

# Gymnastics - Creating Shapes

## Movement: Creating Shapes with your Body

### Straddle Sit



- Sit on your bottom
- Spread your legs out **WIDE APART**
- Keep your legs straight, don't bend your knees
- Put your arms out and point to your toes

### Tuck Sit



- Sit on your bottom
- Bring your **KNEES** up to your chest
- Tuck your chin down to your knees
- Hold each leg with 1 hand or keep your arms straight out in front of you
- (don't 'hug' your knees)

### Standing/Lying Pencil



- Stand up straight or lie down on the ground
- Put your legs together
- Put your arms straight above your head
- You should be strong like a **PENCIL**

### Pike Sit



- Put your legs together out straight
- Point your arms out straight and point to your toes
- Keep your back straight/upright

# Gymnastics - Rock, Paper, Scissors, Pike Flashcards

**Scissors -  
Straddle Sit**



**Rock -  
Tuck Sit**



**Paper-  
Lying Pencil**



**Pike Sit**

