

Ship Shape

Home Physical Education

Can you keep trying to improve your performance?

How to play:

- 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?
- Can you create a sequence of all 3 balanced shapes together?



Can you teach someone your balances and work together to create a sequence?

Top Tips

Be Still!

All balances must be held completely still for at least 4 seconds. Make your balances excellent by pointing your fingers and toes.

Let's Reflect

Can you hold your balances still?

If your balance is wobbling, how could you change it to make it still.

Did you try a variety of ways of balancing?