

Fig. 4.8: Wide body shape

Fig. 4.9: Curled body shape

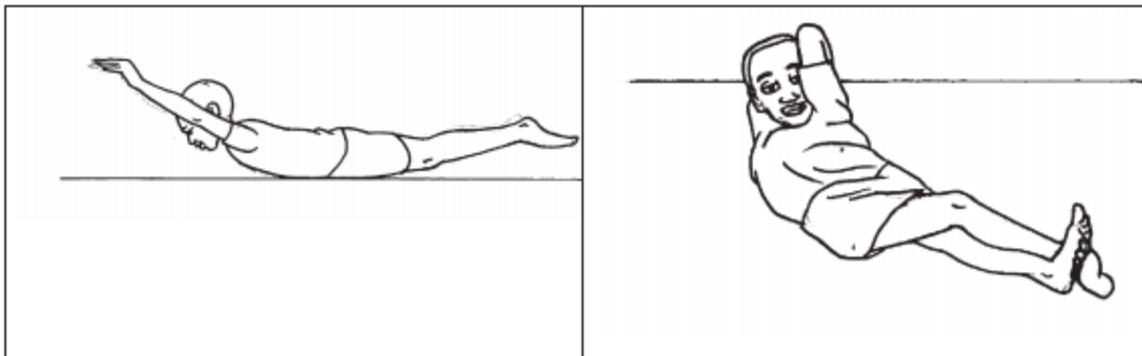


Fig. 4.9: Narrow body shape

Fig. 4.10: Twisted body shape

ii) Think about more body shape and demonstrate them in groups to the whole class.

Activity of Integration

You are appointed a lead organiser for your class display of basic gymnastics during a school day. The event will specifically be used to interest the school community in the use of various safe movements to improve their fitness levels in addition to enlightening parents about the importance of gymnastics to a growing child.

- As a leader organiser, lay out the activities your class would display for that purpose. For each activity state the number of participants, the equipment and purpose.
- Demonstrate the planned activities as an entertainment and an educational piece to a selected audience.