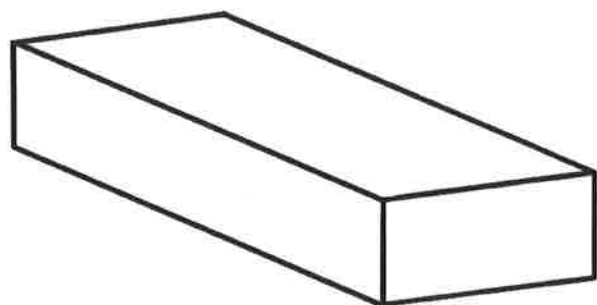
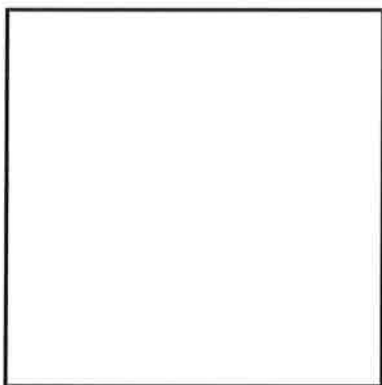
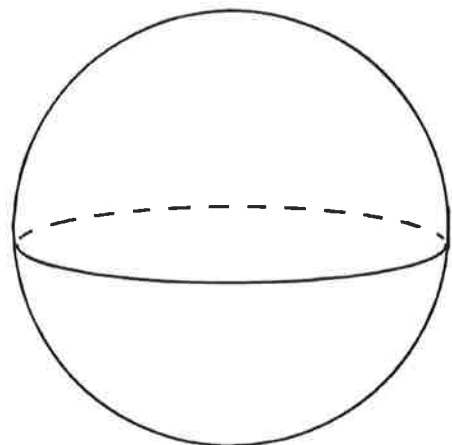
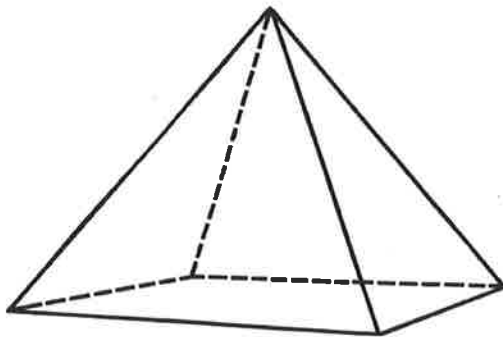
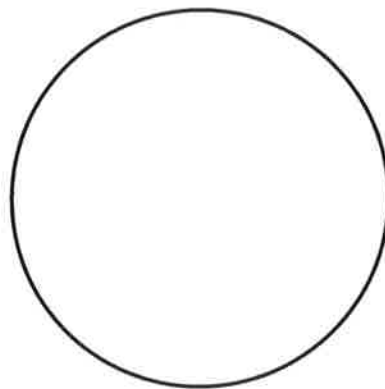
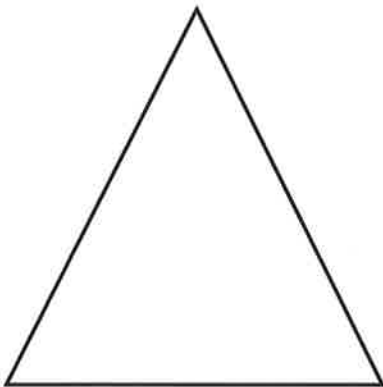
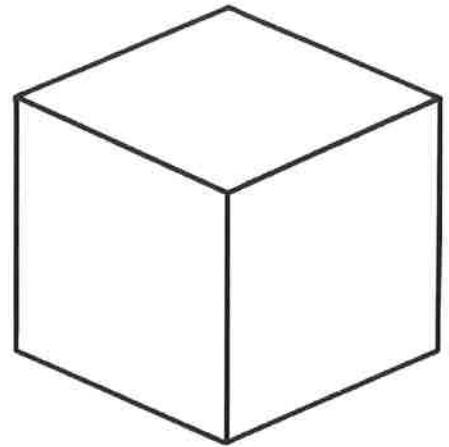


