



KEY STAGE 2

Gymnastics



Lesson Plans

1. How to travel
2. Shapes
3. Rolls
4. Point Balance
5. Patch Balance
6. Partner Balance
7. Sequence

KEY STAGE 2

Gymnastics

TRAVELLING WARM UP SEQUENCE

All Gymnastics lessons should start with a Travelling sequence across the floor matt as a warm up routine



HOPPING: 1.One foot 2.Two feet 3.One foot to two feet 4.Two feet to one foot 5.One foot to opposite one foot

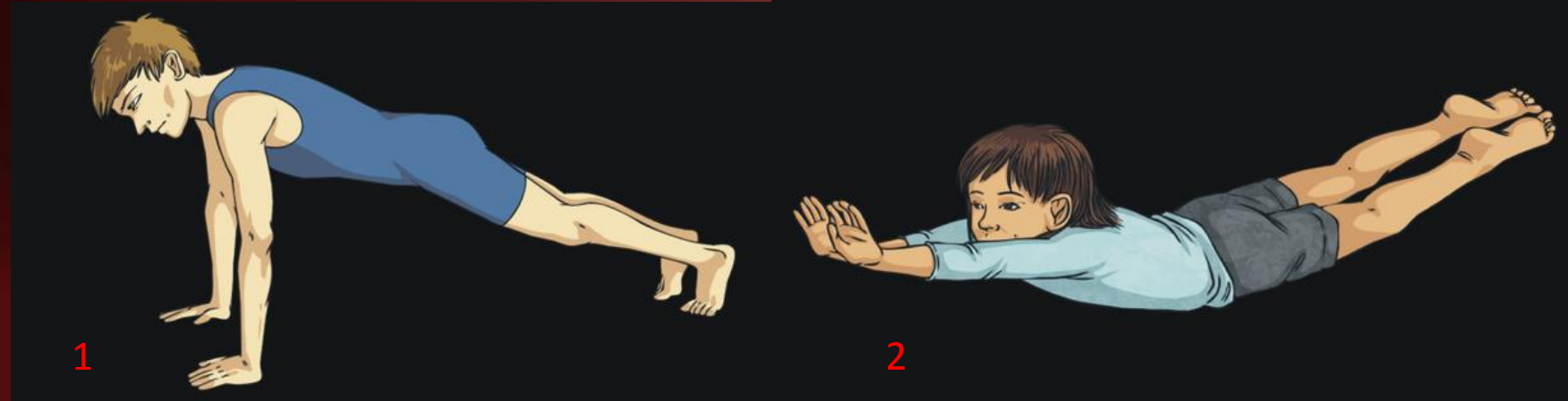
SKIPPING: One foot to opposite foot with high knees

JOGGING: Slow running

SHAPES

Gymnastics shapes form the fundamental beginning of floor exercise, they are also used in many other sports

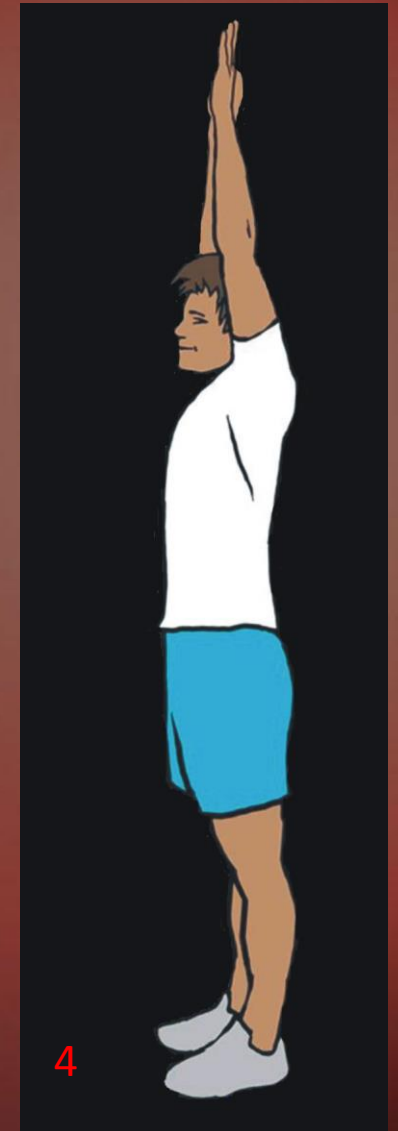
1. Front support
2. The Arch
3. The Tuck
4. The Dish
5. Star



