

LESSON PLAN: **GYMNASTICS**: YEAR 1: WEEK 1

LESSON OBJECTIVE: Learn how to create different shapes using your body.

WARM UP (10 MINS)

Bean Game: Runner bean, Jumping bean, Frozen bean, String bean, Lean bean, Broad bean, French bean, Jelly bean

MAIN LESSON (20 MINS)

Pupils to move into space and create a shape, look at: wide, narrow, big, small, angled, round, low, high, also use animals to help. Pupils to come up with a sequence of 3 different shapes and to show them to the group.

Explain the importance of body control and balance.

Pupils now to move at different speeds finding space, eg: put arms out like an aeroplane. Pupils not to touch each other.

Ask children to travel around the hall making patterns e.g. curly lines, straight lines, zig zag lines, using all body parts, walking, jogging, tip toes, hands

GAME/COMPETITION (15 MINS)

Working with a partner, pupils need to work together to create a shape of a letter. Pupils then need to perform to the class and pupils need to guess what letter the pair have come up with.

EQUIPMENT

- Mats

KEYWORDS

- Space
- Travel
- Shapes

DIFFERENTIATION

LESS ABLE

Just focus on making certain shapes and not a sequence.

MORE ABLE

Pupils need to try and make their body into the shape of an object e.g. a football, letters, animals.

Start to get pupils to think about a sequence with travel and shapes.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they perform their shapes to a high ability?
	2	Can they perform the shapes with a certain degree of control?
	1	Can they perform the shapes, but to a low ability?
Tactics, Rules & Teamwork	3	Works with their partner & demonstrates knowledge & the understanding of task
	2	Can work with a partner & understands the directions
	1	Starts communicating with a partner?
Show & Link	3	Can they link : 3 different shapes together to a high ability?
	2	Can they show and link : 2 shapes together?
	1	Show two taught shapes.
Describe Ways to Improve	3	Are able to describe and improve performance.
	2	Are able to describe performance.
	1	Are able to see differences in performance against a simple model.
Fitness & Health	3	Shows a solid understanding of why physical activity has health benefits.
	2	Has some knowledge of why physical activity has health benefits.
	1	Has little knowledge of why physical activity has health benefits.