

PE LESSON

Year 3

11.2.21

PE GYMNASTICS

LESSON – PERFORMING **RHYTHMIC GYMNASTICS** MOVES

What is rhythmic gymnastics?

Rhythmic gymnastics is a sport that combines gymnastics and dance with the use of hand apparatus. The apparatus used are: ropes, hoops, balls, clubs and ribbons.

The hand apparatus we are going to use today will be **beanbags and balls**. You can use whatever you have at home.



Your warm up should get you ready for the activity we are performing today and link to some past lessons. Can you link in some balancing, jumping and even rolling into a warm up ready for the activities today?

What Is Rhythmic Gymnastics?



What is rhythmic gymnastics? Can you fill in the missing words? ?

Rhythmic gymnastics is a sport that combines **gymnastics** and **dance** with the use of **hand** apparatus.

What are the five pieces of hand apparatus used in rhythmic gymnastics? ?

- Ropes
- Hoops
- Balls
- Clubs
- Ribbons



The Warm up



Front Support Beanbag Race

- Line up on hands and knees with the beanbag on your bag



- Drop the beanbag off your back to the right
- They then retrieve it with your right hand and place it on the left.
- The beanbag must travel all the way down across your body and then back onto your back.
- You must all stay in the front support position throughout.

How many you can do?

Beanbags Task 1



Flick and Catch

- Get into the sitting pike position.
- Grip the beanbag between your feet.
- Put your arms out behind you and lean back onto your hands.
- Flick the beanbag out of your feet and try to catch it.

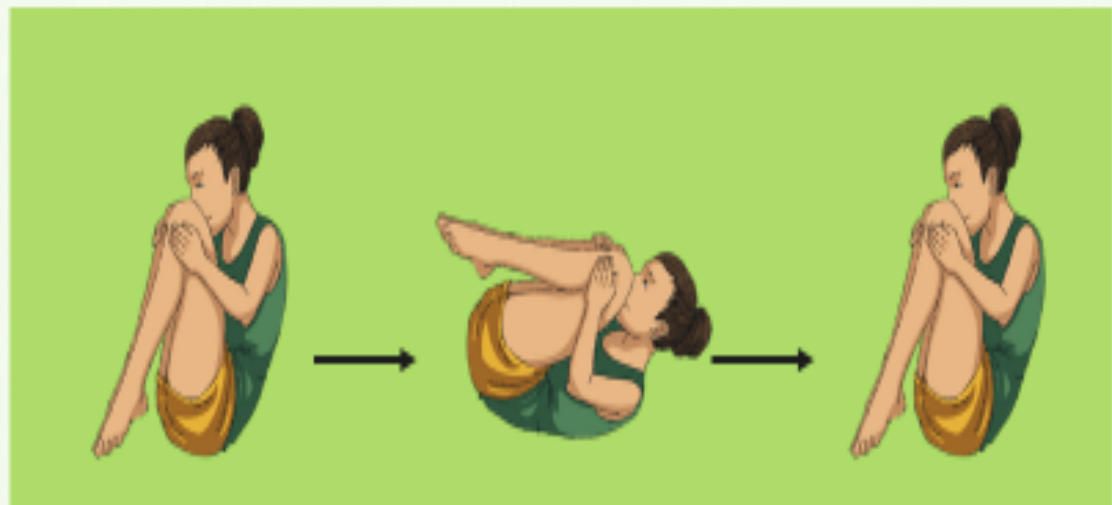


Beanbags Task 2



Grip and Roll

- Start by sitting down in the sitting tucked position.
- Grip the beanbag between your legs.
- Roll back and forth keeping the beanbag between your legs.



Beanbags Task 3



Now try the same activity but starting from a standing position and going into a pike position on shoulders and back to standing again all in one motion.

Clap and Catch

- Throw your beanbag up in the air and clap once before catching it again.
- Repeat but clapping twice before catching it again.
- Continue adding one more clap each time you throw the beanbag up in the air.
- How many claps can you get to?



Holding tight!

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(Disclaimer: Participation in any of the activities listed is entirely at your own risk!)

The Challenge

How many times can you do a **stretch jump** or **tuck jump** in **30 seconds**, holding a **bean bag** between your knees?



You have only 30 seconds!



Stretch Jump



Tuck Jump

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Ball Task 1



Finger Ball Walking

- Get into the sitting straddle position with the ball by your left foot.
- Roll the ball using your left hand fingertips around your left leg and around your back.
- Swap over hands and continue rolling the ball up towards your right foot and around it back to where the ball started.
- Try to keep your legs straight and your toes pointed throughout.



Balls Task 2



Roll and Retrieve

- Roll the ball along the floor.
- Chase after it and retrieve it.
- Now try rolling it along the floor and then jumping or leaping over it and then retrieving it. Can you remember any jumps or leaps from last lesson?



Ball Task 3 Shape and Hold



- Now try some body positions and balances with the ball. Remember when holding the ball with one hand, try to hold it with a cupped palm rather than clutching it with your fingertips.
- If you find it hard getting into the position whilst holding the ball, get your partner to help by giving you the ball once you are in position.
- Watch one another in each position and give feedback on body position and shape.
- Remember to extend and stretch to your fingertips and toes.



Throw & Catch

The Challenge

How many times can you **jump, throw a ball and then catch it** as you land in **30 seconds**?

The Rules

1. Start with a ball in one hand, with your arms down by your sides
2. Jump into the air and make a 'stretch' shape, throwing the ball up high at the same time
3. As you land, catch the ball with the other hand
4. The time will start as soon as you start your first jump
5. If you drop the ball, pick it back up as quickly as you can and then carry on
6. You could ask a family member to join in by throwing the ball to you and you jump as you catch it. Take it in turns so they get chance to jump and catch too.

Keep Safe

You may want to try this activity in the garden to make sure you have enough space and height to throw your ball. Make sure that you do not stand too close to other people while you are jumping and always land with bent knees and your feet slightly apart.

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Perform and Evaluate



Choose your favourite '**Shape and Hold**' position to perform to the rest of the class.



Can you identify the shape and hold position? ?

How was the ball being held? ?

What did they do well? ?

How could they make the position even better? ?