

YEAR 6 GYM, FLOOR SPRING 1

OVERALL OUTCOMES

- ALL:** Can perform a sequence combining key aspects of gymnastics with control and poise
- MOST:** Can perform a sequence combining key aspects of gymnastics with control and poise. Can give accurate feedback and can act on the feedback given by others
- SOME:** Can perform sequences consistently showing control, poise and energy. Can adapt sequences and perform with high levels of performance



WEEK 1 / 6

WEEK 1 – BASICS IN ISOLATION

OBJECTIVE	ACTIVITIES	LEARNING OUTCOME
<p>To perform gymnastic movements</p>	<p>WARM UP Stepping/ Skipping. Explain that stepping is a very important movement. I'm looking for pointed toes, high chins, arms to the side out pointed.</p> <p>Place 2 lines of cones at either side of the hall approx. 1.5m apart. Have one side one colour and the other side a different colour. Place another line of cones (a 3rd colour) down the middle of the hall. Put children into pairs and ask children to sit behind an outside cone 1 behind the other facing the middle cones.</p> <ol style="list-style-type: none"> Show video/model step First person from each pair performs step to the middle cone and back to their partner. Swap over Give each other feedback Each player has another go Repeat for all types of step 	<p>ALL: Can perform and name a variety of gymnastic movements</p> <p>MOST: Can perform a variety of movements with control</p> <p>SOME: Can perform movements with control consistently</p>
<p>KEY WORDS/EQUIPMENT</p> <ul style="list-style-type: none"> > Posture > Control > Balance > Fluidity > Technique > Concentration > Flexibility > Mats > Beanbags 	<p>HIGHLIGHT GOOD EXAMPLES. Use beanbags to promote good children position and arm position. Bean bags will keep head in a neutral position and arms straight out.</p> <ol style="list-style-type: none"> Straight legs (walking forward) Bent leg (walking forward) Straight leg (walking sideways) Bent leg (walking sideways) <p>3 RULES OF GYMNASTIC MOVEMENT 1) Move with control. 2) Move with purpose. 3) Use good posture.</p> <p>TEACH/ RECAP Rolls- 2 per mat where possible. Introduce key vocab. Teaching sequence for each roll:</p> <ol style="list-style-type: none"> Show video/model/ teaching points Practice General feedback Practice Partner feedback Practice 	
<p>VIDEO</p> <ul style="list-style-type: none"> Straight legs (walking forward) Bent leg (walking forward) Straight leg (walking sideways) Bent leg (walking sideways) Log roll Egg roll Side roll Dish and hollow roll Teddy roll 	<p>LOG ROLL</p> <ol style="list-style-type: none"> Children lie on mat with straight arms and legs with fingers and toes pointing. Roll sideways travelling from back to front to back again going the same direction in one continuous motion. <p>DISH AND HOLLOW Same as Log Roll although this time arms and legs don't touch the floor at any point.</p> <ol style="list-style-type: none"> Start on back with straight arms and legs raised slightly in the air. Children roll sideways onto their front, arching their back so arms and legs don't touch the floor and in one continuous motion keep rolling until on their back again. <p>TEDDY BEAR ROLL</p> <ol style="list-style-type: none"> Sit in straddle position with arms and legs wide apart and straight. Reach down to hold legs. Roll down one arm and across the shoulders. Roll down the other arm Finish in a seated straddle position. <p>EGG ROLL</p> <ol style="list-style-type: none"> Start in a kneeling position with back straight. Tuck up so back is parallel with floor. Roll sideways. Finish in original starting position. <p>SIDE ROLL</p> <ol style="list-style-type: none"> Start kneeling with arms stretched out to the side. Straighten outside leg to the side. Roll sideways onto back leading with the bent leg. Keep leg straight until on your back then swap legs so that bent leg now becomes straight and vice versa. Finish with opposite leg straight out to the side, kneeling on the other one. <p>EXTENSION Link 2 of the same rolls together.</p>	