

# GYMNASTICS LESSON 4

Year 2

**Learning Intention: How can you balance on different parts of your body?**

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**I can balance on different parts of my body holding it for 3 seconds**

**I can balance in a sequence showing strong balances and hold for 3 seconds**

**I can perform a balance sequence moving smoothly from one balance to the next with pointed toes**

## EQUIPMENT:

Resource cards,  
mats bean bags,  
spots, strips.

**Note: This may take more than one lesson**

### Warm up: Body parts

Children to skip, hop, jump around with pointed toes. Teacher calls a balance then they continue to move around.

Balance 1 = Balance ONE part of your body on the floor

Balance 2 = Balancing using TWO parts of your body

Balance 3 = Balance using THREE parts of your body

Balance 4 = Balance using FOUR parts of your body

**CHALLENGE:** Bring in Numeracy. Teacher calls **5 - 2 = 3** parts of your body etc...

: Find a partner and add up balances together.

**Starter Activity: Recap space shapes ...** Straight shape, Star shape, Straddle, Star, Tuck, Dish, Arch, Squat, Pike **Children can teach each other a shape. Can you make any of these a balance?**

### Activity 1: Balance Fun

One mat between two. With a partner explore:

- 1) Children to come up with their own point balances either **ONE, TWO, THREE or FOUR** parts of their body.
- 2) Can they hold them for 3 seconds?
- 3) How can you move smoothly into their balances?
- 4) How can you move out of it smoothly?
- 5) Can they show a balance like they are in a mirror with their partner?

**Challenge:** Can they point their toes when they show a balance?

**Linking learning:** When holding your shapes keeping strong and extending arms. This is the same for balancing.



Dish

Arabesque balance



Side Star



Tuck Balance



### Balancing:

- ✓ Focus on something in front of you.
- ✓ Hold balance for 3 seconds.
- ✓ Head up strong and extend all the way through your body.

**Make it harder:** Try harder balances e.g bridge.

## Activity 2: Balance Sequence FUN

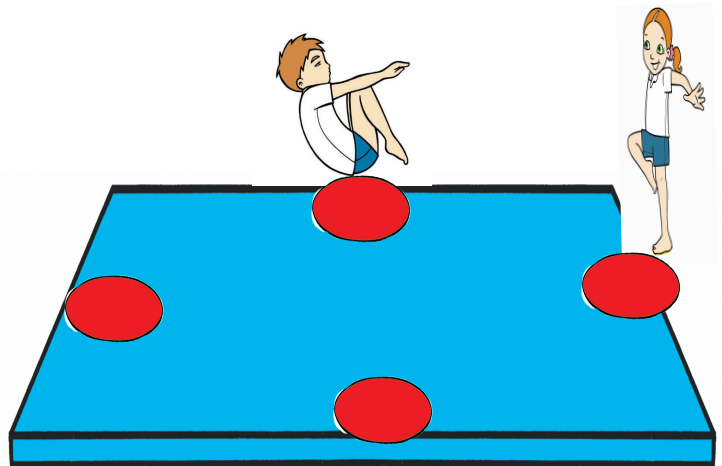
In Pairs:

1. Make up a **balance** sequence - **1 part of body**, to **2 parts of body**, to **3 parts of body**, to **4 parts of body**
2. Now they are to find a way to travel smoothly to the next balance
3. They are to move to a different spot each time they balance
4. Then they travel to the next spot
5. Keep going until they have been on all 4 spots

### Make it harder:

- Children to move the spots around (this encourages different formations.)
- Take the spots away

- ✓ Strong body when balancing
- ✓ Point toes
- ✓ Move **smoothly** from one balance to the next



### Activity 3: Sequence Fun with Apparatus

In pairs/fours repeat the **balances** from A2 and link them together smoothly into a sequence **on apparatus**.

Children to transfer these balances onto apparatus e.g.

Bench and mat

Balance beam and mat

Box top and mat

Wall bars

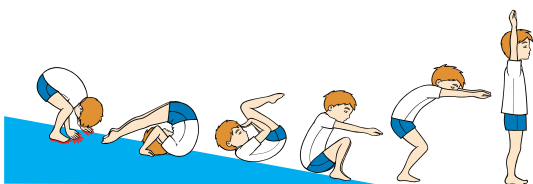
Can they join the balances with a jump, a roll and some travelling moves?

**Make it harder:** Move in time together when performing your sequence .

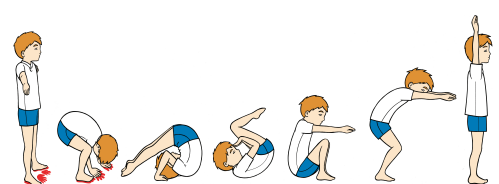
### Additional Activity - Forward Roll activity revisited:

This is a good opportunity to practise forward rolls with children who may need extra support with a forward roll

Star Shape Forward Roll (see video clip)



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



**Make it harder:** Star shape 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 balance in a sequence?