Each pose should be held for 5 seconds, then repeated

SHAPES

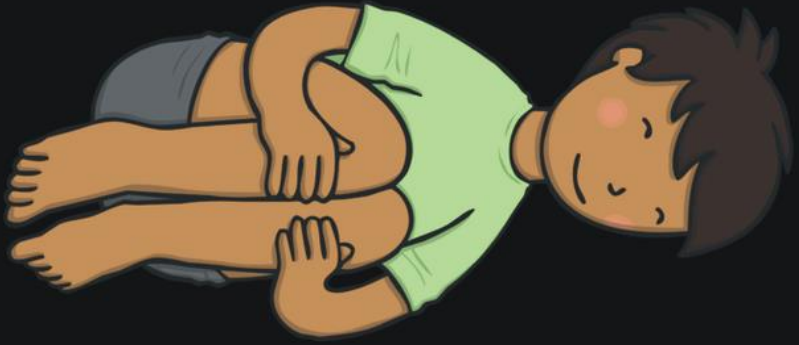
1. The Straddle
2. The Pike
3. The Dish
4. The Pencil



Each pose should be held for 5 seconds, then repeated

ROLLS

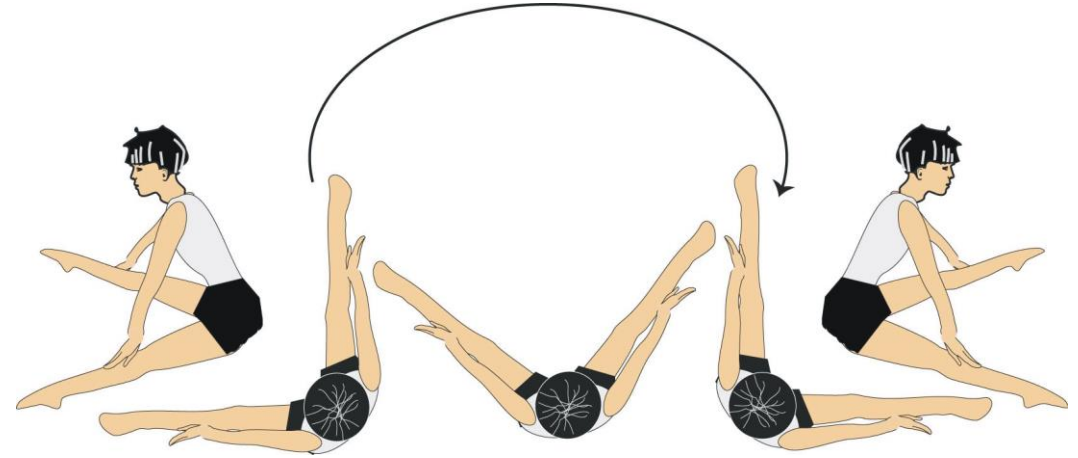
Complete each roll and repeat 3 times



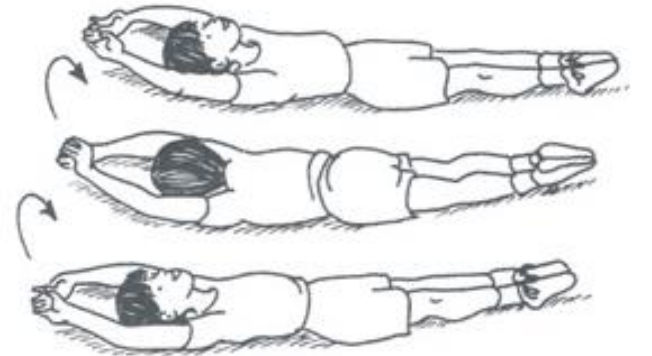
The Egg Roll



Teddy Bear Roll



Pencil Roll



ROLLS

