GYMNASTICS LESSON 6 YR 4

How can you choose elements to make a sequence?

EQUIPMENT:
mats, music.

I can perform a sequence using the four compulsory elements
I can perform a sequence using both the compulsory and optional elements
I can create a sequence choosing the more complex optional elements and perform with control

Warm up: Follow My Leader. Children to work in pairs.

Start with a pulse raiser: e.g. jogging, jumping, skipping, hopping. Children to take it in turns to lead a pulse raiser exercise.

Activity 2: Sequence (Pairs with one mat) - add music

1. The sequence will comprise **four compulsory elements and four optional elements** (see Pg,2)

2. Both the children to **perform the four compulsory moves**; however, the **optional elements are the pair's choice.**

3. Each sequence to have **start** and **finishing** positions.

4. The routine will be based on **four compulsory elements and six of the optional elements:**

Four compulsory elements:
Straight Jump with landing
Stork Balance
Rocking x 3 to stand
Straddle shape

Six Optional elements:
Forward Roll
Arabesque
Teddy Bear Roll
Half turn
Full turn
Jumps (shapes optional)
Front Support
Cartwheel
Elements of their own

5. Children are to **number the elements in order** on the floor routine resource card: see box below the element.

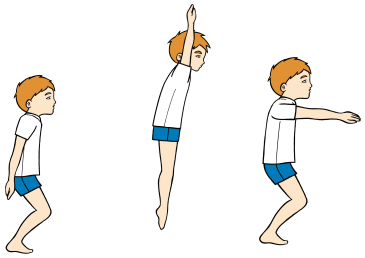
6. The skills should be performed in a combination of **linking/ travelling movements .**

7. Each pair can perform to another group and they can peer-assess them with the score card (see score card resource). **The final performance can be assessed by the teacher.**

KEY WORDS: Elements , Travelling, Sequence

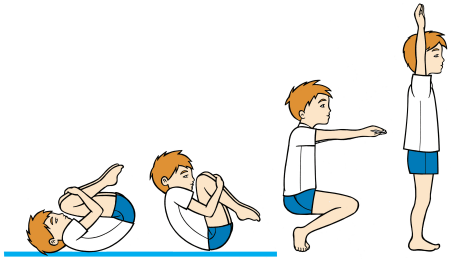
Floor Routine

Straight Jump with landing



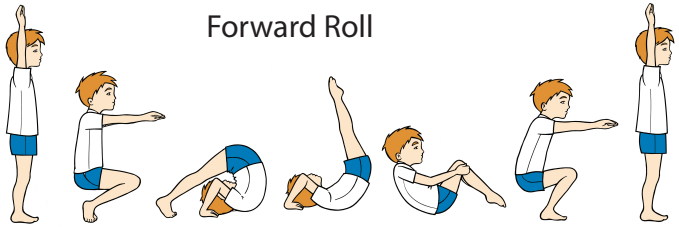
Stork

Rocking x 3 to stand



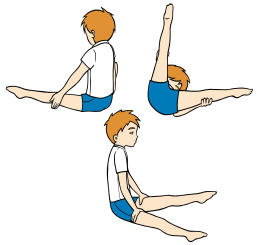
Straddle shape

Forward Roll

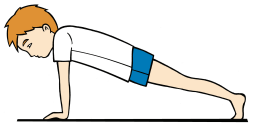


Arabesque

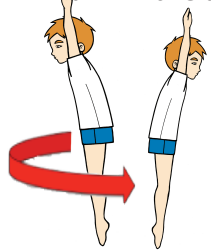
Teddy Bear Roll



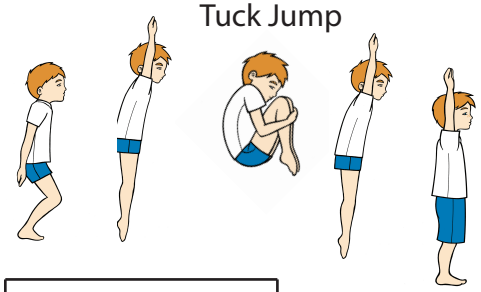
Front Support

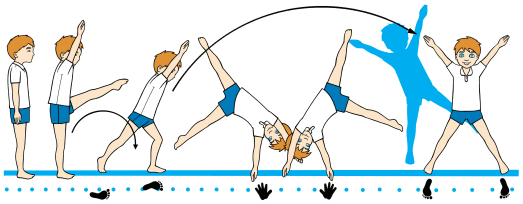


Turn in the air



Tuck Jump





Cartwheel

Element of your choice

Element of your choice

Floor Routine Score Card YR 4

Team name:

Please identify all the elements that will appear in your team's routine.
Please note, all routines must include four compulsory elements as well as the six optional elements.

Four compulsory elements:

1.
2.
3.
4

Six Optional elements:

1.
2.
3.
4.
5.
6.

	1 point	2 points	3 points
Included all compulsory elements			
Included six optional elements			
Unison			
Originality			
Pathways – moving in different directions			
Control			
Start and Finishing position			
Total points			

PPP
PRIMARY P.E. PLANNING