

LESSON 6 Gymnastics

Early Years

Learning Intention: To perform different Rolls

Physical Development (Gross Motor Skill ELG) :

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping, skipping and climbing

EQUIPMENT:

Music/tambourine, resource cards, mats, bean bags.

Warm up: Musical Shapes

Play music or shake a tambourine. Children to skip, hop, jump around the given area like a gymnast (e.g. pointed toes). When you stop the music/tambourine children freeze in a strong shape. Teacher can call the shape for a **progress check** or let them choose. Shapes: Straight Rocket, Straddle Star, Tuck Planet, Dish, Arch Alien, Squat Alien, Pike Alien, Star. You can also progress to jumps.



Negotiate Space

Children to get one mat between two. As soon as they get to their mat they can practise their Tuck roll and Tuck rock. Q & A key words: strong, tight bodies.

Activity 1: Straight Rocket Roll



Demonstrate strength

One mat between two.

Children to show a Straight Rocket shape. Children to explore how they could roll on the mat in their Straight Rocket shape.

Teacher to model a gymnastics Straight Rocket roll using resource cards or a **More Able** child.

1. **Start** In Straight Rocket shape on the mat (lying on their back).
2. **Middle** Controlled Rocket roll towards red spot.
3. **Finish** Finish roll at the end of the mat and stand up on the red spot and show a Straight Rocket (straight) shape.

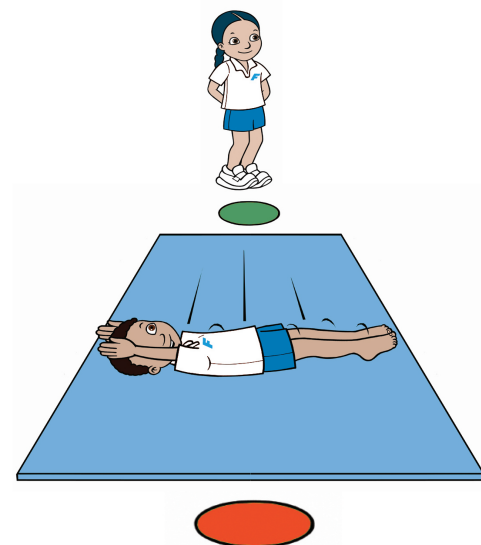
Make it harder: To point their toes.

Extension: Children to start and finish in a standing Straight Rocket shape.

Choose some children to demonstrate the to class.

Remember:

Children to wait their turn – only go when their partner is at the red spot.



Control the roll:
do not roll off the mat!

Activity 2: Sequence Fun

Demonstrate strength

Teacher to Q & A the children: what Space Shapes, Jumps and Rolls have they learned?

Teacher to use a **More Able** child to model a sequence to the class: e.g. **Start** (Tuck Planet shape)
Middle (Straight Rocket Roll)
Finish (Arch Alien)

Teacher to explain to the children that in a sequence we have a **Start, Middle and Finish.**

Children to have a go at making up their own mini sequence. They can perform to their partner and/or the rest of the group. Children can give feedback to their friends. (AFL)

What other Space moves can they add to their sequence? E.g. Alien moves, Jumps, Rolls.

Make it harder: To point toes.

Make it easier: To give them a resource card or give them a Jump, Roll and Balance

Note: You could put some music on for the children to perform to.

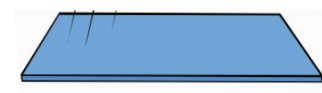
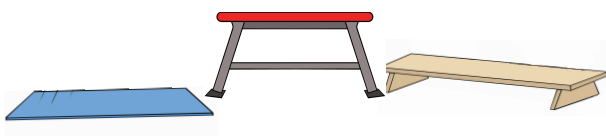
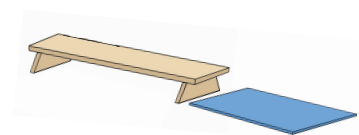
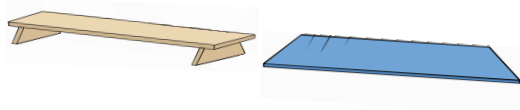
Activity 3: EXTENSION

Demonstrate strength

Teacher can set up different stations. Children can rotate around recapping their jumps, rolls and shapes. Can they do a **Start shape** and a **Finishing Shape.**

While children are rotating on the stations this the teacher can invite children up to the Star forward roll station (Activity 4) .

Ensure TA is watching the children on the apparatus



Star forward roll station

Activity 4: Star Forward Roll

Small group activity

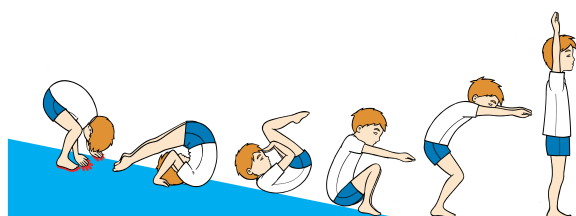
1. Teacher to have a Star Forward Roll mat. Position it at the corner of the room so you can see the rest of the class.
2. Teacher to invite children in their pairs to the Star Forward Roll mat. Start with the **More Able** children first.
3. Teacher to support child with forward roll – ensure the child's head is tucked in. (See resource card). Use throw-down hands and feet to enable children to get into the correct position.

Note: While the teacher is working with individuals the rest of the children are practising their mini sequences (Activity 2). T.A. can work with the rest of the class.

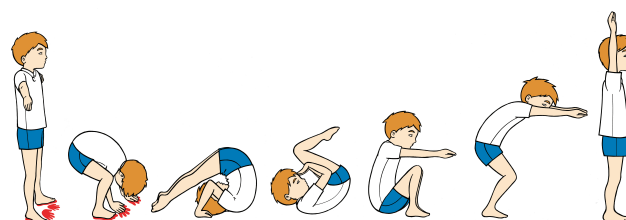
Make it easier: Teacher can use a springboard/wedge/ or soft landing mat to help the child to perform a forward roll.

Make it harder: Try a Star Forward roll without the throw-down hands and feet.

Make it easier: teacher to use a springboard/wedge to help with Star Forward Roll.



Make it harder: Star Forward Roll on a mat



Cool Down: Lie down on the floor. Teacher to count to ten children to grow into their favourite shape.

Plenary: Ask the children what they liked about today's lesson.
What did they need to have in their mini sequence?
What rolls did they like the best?