

LESSON PLAN: GYMNASTICS: YEAR 5: WEEK ONE

LESSON OBJECTIVES: To perform several shapes on apparatus. To combine them with a partner.

WARM UP (10 MIN) Follow the leader:

Children place the low apparatus in the working area ready to use.

- Line up in small groups of 4 or 5, take turns to lead the group around the room, using patterns and pathways on the floor. Teacher to dictate movement style initially: Walk, jog, skip, gallop, side step etc.
- On command: "Change" child at the end of the line is to travel to the front to be the new leader using the next movement style. Vary the way the back person gets to the front: weave in and out of team mates, slide under legs of team mates to get to the front.
- Repeat enough times, so that each team member gets 2 goes at the front; allow them to choose their own movement on second turn, use music if desired.

TASK ONE (20 MIN) Mirror shapes:

- Learn/Recap the correct names of the shapes, practicing each one on and off the apparatus.
- 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.
- Straddle – Sitting tall, with legs out wide and straight, arms stretched out above legs.
- Pike – Sitting tall, with legs together and straight, arms stretched out above legs.
- Front and back support-arms straight with chest facing either the air (back support) or the floor (front support).
- In pairs, take turns to travel to a piece of apparatus and perform a shape that your partner has to copy.

TASK TWO (20 MIN) Six shapes:

- In pairs, create a sequence containing at least 6 shapes, using individual and partner assisted/linked shapes. Concentrate on using different levels and base of support in shapes. Perform with partner, using a matching formation (side by side). Allow children time to remember, repeat and practise their sequence before performing.

EVALUATION (5 -10 MIN)

- Which shapes did you find the most difficult to link together? How many shapes could you link together in your sequences? 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
- Benches
- Gym tables
- Tops cards for balancing shapes (see link)
- Beanbags (optional)

KEYWORDS/PHRASES

- Maintain stillness during balance
- Maintain body shape
- Body tension
- Clear shape
- Copy partner, timing

DIFFERENTIATION/HOMEWORK

MORE ABLE

Balance a beanbag on a body part while holding a balance
Combine between 4 and 6 different shapes

LESS ABLE

Choose more simple shapes
Combine just two/three shapes

INCLUSION: Choose simple and easier shapes. Support from the TA for the less able.

For access to all lesson plans please contact
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Lesson activities can also be found on our
YouTube channel

You
Tube

