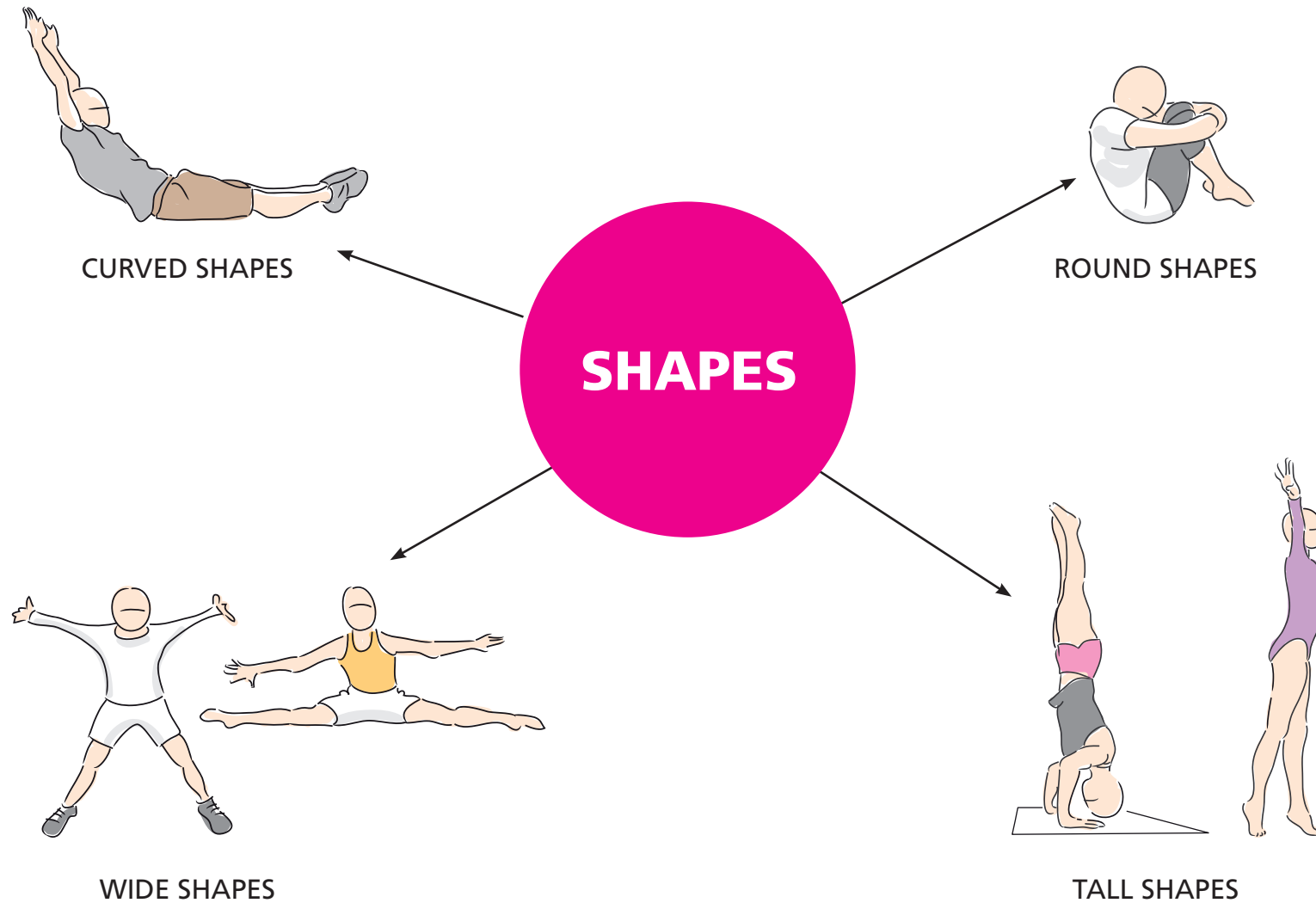


# RESOURCE CARD: **GYMNASTICS:** YEAR 1

RELATES TO: **WEEK 1**



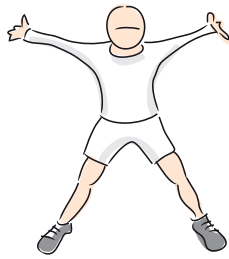
# RESOURCE CARD: **GYMNASTICS:** YEAR 1

RELATES TO: **WEEK 2**

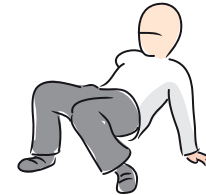
## MAIN LESSON: EXAMPLES OF SIMPLE SHAPE SEQUENCES



