle

- Arms and legs extended
- Arms stay shoulder height in line with legs



## Back Support

- Hips lifted
- Hands face feet
- Toes aim to touch the ground

## Woodland activity:

1. Snakes in a straight shape- pull yourself along the floor on your tummy in a straight shape, like a snake travelling along a fallen tree.
2. Toads jumping from a star shape- make a star shape then jump forwards like a toad jumping in the woods. Bend knees when landing.
3. Bunny jump in a tuck shape- jump 4 times in a tuck shape like bunny hops. Place hands forward first and then jump your feet to meet your hands
4. Rolling hedgehogs around like pike and straddle shapes- you will need a ball/a pair of socks rolled up or tin foil ball could be used as an alternative. Place the ball in a space. The ball is going to be the 'hedgehog'. Roll the ball around your legs in a straddle shape and then in a pike shape. Keep your knees as straight as possible throughout.