# SHAPES IN THE POOL

## Can you make these shapes in the pool?

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| --- | --- | --- |
| Lying on your back | * Arms above the head
* Eyes facing the ceiling
* Toes points
 |  |
| Lying on my front | * Arms above the head
* Eyes facing the pool bottom
* Toes points
 |  |
| Tuck on your back | * Knees brought to chest
* Head faces forward
* Arms stretch towards toes
 |  |
| Star on your back and front | * Face facing the ceiling
* Arms and legs stretch out to form a star
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Once pupils become confident making these shapes, they can then start to think about and practice other shapes they can make.

This activity can also be used on dry land to develop pupils ability to perform different gymnastic shapes.