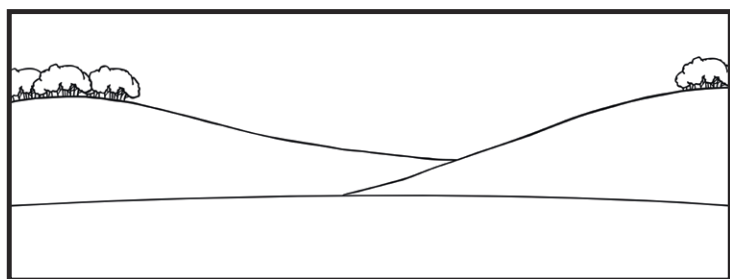
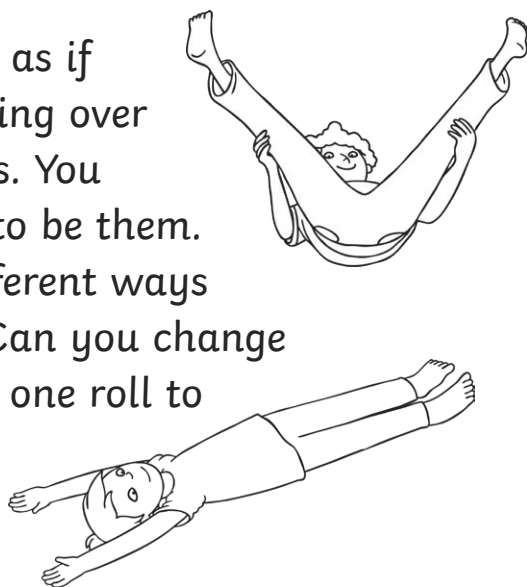


Gymnastics: Landscapes and Cityscapes Activities

Have a look at some rolling hills either in the countryside or look at some photos. Draw a countryside scene. What sort of lines do you use to draw them? Can you describe the hills and fields?



Roll your body as if you are travelling over the rolling hills. You could pretend to be them. How many different ways can you roll? Can you change smoothly from one roll to another?



What buildings can you see nearby where you live? Look at some photos of different buildings in towns and cities.

Draw some tall buildings. What sorts of shapes are they? Can you describe them?



Make your body into a long, stretched shape like a skyscraper or another tall building. Can you balance in your long, stretched shape? Now jump up high like a tall house or an apartment building. In what other ways can you move like a tall building?



Think of all the different ways you can move your body. Draw or write some movements on the sheet provided. You might choose to travel, jump and roll in different ways. Try out the sequences you have designed.



In what different ways can you exercise to stay healthy?

Draw some examples. Which is your favourite?



My Gymnastics Movement Sequences