Complete each roll and repeat 3 times

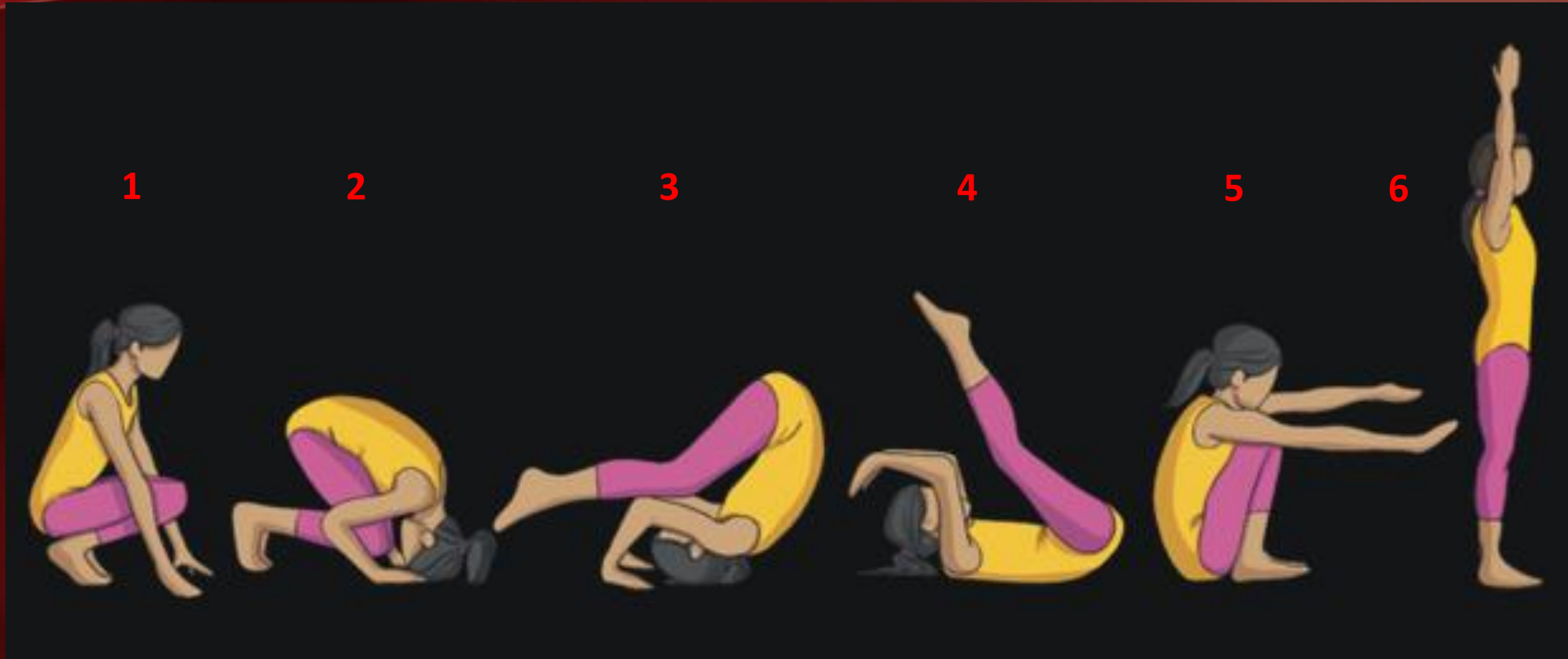


The Shoulder Roll



The Arch Roll

FORWARD ROLL



Begin in a crouch position

Take weight on hands flat on the floor shoulder width apart, fingers forward

Head tucked in so that contact with the ground is made with the back of the head

Strong push from the feet, arms bend to provide a change of balance resulting in a forward movement

