

# 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?