

# LESSON 1 Gymnastics

## Early Years

Learning Intention: To perform basic gymnastic shapes

Resources:

Resource cards,  
Tambourine.  
Throw down spots

**Physical Development (Gross Motor Skill ELG) :**

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping, skipping.

### WARM UP: Into space

### Negotiate Space

Teacher to scatter throw down spots on the floor.

Children then find a space and listen to the teacher's instructions.

Children to imagine they are travelling to space....


- 1) Children to put their space suits on
- 2) Then they walk slowly, moving around and get into their spaceship- **REMEMBER** look out for their friends, when moving around the hall.
- 3) **Fly to the moon** = Imagine they are flying a spaceship
- 4) **Jump over the planets**= jump over the spots
- 5) **Find a water crater**- (a blue spot)- dip your toes into the water (pointed toes)
- 6) **STAR**- FREEZE in a star shape

Teacher can repeat 3- 6 to warm the children up further.



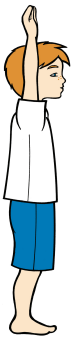
Star

## ACTIVITY 1: Shapes

-  Demonstrate strength
-  Demonstrate balance

1. Teacher to model being a wobbly jelly and then to show a strong shape.
2. Teach the following shapes (see resource card):
  - **Straight Rocket** = Tall, like a Rocket
  - **Star** = Star shape
  - **Straddle Star** = Straddle shape
  - **Tuck Planet** = Round like the moon
  - **Dish** = Like a half moon
  - **Arch Alien** = Fly like a superhero
  - **Squat Alien** = Squat shape
  - **Pike Alien** = Pike Shape
3. Show the Children the resource picture and ask them to copy the shape.
4. Make it into a race: call out the shape and see how quickly the children react.  
**Reward for the quickest shape.**
5. Now ask the children to make up their own 'Space shapes'- Can they show the class?
6. Recap shapes again.

**Note: The gymnastics name for the shape is in black**



Straight **Rocket**



Arch **Alien**  
'Fly like a superhero'  
(Arch)



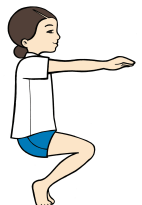
Star



Dish



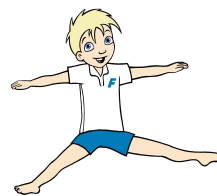
Tuck **planet**  
(Tuck)



Squat **Alien**  
(Squat)



Pike **Alien** (pike)



Straddle **Star**  
(Straddle)

## ACTIVITY 2: Moving Shapes

- ✓ Demonstrate strength
- ✓ Demonstrate balance
- ✓ Demonstrate co-ordination

1. Children to move around the hall and make up their own shapes.
2. Children to move around in the Space shapes they have learned from the resource cards.
3. Teacher to call out each Space shape – Children move around the hall in that shape.
4. Teacher can tap the tambourine to get children to change Space shape.



## ACTIVITY 3: Story Time

- ✓ Demonstrate strength
- ✓ Demonstrate balance
- ✓ Demonstrate co-ordination

Tell a story set in Space and ask the children to get into their shape when they hear the word (Emphasise the shape/Space name) e.g.

One day I was walking along and I found a Big **Straight Rocket**, I walked around it and had a good look. I decided to get into the **Straight Rocket**. All of a sudden it started to shudder and Whoosh... it was taking off (Children can pretend they are flying to space).

We flew to space and I could see in the distance a large planet, this was called '**Tuck Planet.**'

We flew past a **Dish**, a big **Star** and a **Straddle star!**

We landed on it and got out of our **Straight Rocket.**

We were skipping around and all of a sudden I saw something moving, it was a **Squat Alien**, then, I saw another funny looking thing, it was a **Pike Alien**, and I couldn't believe it when I saw **Arch Alien**- These aliens can fly!!! We all became friends.



We had a great time, but it was getting late, so it was time to go home. We got into our **Straight Rocket** and whoosh we were off home! (Children can pretend to fly home in their rockets)

On the way back to earth We saw a **Dish** and a bright **Star**

We returned to earth and guess who we found in our **Straight Rocket** when we landed..?

**A Pike Alien and a Squat Alien!!!**

## ACTIVITY 4: Growing Shapes

-  Demonstrate strength
-  Demonstrate balance

1. **Progress check** – Teacher calls out all the shapes learned in today's lesson – Children to then perform the shapes.
2. Children crouch down in a ball, as the teacher counts to ten the children grow slowly into their favourite shape.
3. Repeat the above and the children can now grow into their second favourite shape.
4. Children can now show a shape on the floor and grow into a different space shape.

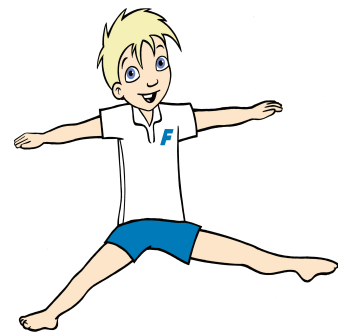
**Make it harder:** Children can complete this in pairs



Child crouches down in a ball



Teacher counts to ten



Child moves slowly into their favourite shape

### COOL DOWN

**Children to walk around slowly in different shapes**

### PLENARY

**Ask the children 'what their favourite shape was?'**