

Gym will fix it

Creating gymnastic sequences inspired by your grounds

Great for...

- PE gymnastics, creating and performing sequences

Activity

- 1 Explore your grounds looking for different shapes and features that might suggest different body movements. Discuss with the children what movements or body shapes these might inspire. A tree could be a star jump, a rock a forward roll, a log off cut a log roll and a leaf a turn! They could also draw inspiration from the movement of wildlife that visits – for example, hopping, crawling and jumping.
- 2 You could either take mats and benches outdoors or return indoors to the school hall where the children can create a sequence of movement based on their ideas. So a tree, a rock and a log, in sequence, might translate into a star jump followed by a forward roll followed by a log roll.

What you need

- Suitable sports clothing
- Gym equipment mats, benches etc – either indoors or to take outdoors

Preparation

- Practice putting together sequences of movement.

Less challenging

- Show the children how different shapes and features outdoors can be replicated with different body movements.

- Give the children a sequence based on these shapes for them to follow.

More challenging

- The children may also want to think about how different features outside could be used as gym equipment inside – for example, a seat could be a bench; play equipment such as monkey bars could be used as ropes.

Your notes

Use this space to evaluate the activity



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