HOPPING



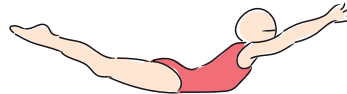
STAR SHAPE



CRAB WALK



FROG JUMPS



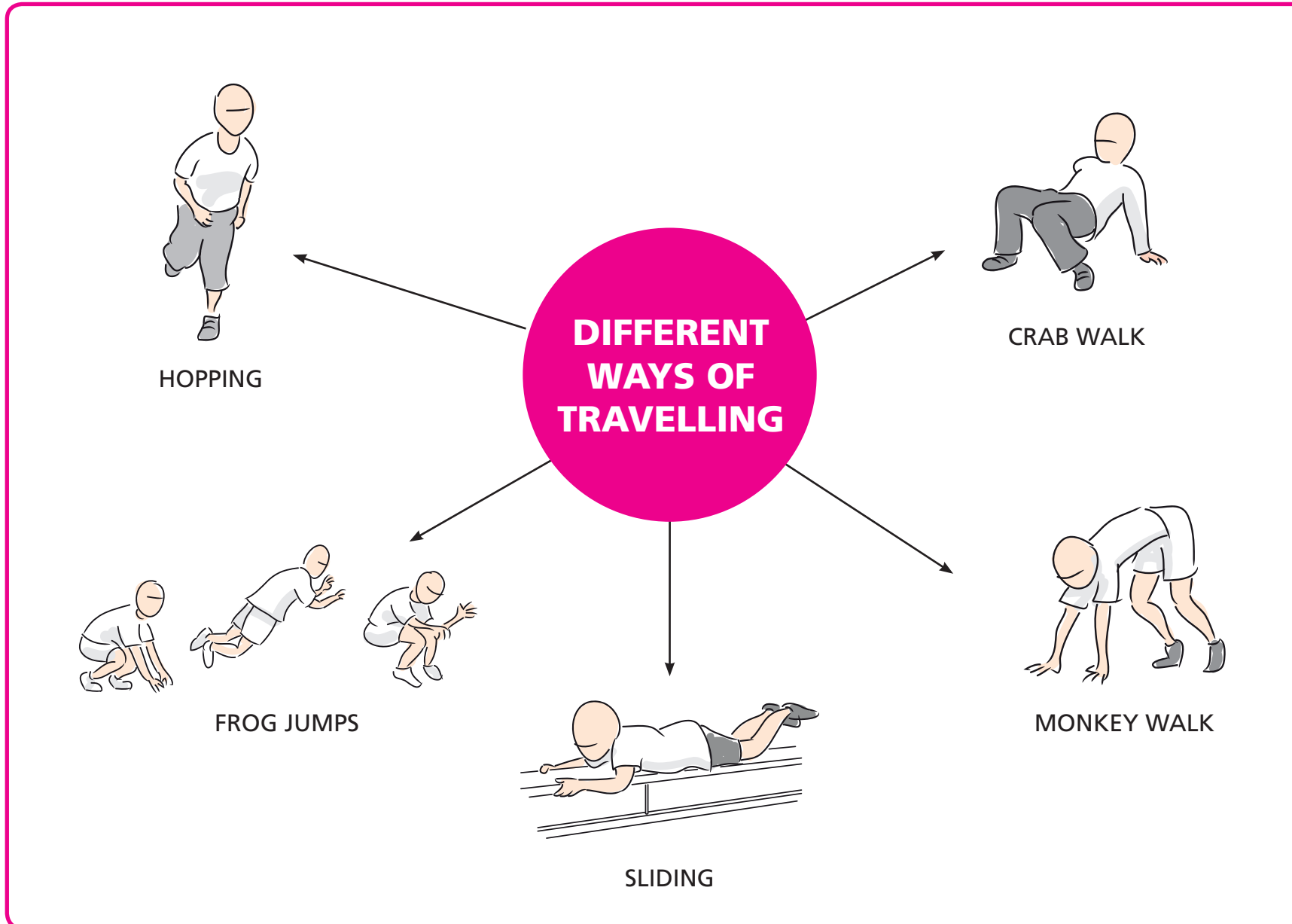
ARCH SHAPE



MONKEY WALK

# RESOURCE CARD: **GYMNASTICS:** YEAR 1

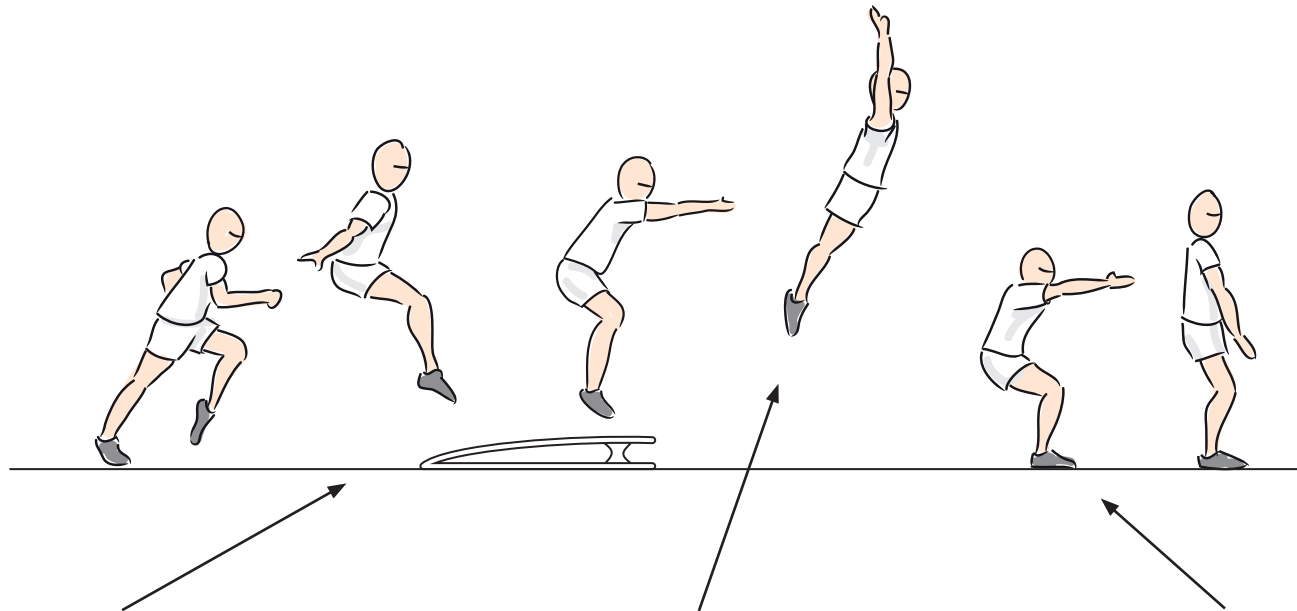
RELATES TO: **WEEK 3**



# RESOURCE CARD: **GYMNASTICS:** YEAR 1

RELATES TO: **WEEK 3**

## MAIN LESSON: HOW TO JUMP AND LAND SAFELY



### TAKE OFF:

- Stand with your legs shoulder width apart
- Squat down by bending your knees
- Place your arms behind you and swing them forwards and up to generate height.

### FLIGHT:

- Stretch arms up above your head
- Stretch legs and point toes

### LANDING:

- Bend knees
- Place your arms out in front of your body to counter balance
- Recover to standing position

