

GYMNASTICS LESSON 6

YR 3

Learning Intention: How can you perform sequence on apparatus?

Year 3

I can perform a sequence on apparatus showing body tension and some control

I can perform a sequence on apparatus showing body tension, control and pointed toes

I can perform a sequence using different levels showing good body tension, control.

EQUIPMENT:

mats, music

Apparatus.

KEY WORDS: Points, Patches, Levels

Warm up: Paper, Scissors, Stone

Children to start with a partner

They are to find any partner and play Paper, Scissors, Stone:

Paper: Straight Shape

Scissors: Star

Stone: Tuck shape

Paper: Straight Shape



Stone: Tuck shape



**Jump 3 times on the third jump
get into your shape.**



Scissors: Star

How many points can they get 1 point every time they win.

Shapes:

Children in fours practising their shapes. Each child to show a shape they know

Straight shape

Star shape

Straddle

Tuck

Dish shape

Arch

Squat shape

Pike shape

Front Support

Back Support

Japana

Make it harder: Can they show any stretches
in these shape e.g japana



Activity 1: Sequence Time on apparatus

Q & A. What gymnastic skills have the children learned this term? **Jumps, rolls, balances bunny hops on apparatus.**

In fours to **create** a sequence on apparatus. Include : **2 Jumps, 2 Balances (Point & Patch), 2 Rolls, Bunny Hop**

Perform sequence to music.

- ✓ Think of **levels** - different heights in your sequence
- ✓ Unison (can they perform at the same time)
- ✓ ;Link sequence together smoothly moving from one skill to the next

Linking Learning: bow can you transfer your skills from the floor onto apparatus.

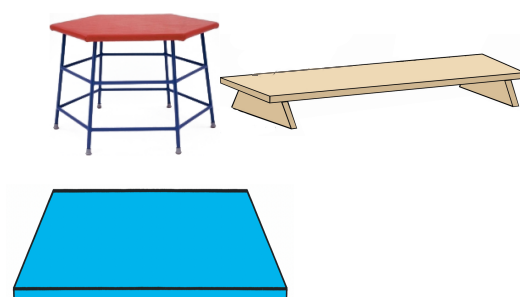
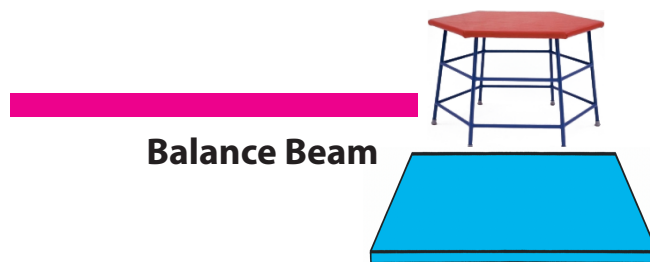
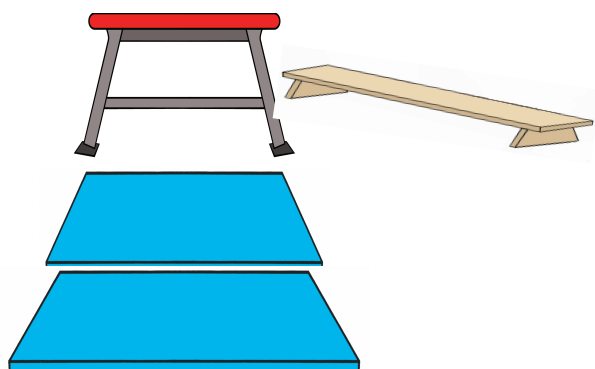
Key points: Good control, pointed toes, strong body tension, working in time with their group.

Make it harder : Complex Rolls (Forward, Teddy Bear Rolls), Jumps (Full Turn)
Balances (bridge, shoulder stand).
Increase the number of skills in sequence.
Forward roll along apparatus

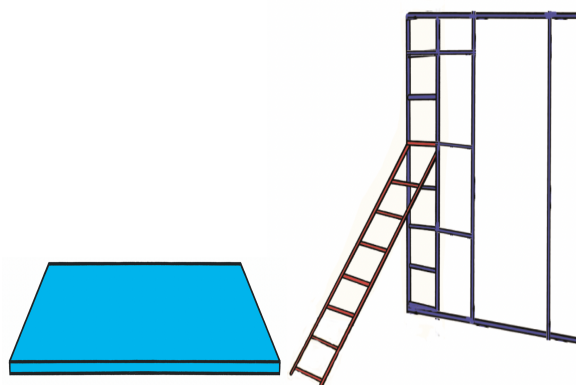
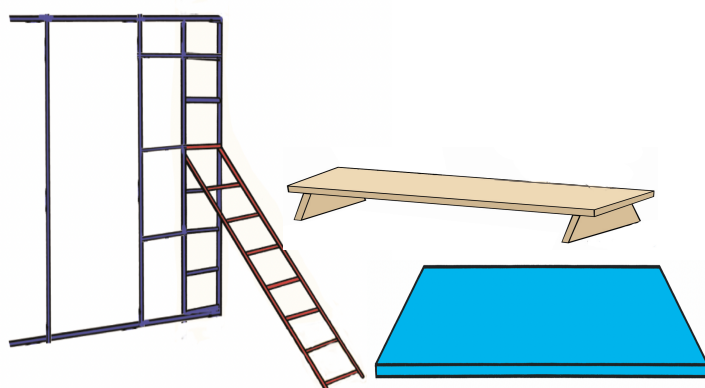
AFL: All groups to perform their sequence to the class. Class to feed back on each group's performance. You can video each group for further analysis (Use iPads/tablets).
Children could use the video feedback to further improve performance.

Example set up of apparatus:

Children to ensure they have a clear **Start** and **Finish** to the sequence.



- Key points:**
- ✓ Good control
 - ✓ Pointed toes
 - ✓ Strong body



Cool Down: Children to move around the room slowly.
Can they show three stretches that they know?

Plenary: Ask the children what was important when performing their sequence. Did they use different levels? How did they improve their sequences?