

Learning Intention: How can you perform a Teddy Bear Roll?

EQUIPMENT:

Resource cards,
spots,
mats.

Year 3

I can attempt to perform a Teddy Bear roll

I can perform a Teddy Bear roll with some control

I can perform a Teddy Bear roll with control and pointed toes

Note: this may take more than one lesson

Linking Learning: Ask the children when performing a teddy bear roll what shape do they start in? Straddle shape they learned in KS1.

Warm up: Shapes

Children to find a space and listen to the teacher's instructions. Children to move around in different ways hopping, skipping, jumping, walking – teacher to encourage them to move around like a gymnast with pointed toes.

1. If teacher calls '¼ turn' children perform ¼ turn.
2. If teacher calls '½ turn' children perform ½ turn.
3. If teacher calls 'turn' children can choose either ¼, ½, ¾ or full turn.

Recap of turns,
prior learning.

See resource cards for jumps.

Note: Teacher can add spots for children to jump over: one foot to two feet.

Starter Activity: Split the class in half. Teacher to call out Shapes. The quickest team to react and perform the Shapes correctly, wins one point. The winning team is the first one to get five points.

If shapes are not strong, the teacher wins a point instead.

Shapes: Straight Shape, Star Shape, Straddle, Tuck, Dish Shape, Arch Shape, Squat Shape, Pike Shape, Front Support, Back Support, Japana. See Resource card.

If children do not know shapes see resource card/video to learn them.

Activity 1: Remembering Rolls

1. How many different rolls can the children perform? Children should know: Log rolls, Tuck rolls, Dish/Arch roll from KS1.

Note: If children have not already learned the Log Roll, Tuck Roll, Dish/Arch Roll- you would need to teach these first. This may take a whole lesson. See Rolls resource card.

Make it harder: Children to perform Forward Rolls (Teacher to move around each group to check they are happy that each child can competently perform Forward Roll safely).

Activity 2: Teddy Bear Roll – Main Activity

1. Children to have a go at what they think a Teddy Bear Roll is.

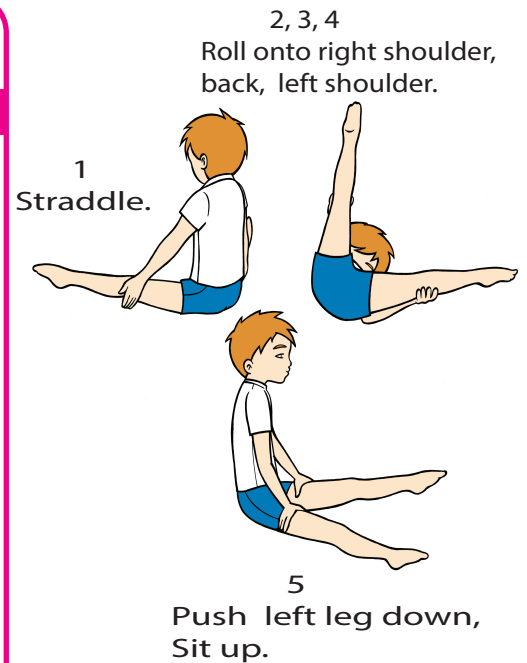
Progress check

2. Powerful Demonstrations: Use video/ More able child to teach the Teddy Bear Roll to the class.

Mini Coaches: Give children a resource card to help coach each other.

Make it easier: In pairs, ask their partner to stand behind them – this will encourage performer to roll onto shoulder first, not their back!

Make it harder: Pointed toes. Perform a Teddy Bear Roll with their partner.



Activity 3: Sequence Fun

Key words:
Sequence,
Start, Middle, Finish.

Children to get into pairs. One mat between two.

1. Children to make up a short sequence.
2. Four elements: Two Rolls and two Jumps.

Children to think of travelling moves to link their sequence together e.g. stepping, turning, half turn jump, leaping etc

Make it harder: To add more complex Rolls and Jumps to their sequence.

Challenge: Can they perform a Teddy bear roll, back to back with their partner?

How about adding music for the children to perform their sequence to?

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

Plenary: Ask the children what the key points were of performing a Teddy Bear Roll? Tell a partner what they did well when performing a Teddy Bear Roll. What they could improve next time?