# Resources

## Year 1

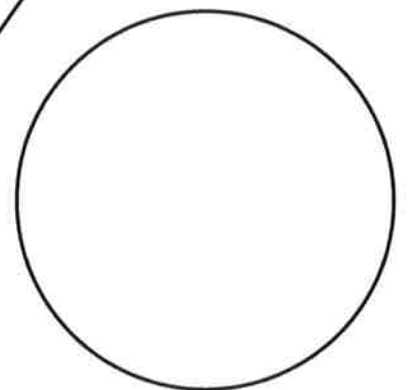
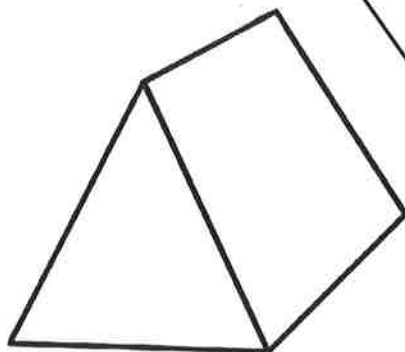
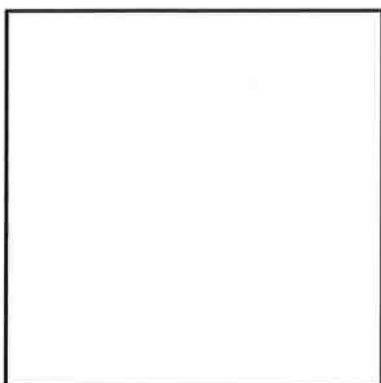
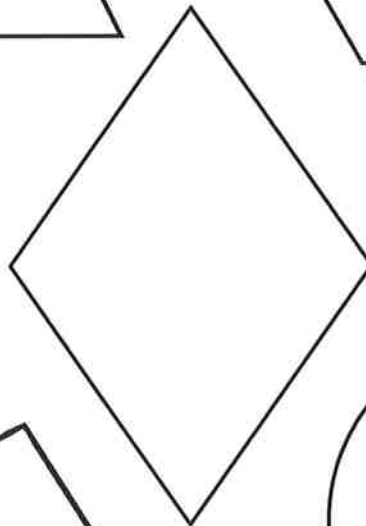
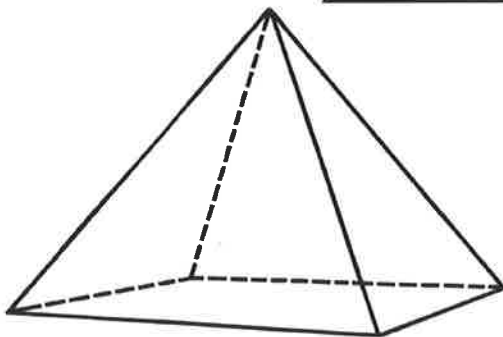