# RESOURCE CARD: **GYMNASTICS:** YEAR 1

RELATES TO: **WEEK 4**

**MAIN LESSON: AN EXAMPLE OF A SEQUENCE USING HANDS AND FEET, SHAPES AND JUMPING**



START POSITION



FROG JUMPS



WIDE SHAPE



STRAIGHT JUMP



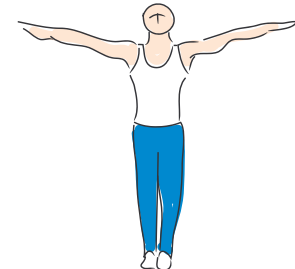
CRAB WALK



TALL SHAPE



TUCK JUMP

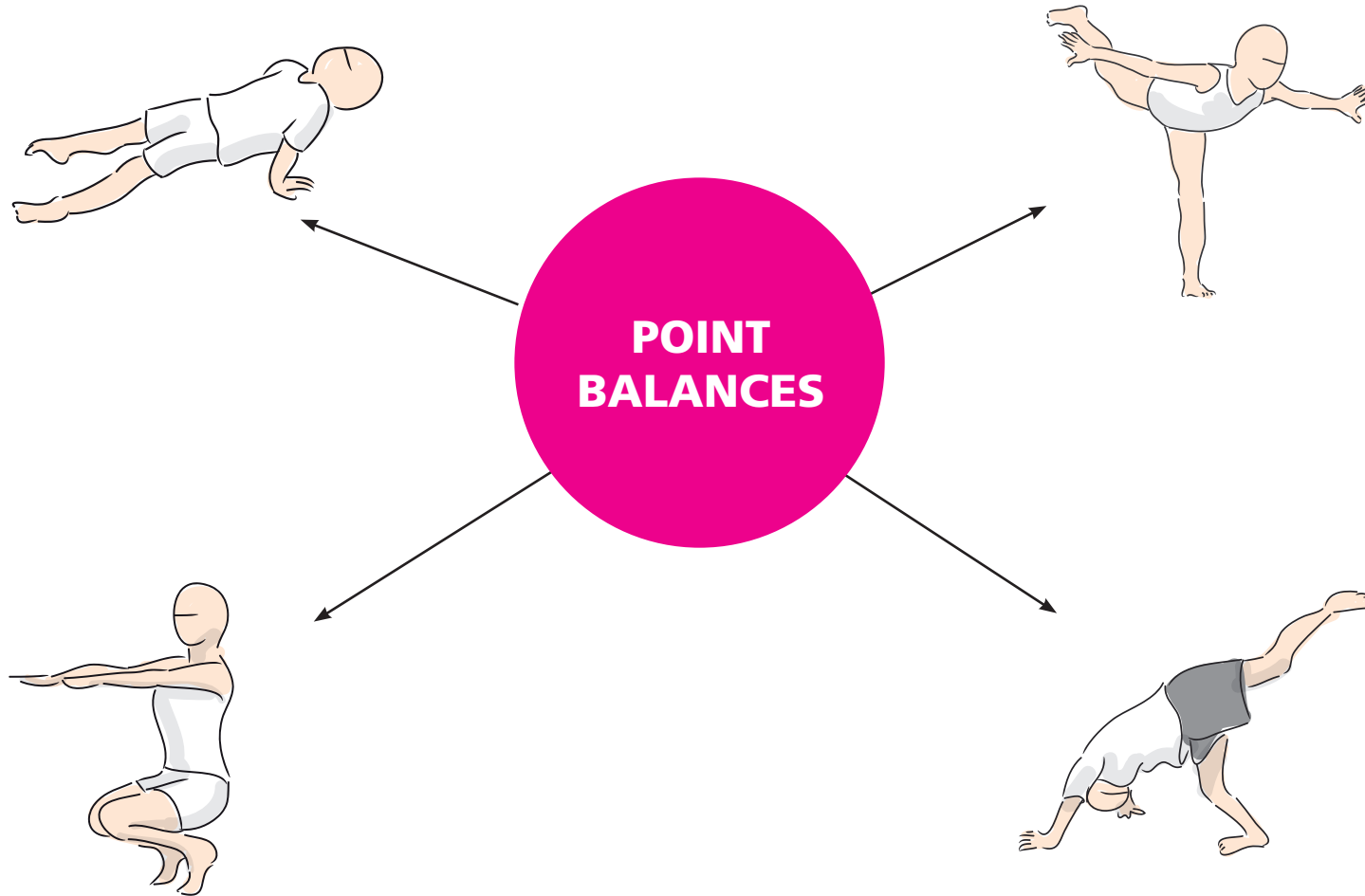


FINISH POSITION

# RESOURCE CARD: **GYMNASTICS:** YEAR 1

RELATES TO: **WEEK 5**

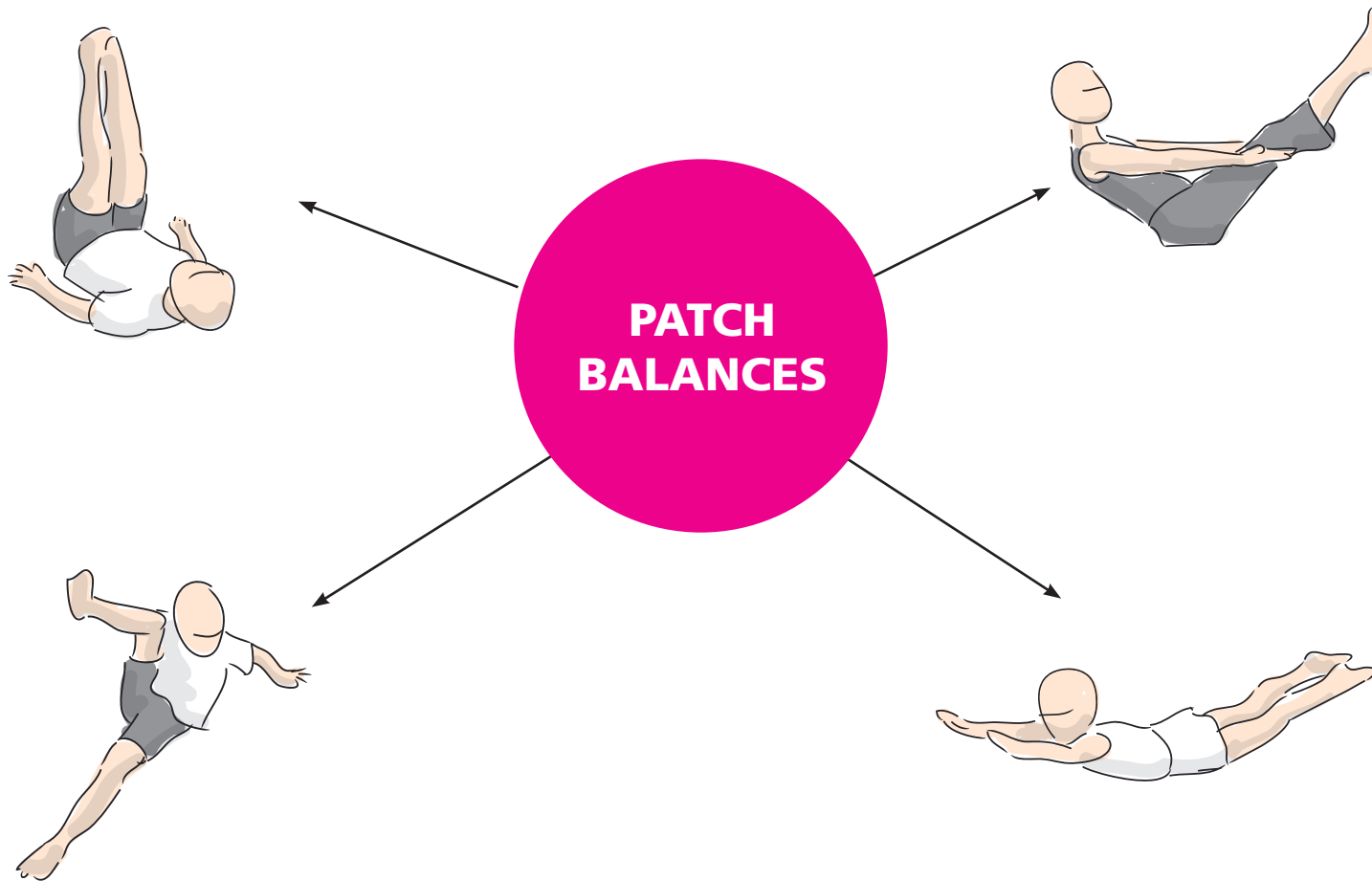
**BALANCES USING SMALL BODY PARTS: HANDS, FEET, ELBOWS, KNEES AND HEAD**



# RESOURCE CARD: **GYMNASTICS:** YEAR 1

RELATES TO: **WEEK 5**

**BALANCES USING LARGE BODY PARTS: BACK, STOMACH, BOTTOM, LEGS**



# RESOURCE CARD: **GYMNASTICS:** YEAR 1

RELATES TO: **WEEK 6**

## SAFETY WHEN USING EQUIPMENT

If pupils are asked to lift / carry equipment, they are to:

- Bend their knees
- Make sure there are an appropriate number of people helping
- Lift together in unison
- Spread themselves around the equipment

Pupils must concentrate at all times.

If pupils are uncertain of a piece of equipment, they are to seek the teacher's assistance.

To work sensibly and responsibly on equipment at all times.



# RESOURCE CARD: **GYMNASTICS:** YEAR 1

RELATES TO: **WEEK 6**

## EXAMPLES OF USING EQUIPMENT

