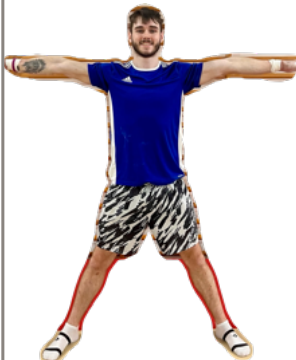


Falcons Shapes Help Sheet

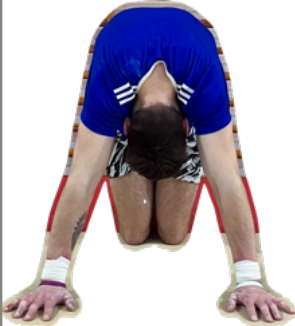
Shape	Front View	Side View	Details
Straight			Straight shape should have arms up straight together, feet flat, together and legs straight. Reach as high up as they can.
Star			Star shape should have arms out sideways, feet and legs apart wide, legs and arms straight, feet flat.
Standing Pike Fold			From Straight shape gymnasts fold over from the hips to try and touch the ground or toes with straight legs. Some gymnasts may only be able to reach as far down as their knees without bending the legs.

Shape	Front View	Side View	Details
Standing Straddle Fold			From Star shape gymnasts fold over from the hips to try and touch the ground or toes with straight legs. Some gymnasts may only be able to reach as far down as their knees without bending the legs.
Single Leg Balance			Gymnast shifts weight onto one foot to balance on one leg. Gymnast must use their arms out to the side to help them balance, try the other leg or even try closing one eye or both for a challenge.
Tuck Sit			Gymnasts tuck their knees up sitting down, points their toes and stretches arms out in front of them. Gymnast may need to hold on legs to get balance first.

Shape	Front View	Side View	Details
Pike Sit			Gymnast stretches legs out long in front of them, sits up tall, arms stretched forward or to the side with pointed good toes. Watch the knees are pushed to the floor no gaps!
Straddle Sit			Gymnast stretches legs out long and wide in front of them, sits up tall, arms stretched forward or to the side with pointed good toes. Watch the knees are pushed to the floor no gaps!
Pike Fold			Gymnast goes from Pike shape and folds over to try and reach their pointy good toes, head down trying to touch nose to knees. Important to not stretch too far that the legs bend.

Shape	Front View	Side View	Details
Straddle Fold			Gymnast goes from Straddle shape and folds over to try and reach nose to the floor. Straight legs, pointed good toes. Important to not stretch too far that the legs bend.
Straddle Side Stretch			Gymnast goes from Straddle shape and folds over to one leg trying to reach nose to their knee. Straight legs, pointed good toes. Important to not stretch too far that the legs bend.
Good Toes in Straddle			Gymnast to sit in Straddle pointing toes down, really important to watch knees and toes here. Knees should face up to the sky but be pushing down so no gaps under and legs pulled back. Little toes head to the floor not big toes.

Shape	Front View	Side View	Details
Naughty/Bad Toes in Straddle			Gymnast to sit in Straddle turning toes up to the sky, some gymnasts may even have a “heel lift” when heels come off the floor - this is based on flexibility and will only happen in a few gymnasts when the legs are straight.
Good Toes in Pike			Gymnast to sit in Pike pointing toes down. Knees should face up to the sky but be pushing down so no gaps under.
Naughty/Bad Toes in Pike			Gymnast to sit in Pike turning toes up to the sky, some gymnasts may even have a “heel lift” when heels come off the floor - this is based on flexibility and will only happen in a few gymnasts when the legs are straight.

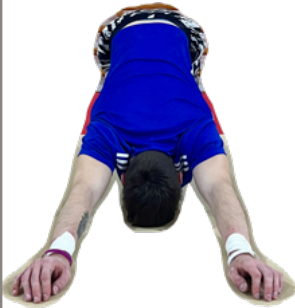
Shape	Front View	Side View	Details
Happy Cat			Gymnast to go on all fours, drop tummy down and arch head up to the sky. Hips over knees, shoulders over wrists trying to arch the back.
Angry Cat			Gymnast to go on all fours, round the back up to the sky - imagine a cat hissing, tuck the head in and squeeze the ears up to the shoulders.
Front Support			This is often best tried from angry cat as the head and ears should be squeezed in still with the back pushed up, legs out long and standing on feet.

Shape	Front View	Side View	Details
Back Support			This is often best tried from pike sit, then place hands behind and lift the bottom off the floor. Legs straight, toes pointed, head in looking at feet.
Table Support			This is often best tried from tuck sit, then place hands behind and lift the bottom off the floor. Legs bent, toes flat, head in looking at knees.
Side Support			From laying on their sides gymnast pushes up on one hand and stacks the feet on top of each other sideways. This can also be performed from turning from front or back support. Legs and arms straight, toes pointed.

Shape	Front View	Side View	Details
Butterfly			Sitting up straight with knees bent out and toes sandwiched together. Trying to push knees to the floor.
Butterfly toes to nose			Sitting in butterfly trying to get nose to reach toes making sure to keep tail bone on floor. If this is easily done then try and reach forwards and get nose to the floor.
V-Sit			This is often best tried from pike sit, gymnast place hands behind them and lift both legs up straight, toes pointed to try and reach knees to nose, For a challenge try balancing with your hands off the floor!

Shape	Front View	Side View	Details
Tucked Handstand against block			Using something that is the same height as their knees when upside down (this could be a chair or a sofa) place hands on floor and put knees up on something high. Bend them up, point the toes, straight back, ensure hips and shoulders are stacked directly over wrists, head in.
Piked Handstand against block			This is very similar to the tucked handstand but is a progression up. Place hands on floor and feet up on something high. Straight legs, stand on toes, straight back, ensure hips and shoulders are stacked directly over wrists, head in.
Dish with bent legs			Gymnast starts by laying completely flat on the floor on their back, then lifting head, shoulders, arms, hands, pointed feet and bent legs off the floor. Ensure back is fully pressed flat into the floor.

Shape	Front View	Side View	Details
Dish			Gymnast starts by laying completely flat on the floor on their back, then lifting head, shoulders, arms, hands, pointed feet and tight legs off the floor. Ensure back is fully pressed flat into the floor if there is a gap under their back then get gymnast to sit further up and if needed to bend the knees again until core is strong enough to push belly button down towards the spine.
Arch			Gymnast starts by laying completely flat on the floor on their tummy, then lifting head, shoulders, arms, hands, pointed feet and tight legs off the floor. Ensure tummy is fully pressed flat into the floor.
Seal			Gymnast lays on their tummy, legs straight, together, toes pointed and tucked under. Lift the upper body up from hands in front, push shoulders down away from ears and try to press hips into the floor, head up.

Shape	Front View	Side View	Details
Snail			From seal push hips back until they are directly stacked above knees and press armpits down into the floor, keep arms out forwards, legs and feet together. Some gymnasts may get their arm pits flat to the floor and gymnast can then lift head up and rest on their chin or turn head to the side.
Bunny Hop			From crouch jump both feet up to kick bottom. Shoulders stacked over wrists, looking at your hands, legs together and toes pointed.
			From crouch jump both feet up to kick bottom and lift bottom up high stacked straight above shoulders and wrists, tuck head in to chest. Legs together and toes pointed.

Shape	Front View	Side View	Details
Bear/Spider Crawls			Gymnast goes from star shape, places hands on the floor and shifts weight from one toe to the other. The legs should be straight and the toes push to bounce from side to side as the gymnast walks the hands forwards.