



Memory Mat

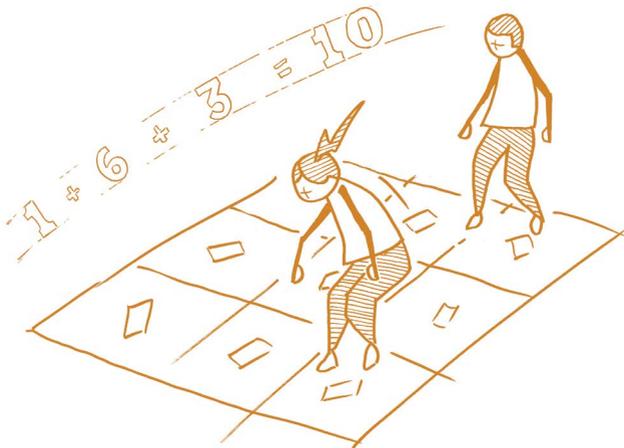
Equipment Needed

Playing cards or numbers written on pieces of paper (one to ten), skipping ropes or string or draw out a grid on the playing area using chalk.

How to play

Set up your playing area as in the illustration below. Design your own sequence for example four, six, two, seven. Jump and land correctly in this sequence around the squares.

Choose a target number. Jump around the squares adding the numbers as you jump until you have reached your target.



Adapted from  [PDST PE at Home Videos - Landing, Home Activity C](#)



Balance With a Buddy

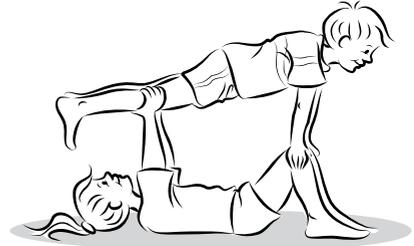
Equipment Needed

A soft surface such as a carpet, mat or grassy area.

How to play

Try some of the following pair balances with someone at home.

- Sinking movement
- Seesaw movement
- Arabesque
- Wine glass
- Horizontal pairs
- Hands and knees balance
- Create a pair balance of your own



Adapted from  [PSSI Lesson Plans - Third and Fourth Class, Lesson 4, pages 3, 4, 5](#)



Teddy Bear, Teddy Bear, Turn Around

Equipment Needed

A soft surface such as a carpet, mat or grassy area.

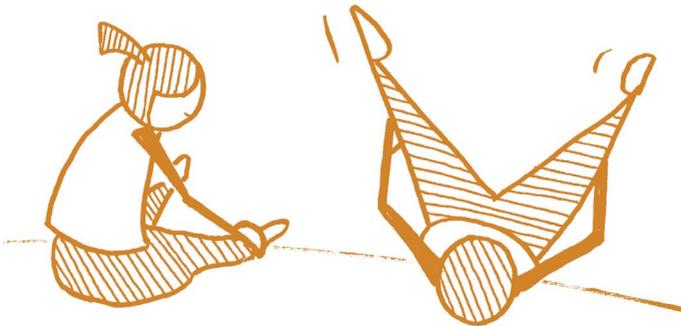
How to play

Can you roll like a teddy bear?

Sit on the floor with your legs straight, spread apart. Sit tall and place your hands behind your knees .

Lean to the left, drawing your right leg upwards. Roll sideways across your back and shoulder. Keep your legs spaced apart throughout the roll.

Finish in a straddle shape facing the opposite direction from where you started.



Adapted from  [PDST Gymnastics Skills - Card 4, Straddle/Teddy Bear Roll, page 8](#)



Bond, James Bond

Equipment Needed

A soft surface.

How to play

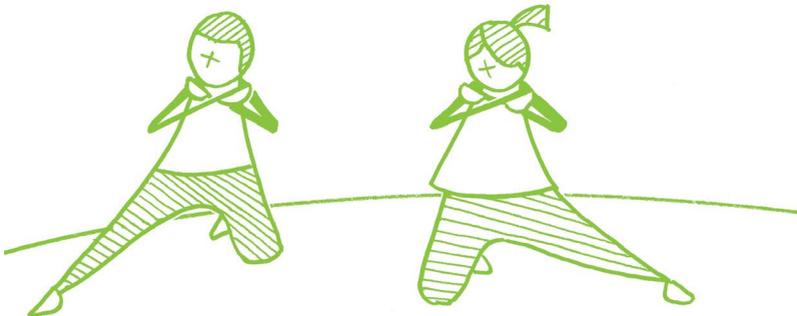
Imagine you are James Bond or any of your favourite superheroes.

Begin by kneeling on the floor. Extend your right leg to the side, creating an upside down v shape with your legs.

Place each hand on the front of the opposite shoulder.

Begin the roll by rolling onto your left shoulder, over your back and onto your opposite shoulder. You will finish the roll kneeling on the opposite leg to which you started kneeling. The other leg will be extended fully as before.

Try to roll in the opposite direction.



Adapted from  [PDST Gymnastics Skills - Card 5, James Bond/ Shoulder Roll, page 10](#)



Are You an Inchworm or a Gorilla?

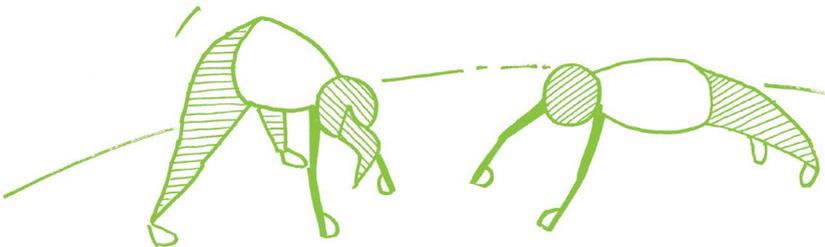
Equipment Needed

A soft surface such as a carpet, mat or grassy area.

How to play

To crawl like an inchworm, begin in a standing position and bend over with your hands and feet touching the floor. Try touching the floor as close to your toes as you can. Slowly walk your hands away from your feet, as far as you can. Finally walk your feet back to your hands, always keeping your hands on the ground. Repeat this until you have walked across the room or playing area.

To walk like a gorilla, begin in a squatted position with your fists clenched in front of your chest. Walk, at first, in a straight line while staying in the squatted position. For an added challenge, try beating your chest with your fists as you walk.



Adapted from  [PDST Gymnastics Workshop - Rolling, page 7](#)



Partner Sequence

Equipment Needed

No equipment needed.

How to play

With someone at home create and perform a partner sequence. You can mirror the same body movements as your partner (symmetrical) or you can move opposite body movements to your partner (asymmetrical).

Include the following in your sequence

- A partner balance
- Two different jumps, try to include a $\frac{1}{4}$ or $\frac{1}{2}$ turn in one of these
- Asymmetrical travel
- A roll
- An animal walk

