

# LESSON PLAN: **GYMNASTICS**: YEAR 1: WEEK 3

**LESSON OBJECTIVE:** Learn how to move around an area at different levels.

## **WARM UP (10 MINS)**

Pupils run around the area, on command or when the music stops, they need to freeze and perform a shape they have learnt, they also need to travel in different ways each time they move.

## **MAIN LESSON (20 MINS)**

Ask children to move around the area using different parts of their bodies but keeping their movements close to the floor.

Then challenge pupils to find ways of moving around with their movements as far away from the floor EG Hoping, 2 feet jump etc.

Discuss with pupils what is happening to their bodies when they jump. Explain the importance of landing safely (Bending legs to absorb shock)

Ask pupils to suggest ways of jumping higher (using arms to gain height, keeping head up)

Get pupils to perform sequence with jumping, landing and traveling across a mat.

## **GAME/COMPETITION (15 MINS)**

Pupils need to come up with a small sequence that involves Jumping, Shapes and travelling and perform to the class.

## **EQUIPMENT**

- Mats
- Bench
- Music

## **KEYWORDS**

- Bends knees
- Use arms
- Absorb
- Balance

## **DIFFERENTIATION**

### **LESS ABLE**

Focus on moving in different ways at one level rather than high and low.

### **MORE ABLE**

Pupils perform a jump and create a shape when mid-air. Use of bench to walk along and jump from.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they travel at different levels to a high ability?
	2	Can they travel at different levels with a certain degree of control?
	1	Can they travel at different levels, 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 : small sequence including shapes, jumps and travelling to a high ability?
	2	Can they show and link : shapes and jumps together with travelling?
	1	Show two taught shapes, incorporating travelling skills at different levels.
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.