

LESSON PLAN: **GYMNASTICS**: YEAR 1: WEEK 2

LESSON OBJECTIVE: Learn how to link shapes into a small sequence.

WARM UP (10 MINS)

Traffic Lights:
Green Cone: Run
Yellow Cone: Jog
Red Cone: Balance

MAIN LESSON (20 MINS)

Recap on body position/balance when doing shapes look at: wide, narrow, big, small, angled, round, low, high, also use animals to help.

Teacher to show a few simple sequences and class has to copy.

In pairs on a mat students are asked to come up with a sequence, travel across the mat, do a shape and travel back. Limit the amount of shapes depending on ability.

GAME/COMPETITION (15 MINS)

In same pairs pupils need to perform the sequence learnt to the rest of the class. Ask the pupils to perform and tell each other what looks/works well and what can be improved.

EQUIPMENT

- Mats

KEYWORDS

- Posture
- Straight Lines
- Point toes
- Balance

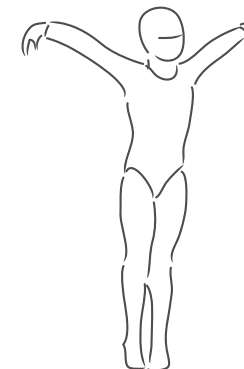
DIFFERENTIATION

LESS ABLE

Shorten sequence so pupil only has to have 1 shape and 1 travelling movement.

MORE ABLE

Pupils can help others to create shapes, shadowing each other. Pupils perform a partner shape/travel sequence.



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 with travelling to a high ability?
	2	Can they show and link : 2 shapes together with travelling?
	1	Show two taught shapes, incorporating travelling skills.
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.