Body remains tucked with round back and arms out

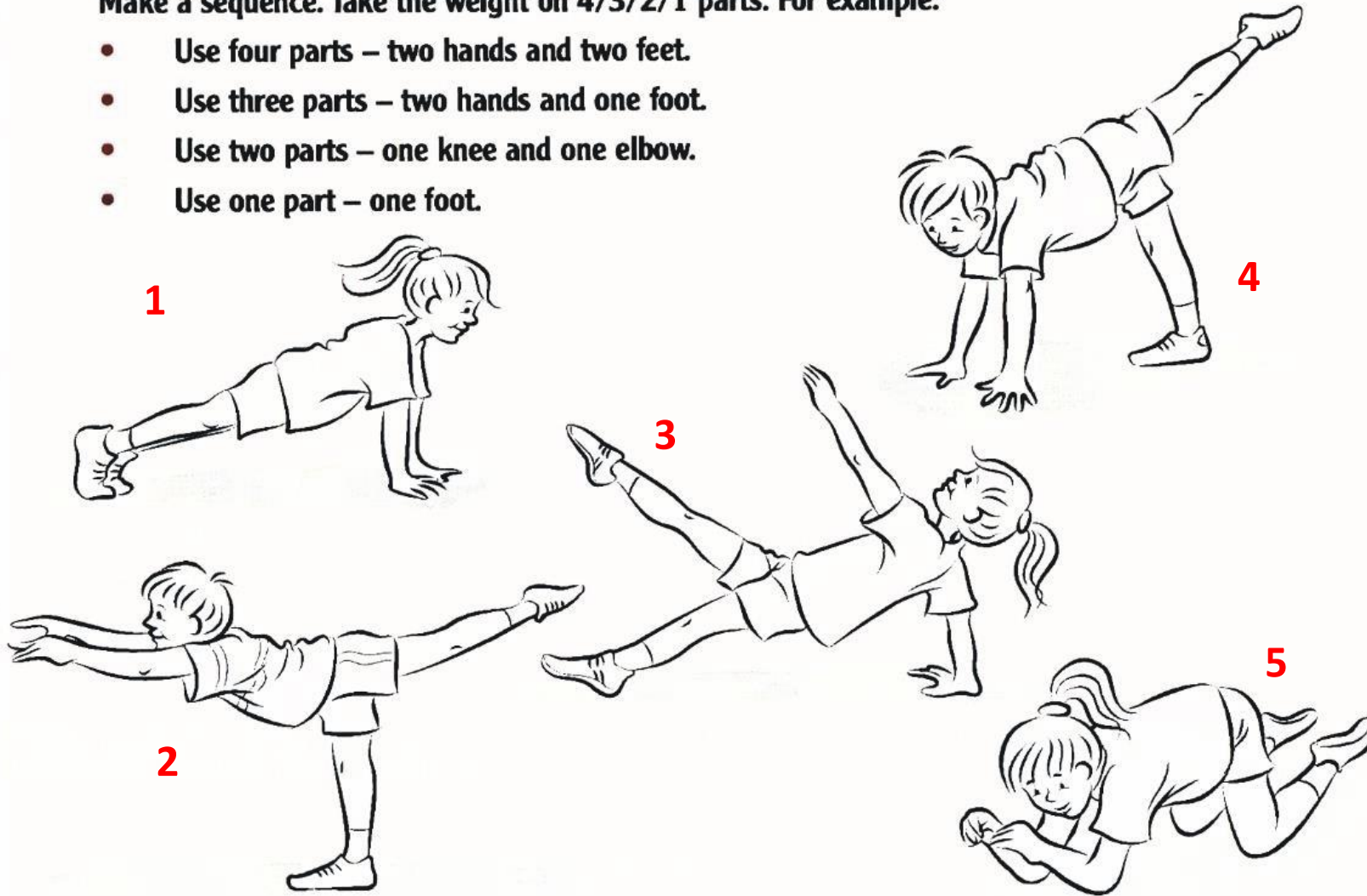
Reach forward with arms to come into a standing position

POINT BALANCE

Each pose should be held for 5 seconds, then repeated

Make a sequence. Take the weight on 4/3/2/1 parts. For example:

- Use four parts – two hands and two feet.
- Use three parts – two hands and one foot.
- Use two parts – one knee and one elbow.
- Use one part – one foot.



- 1 The Plank
- 2 Arabesque
- 3 One handed
- 4 Two handed standing
- 5 Elbows and Knees

Hold each balance for 3 seconds

POINT BALANCE

Each pose should be held for 5 seconds, then repeated



The Bridge is a popular point balance

Both hands and feet positioned flat on the floor facing forward.

Tummy pushed up and head facing back.

This is also the start position for a back flip which should not be attempted unassisted.

PATCH BALANCE

Each pose should be held for 5 seconds, then repeated

Raise and stretch the legs and arms that are not touching the mat.

1



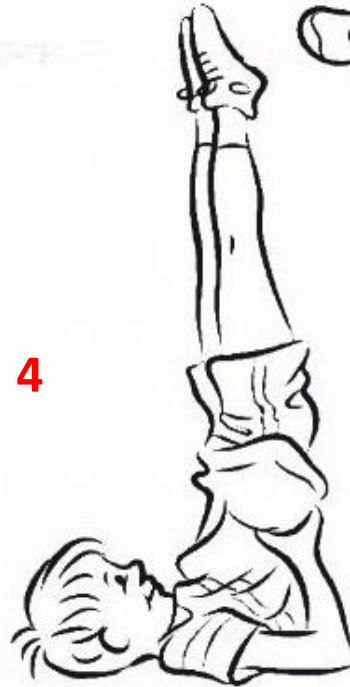
2



3



4



5

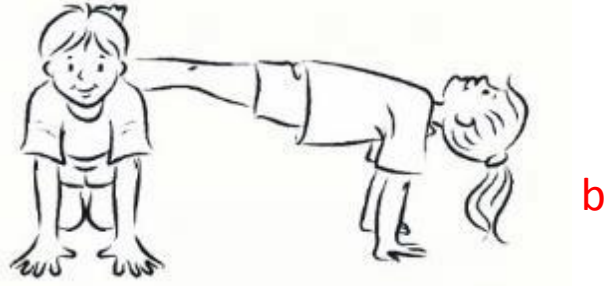


- 1 The Superman
- 2 Side balance
- 3 Seated balance
- 4 Shoulder balance
- 5 Back balance

