

freeze

KEY SUCCESS CRITERIA

Following instructions to confidently perform a straight, star and tuck shape

Showing control in performance of my Gymnastics shapes

Reliably counting the length of my frozen shapes

ACTIVATION

Musical statues

Children move to music on the spot then freeze completely still when it stops – can you freeze in a different position each time the music stops?

Then, can you move around the space while the music is playing and freeze completely still when it stops?

BASE

Teach the children the recognised basic Gymnastics shapes of standing straight shape, standing star shape and sitting tuck shape.

Focus on holding the shapes for 3 – 5 counts by looking directly ahead in the straight and star positions and curling up small in the tuck position.

MANAGING DIFFERENCE

SPACE

Challenge pupils to control a movement or travel action to stop in a frozen shape for 3 – 5 counts e.g. walk on tiptoes in a straight shape then freeze or spin in tuck sit to freeze.

TASK

Reduce the number of shapes developed - pupils may explore just one shape.
Increase the number of shapes developed – pupils may also learn and explore sitting pike and sitting straddle shapes.

EQUIPMENT

See the Connect activity.

PEOPLE

In pairs, pupils face one another to freeze in the same shape for the same length of time.

CONNECT

In pairs, take it in turns to find places to balance a beanbag on your partner's shapes e.g. on their head in standing straight shape. How many beanbags can you successfully balance on their frozen shape at once? How do the beanbags help them hold the shape for longer?

SCHOOL

What happens when something freezes? Can you think of examples of things that freeze? At what temperature do liquids freeze? What happens to a frozen object when it gets warmer? Can you slowly melt out of your frozen shapes?