

# THE ALPHABET OF SHAPES CHALLENGE



## CHALLENGE

Each performer has to move through the alphabet of shapes fluently and under control. Each shape should be performed with quality and control.

Perform the routine fluently and in the correct order

(Safety note, please make sure that there is enough space to perform these actions)

## EQUIPMENT

You!

A clear space for you to perform safely

A towel or yoga mat (if you have one) if you are performing outside

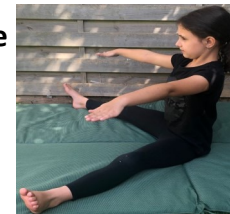
1. tuck



2. pike



3. pike straddle



4. straddle



5. straight



6. dish



7. arch



8. front straddle



9. puck



*Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.*

## HOW TO PLAY

Practise each shape on its own in the first instance

Learn the routine

Perform the routine fluently and under control

Click on the picture below to watch the video of how to perform the routine demonstrated by ex Olympic gymnast Craig Heap



## INCLUSIVE

Adapt and simplify the shapes to suit your needs

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## SPiRiT OF THE GAMES VALUES

**SELF BELIEF - ANYTHING IS POSSIBLE!**



**PASSION HAVING A PASSION WILL HELP YOU REACH YOUR FULLPOTENTIAL!**



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