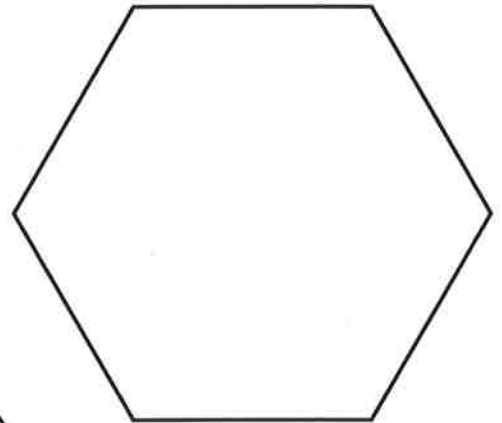
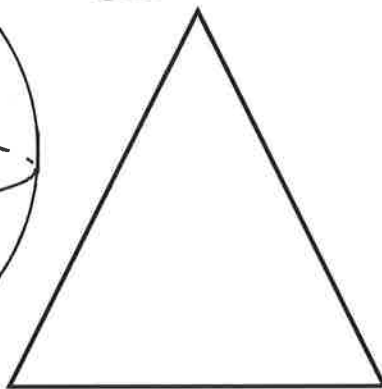
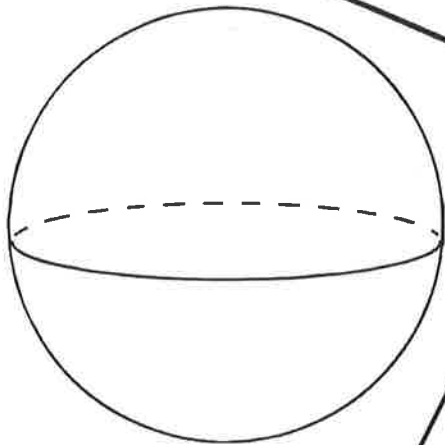
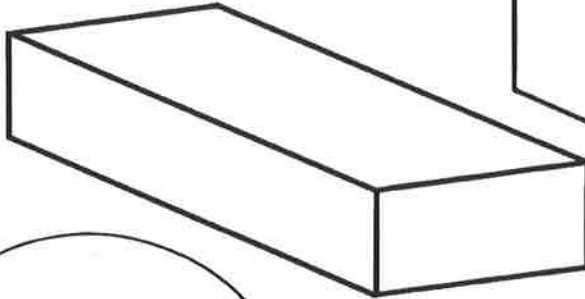
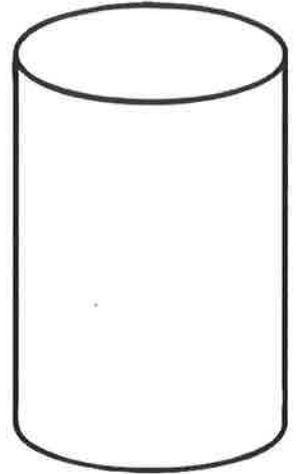
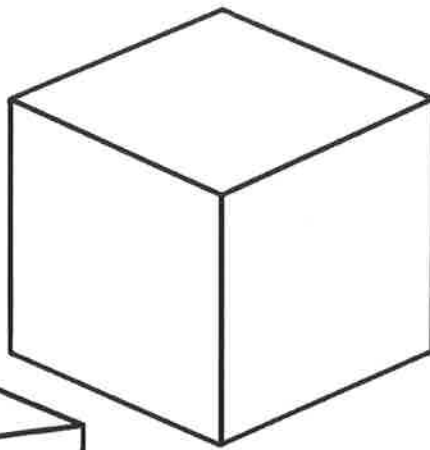
# 2D and 3D Shapes

