

Learning Intention: How can you perform basic gymnastic shapes?

Year 1

I can perform a space shape

I can perform a space shape with a strong body and control

I can perform a space shape with a strong body, control and pointed toes

EQUIPMENT:

Resource cards, tambourine.

Year 2

I can perform a space shape with a strong body and control

I can perform a space shape when moving on apparatus with a strong body and control

I can perform a space shape when moving on apparatus with a strong body, control and pointed toes

Warm up: Starry Starry Night

Children to find a space and listen to the teacher's instructions. Teacher to show a Star shape (strong body tension)

Children to pretend they are different stars.

Twinkling Star – hands twinkling.

Floating Star – move around softly.

Shooting Star – move around quickly.

Daytime – crouch down and hide.

Starry Starry Night – freeze strong Star shape.

Sitting Star – straddle shape (see image below).

Starter Activity: Show me a shape ... teacher to call out: Rocket, Star, Sitting Star, Moon, Dish, Flying Saucer, Squatty Alien, Pike Alien. **Progress check** – do they know any of these shapes?

Activity 1: Shapes

1. Teach or recap space shapes (see resource card).
2. Children to work in pairs and use a resource card - they children take it in turns to teach each other a space shape (AFL).
3. Body tension check: Partner A shows a strong star Shape; Partner B checks how strong their star is by seeing if they can push their partner's arms down.
4. Children can perform shapes to the class or show another pair – encourage children watching to give feedback.
5. Children can then make up their own shapes.

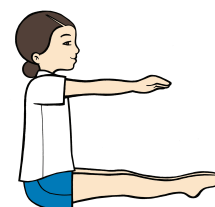
Extension:

Shape race – teacher to call out the shape: children to react and perform shape quickly.

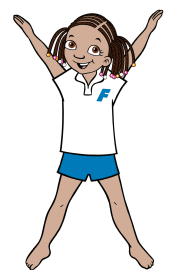
TP: Strong Shapes (strong body tension)

When trying the shape children should have a tight body. Squeeze every muscle extend fingers and toes.

Pike Alien



Star



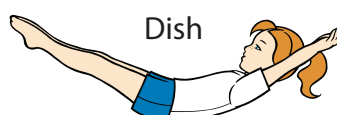
Rocket



Squatty Alien



Flying Saucer

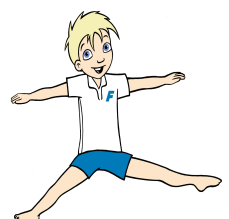


Dish

Moon



Sitting Star



Activity 2: Shape Sequence (Yr 2's to do activity 3)

Key words:
Sequence
Start, Middle, Finish.

Children to choose their favourite shapes and link them together to perform a short sequence.

Start: Freeze in their favourite shape.

Middle: Teacher shakes the tambourine: children move around the hall in a different shape.

Finish: Teacher calls 'finish' and taps the tambourine – children freeze again in another shape.

Now do this again with different shapes. Extension: Children can practise and make up their own sequence.

Make it easier: to use resource cards.

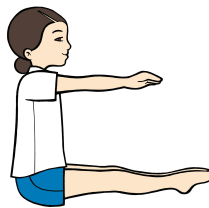
Make it harder: Children can link more than one shape in their sequence.

AFL: Children to perform their sequences to group/or another pair.

Children to feed back to the performers.



Start – freeze in Squatty Alien shape



Middle – move along in Pike shape



Finish – freeze in Rocket shape

Activity 3: Shapes on apparatus - Yr 2 Activity

This could be separate lesson

Set out six stations - benches, low box tops and throw down spots, mats. Teacher to rotate groups round each station.

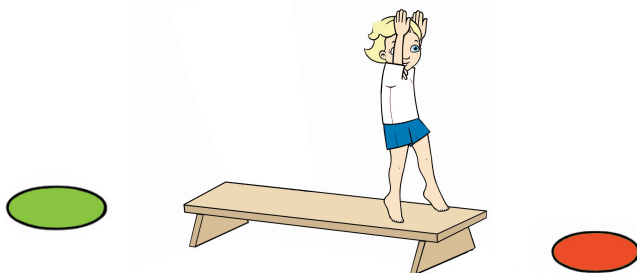
Children to move along the apparatus in the space shapes they have learnt. **Progress check.**

AFL: Children to perform their sequences – class to feed back to the performers. Groups could also use video feedback.

Teaching Point:

Green spot: Begin with a shape 

Red spot: Finish with a shape 



Safety: One child on apparatus at a time. Children to find different ways of getting off the apparatus – not jumping off.

Cool Down: Lie down on the floor. Teacher to count to ten – children to grow into their favourite shape.

Progress check.

Plenary: Ask the children what their favourite shape was.

How should your body be when performing your shapes:
e.g. strong or like jelly?