

# LESSON 2 Gymnastics

# Early Years

**Learning Intention: To explore moving in different ways**

Resources:

Resource cards,  
throw down strips  
wall bars, ropes,  
apparatus

**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 and climbing

## WARM UP: Starry Starry Night

✔ Negotiate Space

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 in strong Star shape.

## REcap : Show me a shape

✔ Demonstrate strength

✔ Demonstrate balance

**Show me a shape (see resource card)...** Straight Rocket, Straddle Star, Tuck Planet, Dish, Arch Alien, Squat Alien , Pike Alien, Star. **Progress check of what shapes they know.**

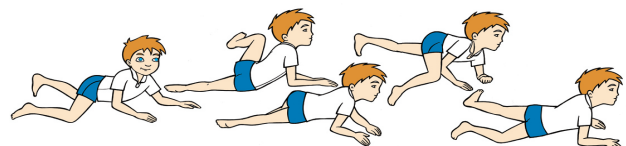
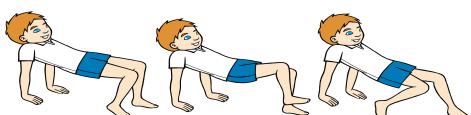
## Activity 1: Aliens

✔ Demonstrate strength




✔ Demonstrate co-ordination

1. Children to have a go at moving around in different ways – **progress check.**
2. Children to imagine they are different Aliens:
  - Can they move like a tall Alien?
  - Can they be a slithering Alien?
  - Can they be a wide Alien?
  - Can they be a small Alien?
  - Can they now move in different ways: sideways, backwards, twirling or any other way?

**Extension:** You could try this on benches and different apparatus





## 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 that they have learned from the resource card.
3. Teacher to call out each Space shape – children move around the hall staying in that shape.
4. Teacher can bang the tambourine to get child to change Space shape.



## ACTIVITY 3: Growing Shapes

-  Demonstrate strength
-  Demonstrate balance

1. **Progress check** – Teacher calls out all the shapes learned in today's lesson – children to 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.

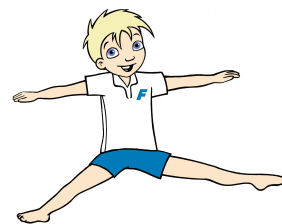
**Make it harder:** Children can do this in pairs



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.**