

# LESSON PLAN: **GYMNASTICS**: YEAR 1: WEEK 6

**LESSON OBJECTIVE:** Learn how to create a small routine using apparatus.

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

Recap on Shapes and balances by playing 'Simon Says'.

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

Place equipment in random places around the hall.

Explain safety points about using equipment.

Put class into small groups and then place groups next to a piece of equipment.

Explain that each group can use the equipment in their sequence.

Ask pupils to use the equipment to help create different balances and shapes. Rotate groups round after certain time to allow each group to try each piece of equipment.

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

At the end let pupils decide their favourite piece of equipment and they need to perform a routine.

## **EQUIPMENT**

- Mats
- Benches
- Wall Frame
- Foam shapes
- Beam

## **KEYWORDS**

- Present
- Travel
- Posture
- Compare

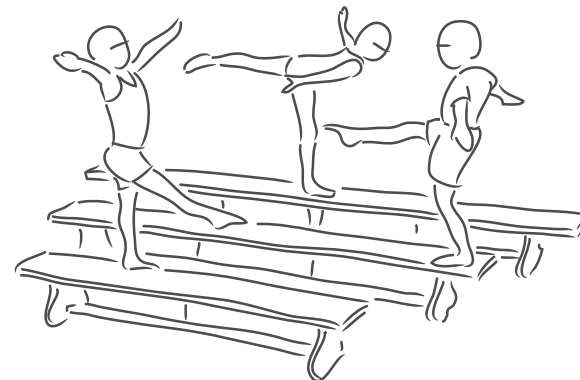
## **DIFFERENTIATION**

### **LESS ABLE**

Try and perform 2 shapes on a piece of equipment.

### **MORE ABLE**

Pupils can try to produce a movement, shape and balance on the same piece of equipment.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they perform on equipment to a high ability?
	2	Can they perform on equipment with a certain degree of control?
	1	Can perform on equipment, but to a low ability??
Tactics, Rules & Teamwork	3	Works with their partner & demonstrates knowledge & understanding of safety on equipment.
	2	Can work with a partner & understands safety rules when using equipment.
	1	Starts communicating with a partner?
Show & Link	3	Can they link : small sequence including shapes, jumps, balances and travelling to a high ability on equipment?
	2	Can they show and link : balances and jumps together on equipment?
	1	Show two taught skills, on equipment.
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.