

LESSON PLAN: GYMNASTICS: YEAR 3: WEEK ONE

LESSON OBJECTIVES: To balance successfully on a set number of points. To select and combine ways of travelling to create a sequence.

WARM UP (10 MIN) Sticky bodies:

- Children sit with their legs out straight. Can they make their legs tense? What happens to the feet? Can they circle their feet in both directions? Lie on side and circle legs one at a time.
- Which other parts of their body can they circle (e.g. arms, hands, hips)? Is it easier to stand, sit or lie?
- Bounce on the spot gradually getting higher. Can children bounce so their feet stick to the floor building up to leaving the floor?

TASK ONE (20 MIN) Point shapes:

- Ask children to tell and show you which parts of their bodies they can balance on. Select children demonstrating different balances on 4, 3 and 2 points to show the rest of the class.
- Using picture cards children try a variety of 2 point balances.
- Recap with children what makes a good balance.
- Recap different ways of travelling. Ask children to demonstrate and others copy.
- Can the pupils use the following shapes:
Straight – Body tall and thin, legs together and arms stretched beside ears.
Tuck – Curl knees into chest, hold onto shins with legs together.
Star – Arms and legs stretched out wide and as far away from each other.

Develop: Pupils continually travel towards the apparatus, balance on 2 points on the apparatus then travel away to another piece of apparatus.

TASK TWO (20 MIN) Shape and go:

- Children to select and link two different ways of travelling and two different 2-point balances to form a sequence.
- Pupils now travel towards the apparatus, balance on 2 points on the apparatus then travel away
- Practise, remember and repeat. Perform to a partner who can use criteria to help performer improve. Swap roles then refine sequences.
- With a partner, explore 2 point balances on the apparatus. To transfer their floor sequence onto the apparatus.

EVALUATION (5 -10 MIN)

- Which shapes and travelling methods did you find the most difficult? Discuss with your partner how performing these actions together can be improved.

<http://knowsleyssp.com/wp-content/uploads/2013/12/Top-Gymnastics-Cards.pdf>

EQUIPMENT

- Mats
- Music (optional)
- Tops cards for balancing and travelling (see link)

KEYWORDS/PHRASES

- Arms out for balance
- Focus
- Points of balance
- Tension
- High level
- Low level

DIFFERENTIATION/HOMEWORK

MORE ABLE

Balance on several points of balance

Combine more difficult travelling methods

LESS ABLE

Balance on a few different points

Combine just two travelling methods

INCLUSION: Choose simple actions. Support from the TA for the less able.

For access to all lesson plans please contact
Wilson Frimpong
(wilson@lpeasn.org.uk)

Lesson activities can also be found on our
YouTube channel

You
Tube

