

GYMNASTICS LESSON 3

Year 1

Learning Intention: How can you perform different rolls?

EQUIPMENT:

Resource cards,
mats, bean bags,
spots, strips.

I can attempt to perform a Tuck roll and Tuck rock

I can perform a Tuck rock and a Tuck roll with control

I can perform Tuck rock, Tuck roll and Log roll with control, a strong body and pointed toes

KEY WORDS: Straight, Squat, Pike, Tuck, Start, Finish, Roll

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 as a strong Star shape

Teacher can add jumps from last lesson

Recap space shapes ... Straight shape, Star shape, Straddle, Star, Tuck, Dish, Arch, Squat, Pike
Children can teach each other a shape.

Activity 1: Tuck Roll (see video)

Linking learning: What is this the same as?

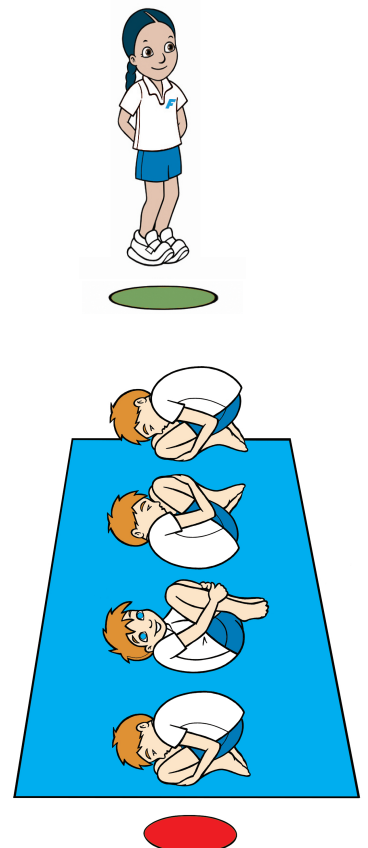
A: Tuck Shape

One mat between two.

- Start** Start the Tuck roll on the mat (near the green spot).
- Middle** Perform a controlled Tuck roll towards red spot.
- Finish** When they get to the red spot - stand up into a straight shape.

Make it easier: Give a bean bag to put under their chin - to help them to keep their chin on their chest.

Make it harder: Start in a T shape then move to Tuck roll



Control the roll:
do not roll off the
mat!

Activity 2: Tuck Rock (see video) One mat between two.

Safety:
Sit at the front
of the mat.

Stage 1: **Rock** backwards and forwards in a **Tuck shape**.

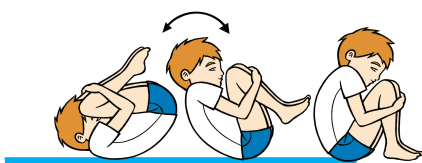
Stage 2: **Rock** backwards and forwards and squat into a **Squat Shape**.

Stage 3: **Rock** backwards and forwards and stand up in a **Straight Shape**.
Can they get up without using their hands?

Stage 4: **Rock** backwards and forwards and explore getting up into different shapes.

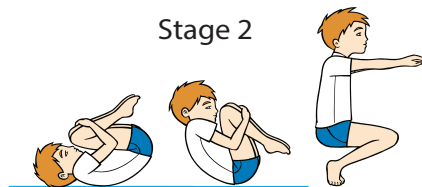
Challenge : Can they rock 3 times before they stand up?

While the children are practicing their rocks - teacher can set up Activity 4



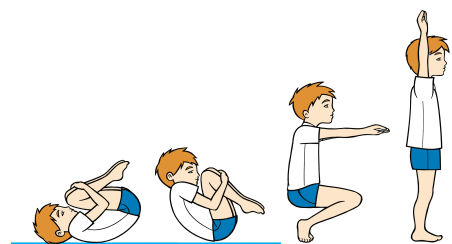
Stage 1

Make it easier: Put a bean bag under their chin if they struggle to keep their chin on chest



Stage 2

- ✓ Keep chin on chest
- ✓ Hold onto shins (one hand on each leg)
- ✓ Push feet into floor as you sit up



Make it harder: Try it without using hands to get up

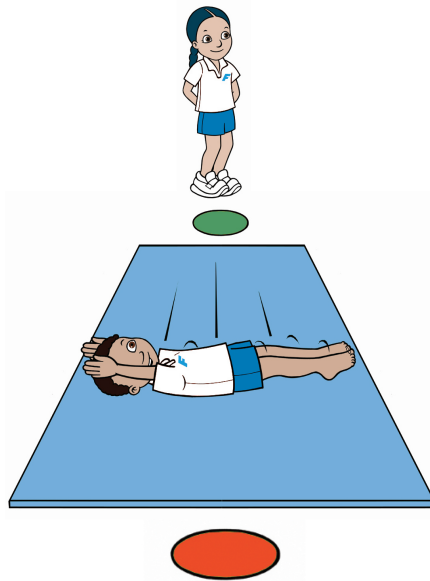
Activity 3: Log Roll

Teacher to show the Log roll (see video)

1. **Start** At the green spot. Body in straight shape then roll towards the red spot.
2. **Middle** Controlled log roll towards red spot.
3. **Finish** When they get to the red spot stand up into a straight shape.

Challenge: Start and finish in their favourite shape.

4. Demonstrate their favourite rolls to class.



Stretch from your toes to your fingers.



Roll onto your tummy, keeping in your straight shape.



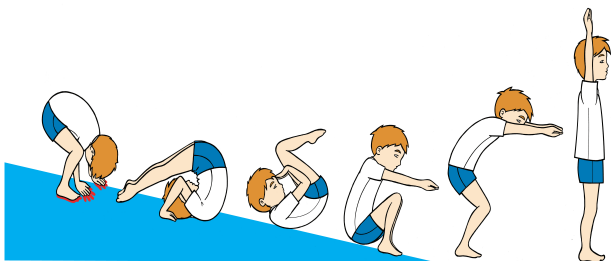
Remember to stay **strong!**

Star Shape Forward Roll (see video clip)

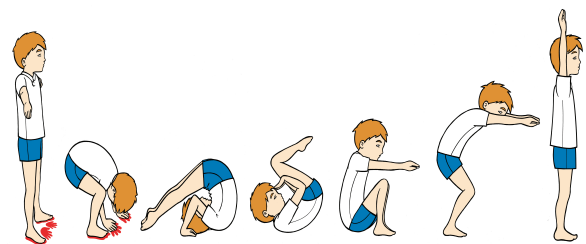
1. Teacher to have a mat – positioned at the corner of the room so they can still see every child.
2. Teacher to invite children in their pairs to come to the mat. Start with the **More Able** children.
3. Teacher to support child with Forward Roll – ensure child's head is tucked in and follow the video.
4. Only children that receive a star sticker can continue to practise their forward rolls on their own. Reward all children with a sticker for attempting a Forward Roll.

Note: While teacher is working with individuals, the rest of the children are practising their side rolls. The More able children can also make a sequence using Forward Rolls and shapes.

Make it easier: Teacher to use a springboard/wedge/ landing mat to help with Forward Roll



Make it harder: Forward Roll on a mat



Cool Down: Lie down on the floor. Teacher to count to ten, children to grow into their favourite shape.
Plenary: Ask the children what is important when performing a rock or rolls?