Colour the 3D shapes orange and the 2D shapes blue.



# 2D and 3D Shapes

Colour the 3D shapes orange and the 2D shapes blue.



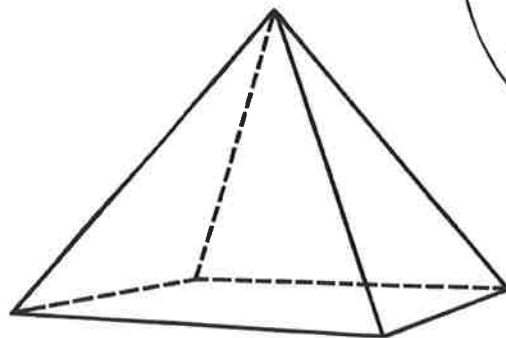
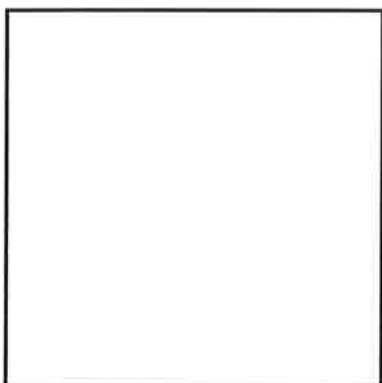
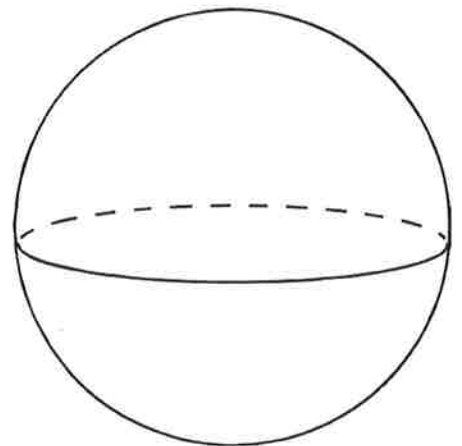
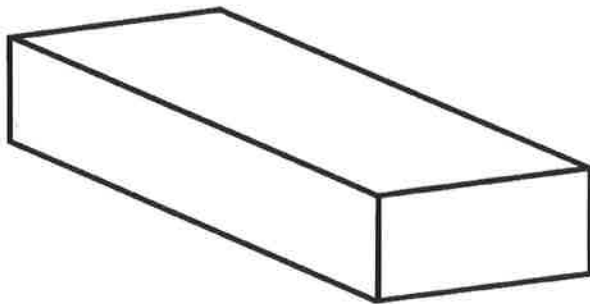
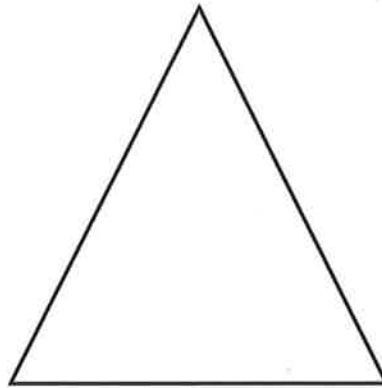
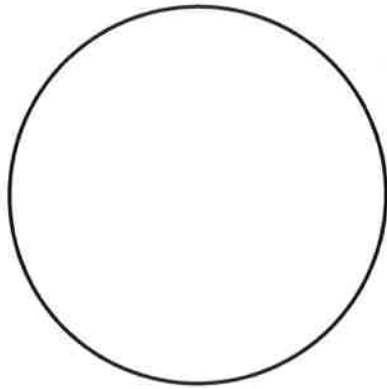
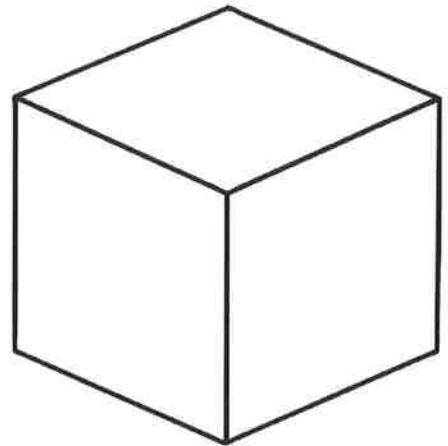
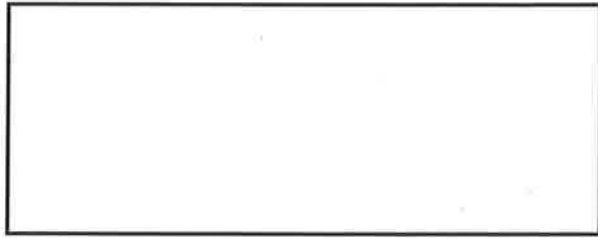
# 2D and 3D Shapes

Colour the cube green and the square red.

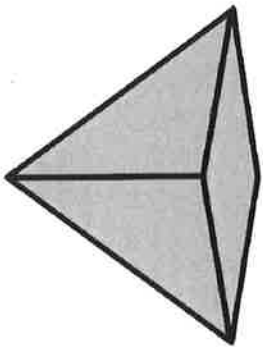
Colour the circle blue and the sphere yellow.

Colour the rectangle orange and the cuboid brown.

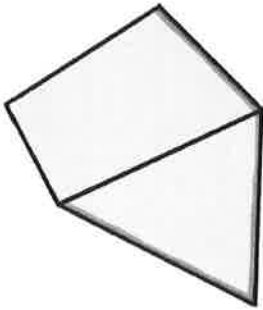
Colour the triangle purple and the pyramid pink.