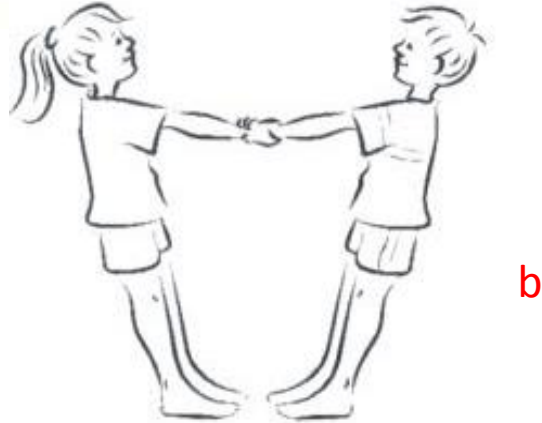
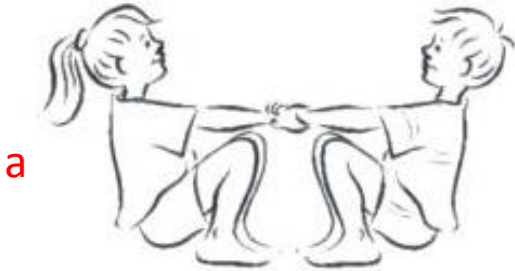
PARTNER BALANCE

Each pose should be held for 5 seconds, then repeated

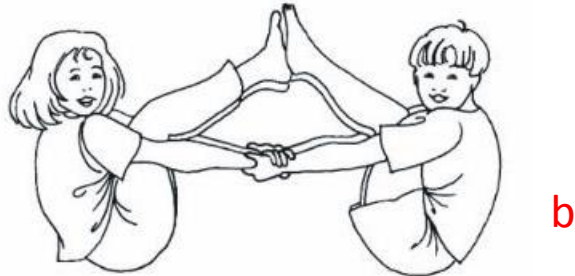
Back Support



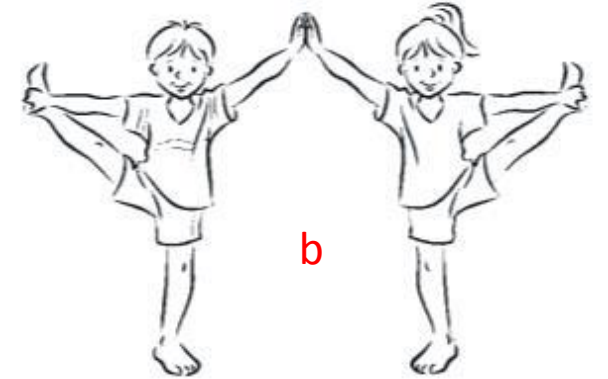
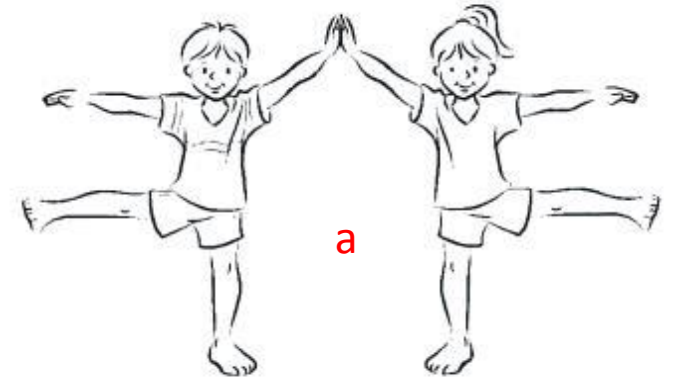
Opposite Angles



Open Bridge



Symmetry



Ankle Support



PERFORMANCE ROUTINE

When all the lesson plans have been completed, create your own routine to include:

- 1 - Travel**
- 2 - Shapes x 2**
- 3 - Patch Balance**
- 4 - Point Balance**
- 5 - Partner Balance**

If you could video your children performing the final sequence and e mail into the school it would be great to see what they achieved.

The lessons are part of their curriculum and are designed for us to assess and attribute a grading.