



 $\checkmark$ 

Home of Primary PE





- Sit on the floor
- Keep legs straight and together
- Point the toes
- Hold arms straight and above legs
- Keep back straight
- Head up and looking forwards

To perform a good Pike shape, the back of the knees should be pushed into the floor so the heels are raised slightly

www.peplanning.org.uk | Tel. +44 (0) 1535 644 777 | Email: info@peplanning.org.uk