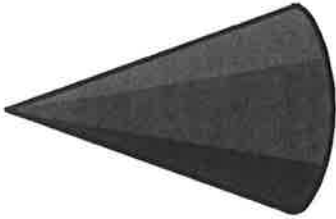
# 3D Shapes



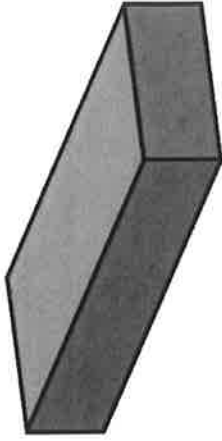
square-based pyramid



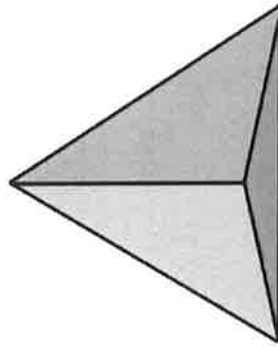
triangular prism



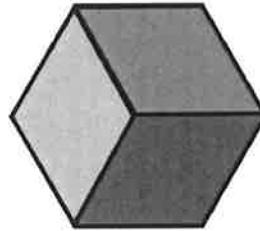
cone



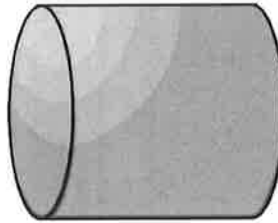
cuboid



tetrahedron



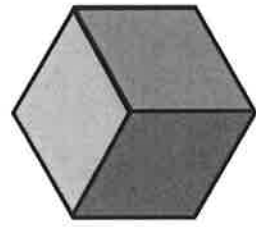
cube



cylinder

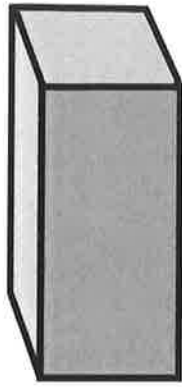


sphere

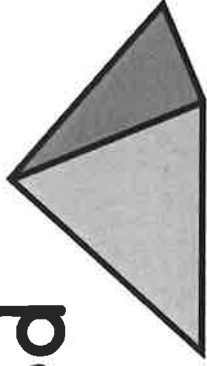


**cube**

**rectangular  
prism**

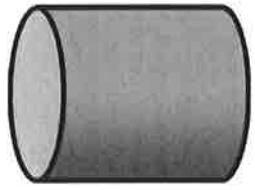


square based  
pyramid

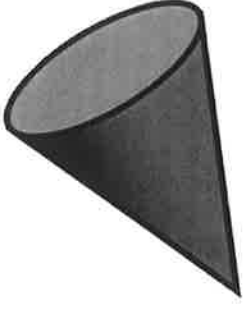


sphere





**cylinder**



**cone**



# THANKS FOR NOT PRINTING THIS PAGE!



Simply print from page 2 in your printing options, to avoid wasted paper and ink.

To find out more visit [www.twinkl.co.uk/eco](http://www.twinkl.co.uk/eco)



Thanks for downloading and welcome to the twinkl family!

*If you love our resources, you'll love premium!*

- Save valuable time- we know how precious time can be, so we've spent thousands of hours creating lovely resources, leaving you to focus on what's most important.
- All the tools and materials you will need to create an amazing learning environment for your little stars!
- The largest collection of premium resources on the web at less than 1p per resource!
- Find out more about Twinkl premium at [www.twinkl.co.uk/premium](http://www.twinkl.co.uk/premium)



*How to change the print size of this resource*

- In your PDF reader, click the 'File' menu
- Select 'Print'
- Click the box next to 'Print Scaling' and select 'Multiple Pages Per Sheet'
- You will now have various options, which will enable you to print several pages on just one sheet of paper.

*A brief word about copyright...*

By downloading this resource, you agree to the following:



You may use this resource for personal and/or classroom use only. We're more than happy for you to keep your own backup copy though.

In order to support us, we ask that you always acknowledge [www.twinkl.co.uk](http://www.twinkl.co.uk) as the source of the resource. If you love these resources, why not let others know about Twinkl?

You must not reproduce or share this resource with others in any form. They are more than welcome to download the resource directly from us.



You must not host or in any other way share our resources directly with others, without our prior written permission.

We also ask that this product is not used for commercial purposes and also that you do not alter the digital versions of our products in any way.

*We hope you enjoy the resource and we'll see you very soon! x*




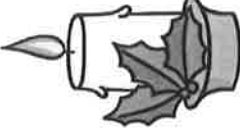
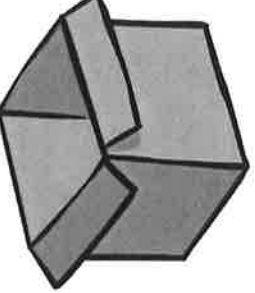
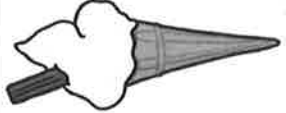
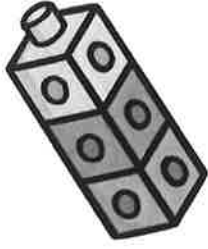

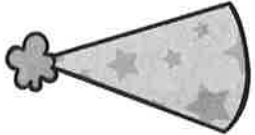

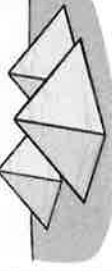
[www.twinkl.co.uk](http://www.twinkl.co.uk)

