

Gymnastics - Year R

<p>Year R</p> <ul style="list-style-type: none"> To develop balance, agility and co-ordination individually and with others. To perform in co-operative physical activities. To master basic movements including running and jumping. To perform a routine using simple movement patterns. 	<p>Year 1</p> <ul style="list-style-type: none"> To further develop balance, agility and co-ordination individually and with others. To perform in co-operative physical activities. To master basic movements including running, skipping and jumping. To perform a routine using slightly more complex movement patterns. 	<p>Year 2</p> <ul style="list-style-type: none"> To further develop balance, agility and co-ordination individually and with others. To perform in co-operative physical activities. To master basic movements including running, skipping, hopping and jumping. To perform a routine using slightly more complex movement patterns. 		
<p>Year R</p>				
<p>Key skill/s</p>	<p>Warm up</p>	<p>Main Activity</p>	<p>Equipment</p>	<p>Cool down</p>
<p>LESSON 1</p> <ul style="list-style-type: none"> To develop balance, agility and co-ordination individually and with others. To perform in co-operative physical activities. To master basic movements including running and jumping. <p>To perform a routine using simple movement patterns.</p>	<p>Children to play warm up game 'Freeze'.</p> <p>Children to think about different ways of travelling. Pick a way of travelling around the room (between mats not on them). Children travel this way round the room until the teacher says freeze. Last child to freeze loses one of their three lives. Two of the ways of travelling should be running and jumping.</p>	<p>Put 15 mats out in the hall with space between them. Two children to work on each mat.</p> <p>Children to learn the four new gymnastics shapes. The shapes are tuck, straddle, pike and straight (see shape examples at the bottom of the plan.)</p> <p>Teach one shape at a time. After teaching shape give children chance to practice it. Remember shape can be performed from sitting and standing position. Once all four shapes have been</p>	<p>15 mats</p>	<p>Play warm up game but at a slower pace with slower forms of travelling (e.g. walking, stretching).</p>

		<p>taught play 'Shape Game'. Teacher to call out shape and children to perform it.</p>		
<p>LESSON 2</p> <ul style="list-style-type: none"> To develop balance, agility and co-ordination individually and with others. To perform in co-operative physical activities. To master basic movements including running and jumping. <p>To perform a routine using simple movement patterns.</p>	<p>Children to play warm up game 'Freeze'.</p> <p>Children to think about different ways of travelling. Pick a way of travelling around the room (between mats not on them). Children travel this way round the room until the teacher says freeze. Last child to freeze loses one of their three lives. Two of the ways of travelling should be running and jumping.</p>	<p>Put 15 mats out in the hall with space between them. 2 children to work on each mat.</p> <p>Recap shapes from previous lesson. Teacher to say shape at the front of the room and children to do the shape on their mat.</p> <p>Children to work in pairs. One child to say the shape and the other to do the shape. Children to be given opportunity to do both jobs.</p> <p>Introduce balances. Explain to the children that we are looking at trying to balance on different parts of our bodies. When performing a balance we have to hold it still for 3 seconds.</p> <p>Teacher to give children a number and they need to try and make a balance having that many body parts touching the floor.</p>	15 mats	<p>Play warm up game but at a slower pace with slower forms of travelling (e.g. walking, stretching).</p>
<p>Lesson 3</p> <ul style="list-style-type: none"> To develop balance, agility and co-ordination individually and with others. To perform in co-operative physical activities. 	<p>Children to find a space in the room. Teacher to shout out a shape and the children to do it (straight, tuck, pike, straddle).</p>	<p>Set up 8 benches in the hall with a mat at the end of each bench. Children to walk along the bench and jump off at the end. Children to perform a shape at the end on the mat and perform a different shape each time they go.</p>	8 benches 8 mats	<p>Children to find a space in the room. Teacher to shout out a shape and the children to do it (straight, tuck, pike, straddle).</p>

<ul style="list-style-type: none"> To master basic movements including running and jumping. <p>To perform a routine using simple movement patterns.</p>		<p>Progress with children being encouraged to start and finish their routine with the straight shape.</p>		
<p>Lesson 4</p> <ul style="list-style-type: none"> To develop balance, agility and co-ordination individually and with others. To perform in co-operative physical activities. To master basic movements including running and jumping. <p>To perform a routine using simple movement patterns.</p>	<p>Children to find a space in the room. Teacher to shout out a shape and the children to do it (straight, tuck, pike, straddle).</p>	<p>Set up 8 benches in the hall with a mat at the end of each bench. Children to walk along the bench and jump off at the end. Children to perform a shape at the end on the mat and perform a different shape each time they go.</p> <p>Progress with children being encouraged to start and finish their routine with the straight shape.</p> <p>Children to then consider the way they move along the benches. Show children examples of how they could move along the benches e.g. bunny hops. Then children to explore for themselves, linking balances to movement to jumping off in a routine.</p>	<p>8 benches 8 mats</p>	<p>Children to find a space in the room. Teacher to shout out a shape and the children to do it (straight, tuck, pike, straddle).</p>
<p>Lesson 5</p> <ul style="list-style-type: none"> To develop balance, agility and co-ordination individually and with others. To perform in co-operative physical activities. 	<p>Children to play warm up game 'Freeze'.</p> <p>Children to think about different ways of travelling. Pick a way of travelling around the room (between mats not on them). Children travel this way round the room until the teacher says freeze. Last child to freeze loses one of their three lives.</p>	<p>Set up 8 benches with a mat at the end. Add low boxes between the mat and the bench 2 of the runs. Children to rotate across so they get the opportunity to jump off the low box.</p> <p>Introduce different types of jump to the children. Types of jump to include star, tuck and</p>	<p>8 benches 8 mats 2 low boxes</p>	<p>Play warm up game but at a slower pace with slower forms of travelling (e.g. walking, stretching).</p>

<ul style="list-style-type: none"> To master basic movements including running and jumping. <p>To perform a routine using simple movement patterns.</p>	<p>Two of the ways of travelling should be running and jumping.</p>	<p>straight jump. Explain to children that landing safely is important, ensure they land with bent knees.</p> <p>Children to come up with routine that they can show to the class.</p>		
<p>Lesson 6</p> <ul style="list-style-type: none"> To develop balance, agility and co-ordination individually and with others. To perform in co-operative physical activities. To master basic movements including running and jumping. <p>To perform a routine using simple movement patterns.</p>	<p>Children to play warm up game 'Freeze'.</p> <p>Children to think about different ways of travelling. Pick a way of travelling around the room (between mats not on them). Children travel this way round the room until the teacher says freeze. Last child to freeze loses one of their three lives. Two of the ways of travelling should be running and jumping.</p>	<p>Set up 8 benches with a mat at the end. Add different size boxes between the mat and the bench of 6 of the runs. Children to rotate across so they get the opportunity to jump off all size boxes.</p> <p>Recap different types of jump to the children. Types of jump to include star, tuck and straight jump. Explain to children that landing safely is important, ensure they land with bent knees.</p> <p>Children to come up with routine that they can show to the class.</p>	<p>8 benches 8 mats 6 boxes</p>	<p>Play warm up game but at a slower pace with slower forms of travelling (e.g. walking, stretching).</p>

Straight



Pike



Tuck



Straddle

