

LESSON PLAN: **GYMNASTICS**: YEAR 6: WEEK 5

LESSON OBJECTIVE: To learn how to perform basic vaults.

WARM UP (10 MINS)

Teacher led warm up, teacher demonstrates a series of warm up based activities (star jumps, jogging on spot, stretches, etc) and the pupils must always stay one activity behind the teacher and only change when the teacher changes. For example if the teacher starts with jogging, then moves to star jumps the pupils must be jogging whilst the teacher is on star jumps and so on.

MAIN LESSON (20 MINS)

Pupils are asked to experiment with different styles of jumps using small apparatus. Emphasis is then placed on clear body shape when performing a jump e.g. star, tuck, straight, pike jump.

Teacher should set up three (more if possible) different stations of varying difficulty each with at least one piece of apparatus preferably of increasing height, with one station including a springboard. Pupils in three groups rotate around the stations and on the teachers command; pupils should be looking at how they can get on to and off the apparatus. The station with springboard should be manned by the teacher; pupils should vault on to their knees with hands placed at each side of the table. Teacher should be at this station to support students.

GAME/COMPETITION (15 MINS)

Pupils then incorporate flight and basic vaults into their previously learned sequences. In pairs, pupils perform to partner and use their feedback to improve fluency of their sequence. Allow half the class to perform to the other half of the class. Whilst the second half of the class is watching they must think of two stars and one wish. They must think of two things they like and one thing that they could improve on.

EQUIPMENT

- Mats
- Tables
- Safety mat
- Springboard

KEYWORDS

- Jump
- Dismount
- Flight
- Vault

DIFFERENTIATION

LESS ABLE

- Pupils to focus on getting on and off of the apparatus successfully.

MORE ABLE

- The more able should look to progress the vault to landing on the table on both feet, before using a jump from last week to dismount from the apparatus.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform the vault to a high ability?
	7	Can they perform the vault with a certain degree of control?
	6	Can they perform some of the vault, with very little control?
Tactics, Rules & Teamwork	8	Works with their partner & demonstrates knowledge & understanding of the task.
	7	Can work with a partner & understands the directions.
	6	Starts communicating with a partner.
Show & Link	8	Can they link: the different skills required to perform shapes, balances, counterbalances, the vault and a headstand in a routine?
	7	Can they show and link: shapes, balances, counterbalances, the vault and a headstand?
	6	Can they show a movement on the apparatus.
Describe Ways to Improve	8	Are able to describe and improve performance.
	7	Are able to describe performance.
	6	Are able to see differences in performance against a simple model.
Fitness & Health	8	Shows a solid understanding of why physical activity has health benefits.
	7	Has some knowledge of why physical activity has health benefits.
	6	Has little knowledge of why physical activity has health benefits.