© twinkl ltd

Scan QR Code

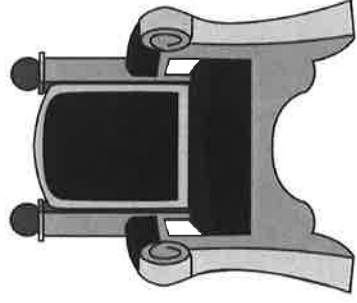


# Sorting Cards

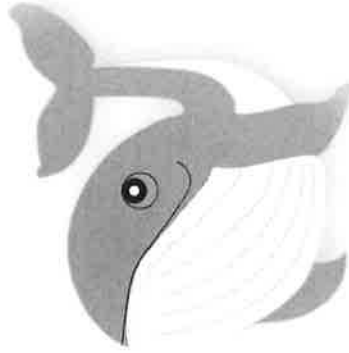
 twinkl.co.uk	 twinkl.co.uk	 twinkl.co.uk
 twinkl.co.uk	 twinkl.co.uk	 twinkl.co.uk
 twinkl.co.uk	 twinkl.co.uk	 twinkl.co.uk
 twinkl.co.uk	 twinkl.co.uk	 twinkl.co.uk
 twinkl.co.uk	 twinkl.co.uk	 twinkl.co.uk
 twinkl.co.uk	 twinkl.co.uk	 twinkl.co.uk



*chime*



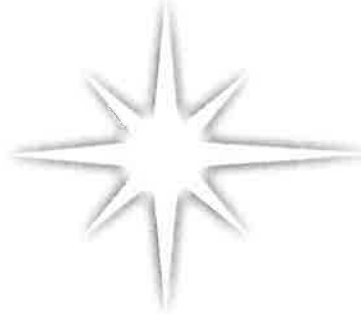
*throne*



*whale*



*chase*



*shine*



*shake*

a	b	c	d	e	f
g	h	i	j	k	l
m	n	o	p	q	r
s	t	u	v	w	x
y	z	sh	ch	th	wh

a	b	c	d	e	f
g	h	i	j	k	l
m	n	o	p	q	r
s	t	u	v	w	x
y	z	sh	ch	th	wh

# Retelling

Book title: \_\_\_\_\_

*Retell the story with pictures or words*

*Beginning*

*Middle*

*End*

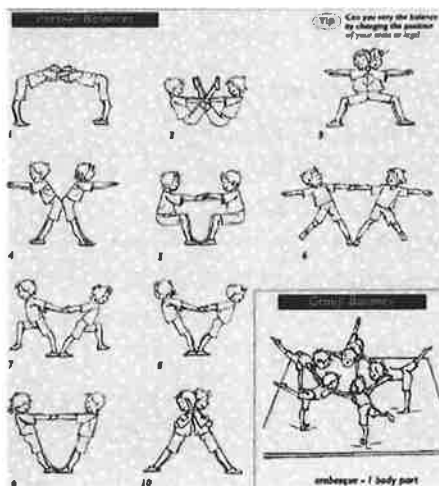
# GYMNASTICS

Hi Grade 1 and 2. Here is a description of the lesson for week 6. I hope you really enjoy it! You may like to view the video on Seesaw for demonstrations of the activities.

## Warm Up Activities

### Alphabet letters & Partner balances

- Using your body to form the letter, try and make the letters: C, F, I, L, O, T, V, P, Y  
Try and use your whole body to make the letter
- If you have a partner/s (another family member/s) to work with, try and make these letters together: A, B, D, E, S, X, W, K
- Using your body spell the letters in your name (E.G. B R A D)
- Spell a word and have someone try and work out what the word is
- Can you guess what word I spelt in the video?
- You may like to also try the partner balances shown below and sent out on seesaw



### Sports themed warm up



- Play a song of choice. I suggest:
- Listen to and watch the instructor as they call out the names of different sports e.g. Basketball, football, soccer, netball, karate etc.
- You then pretend to perform some of the moves you might see in that sport. For example, Baseball- someone pitching the ball, someone hitting the ball, running around the bases etc.




## Skill Development

### Shapes, Positions and Action Challenges









You may like do these on a soft mat or carpet.

1. Can you balance using these different numbers of body parts touching the ground-

- One body part  

- Two body parts 
- Three body parts 
- Four body parts 

2. Try and think of different ways you can make each shape below with your body
- Wide shape
  - Thin shape
  - Round shape
  - Tall shape
  - Twisted shape
3. Lets try these movement challenges

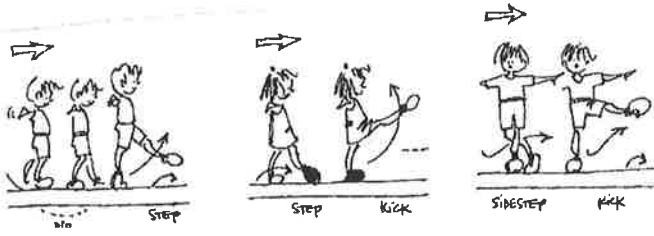
- Rocking back and forth on your back 
- Rocking to stand- with assistance or without 
- Marching on your hands 
- Move your body like a windscreen wiper 
- Moving from front support to rear support 
- Jump- Performing a 180 turn in the air and landing balanced without stepping. Try a 360 degree jump 
- Sitting down with legs crossed and standing up without using your hands 
- Bunny jumps 

### Balancing- Beam walk

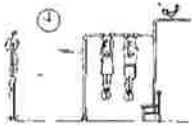
- Try and find something or somewhere you can practice walking along while balancing. For example- a straight line on the ground, a piece of timber, low retaining wall. We will use it like our balance beam at school.
- Remember we use our 'heel toe walk' when going across our pretend beam. This means:
  1. Both arms out to the side
  2. Head and eyes looking forwards
  3. Heel of one foot touching the toes of the other foot each time we step along the "beam"
- On your "beam" try going:
  1. Forwards / Backwards
  2. Forwards to the middle, turning and going backwards
  3. Sideways
  4. Bending down and picking up objects placed on your "beam" as you walk along
  5. Performing Step kicks across the beam
  6. Balancing on object on your head and crossing the beam
  7. Come up with you own way of going along the beam-



e.g. catching and/or bouncing a ball as you cross, performing a balance on the beam etc.

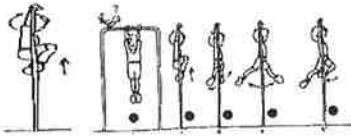


**OPTIONAL- Hanging/Swinging-** if you have a bar that is safe and secure



Find something (e.g. bar) that you can safely hang from (not too high and secure)

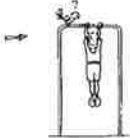
1. Can you hang from the bar and change your body position (legs apart, knees to chest etc.)?



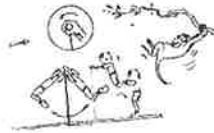
2. Can you turn your whole (while hanging) so you face the opposite direction?



3. Can you walk your hands along the bar



4. Can you do a small swing back and forth? Release and land?



**Balance and Locomotion (movement) Routine**

**Steps:**



- Find a space in your home or outside in your yard that is clear of obstacles and/or furniture.
- You are going to create your own basic gymnastics floor routine that combines balances (e.g. front support, arabesque, tuck sit) and different locomotion (movements skills such as hopping, jumping, leaping, skipping, rolling etc). I have included my example routine in the see-saw video and here is an example that may give you some ideas:

<https://www.youtube.com/watch?v=FudfJp8BEh0>

- I suggest:
  - your routine has 4-6 gymnastics moves. You can add more if you wish or make up a couple of different routines.
  - You do your routine to your favourite music.
  - You can include other family members and equipment (balance beam, box to jump off, hoola hoop, ball etc. if you like)
  - Make sure when you are selecting movements and balances you stick within what you know how to do. If there is a skill that we haven't covered but you can do safely (e.g. cartwheel, forward roll etc.) you may like to include it in your routine
  - If possible, send your routine through to Mr Ross. He would love to see it and will give a **small prize** to each video entry!
  - Most of all- have HEAPS OF FUN!!

# Birds, Birds, Birds

\_\_\_\_\_ birds. \_\_\_\_\_ birds

\_\_\_\_\_, \_\_\_\_\_ birds.

\_\_\_\_\_ birds. \_\_\_\_\_ birds

\_\_\_\_\_ birds too.

\_\_\_\_\_ birds. \_\_\_\_\_ birds

Don't forget the \_\_\_\_\_ birds.

Last of all.

Best of all.

I like the \_\_\_\_\_ birds.