

LESSON 3 Gymnastics

Early Years

Learning Intention: To perform basic jumps

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

Resources:

Resource cards
spots.

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.**

✔ Move energetically - jumping

✔ Demonstrate strength

✔ Demonstrate balance

✔ Demonstrate co-ordination

Activity 1: Straight Rocket Jump (straight Jump)

- Children to imagine they are rockets and jumping up to the moon- can they experiment with different ways of jumping to the moon.
- Now teach them the gymnastics Straight Jump (see resource card and video).
 - Start in a **Straight Rocket (straight)** shape – **Start**
 - Countdown 5, 4, 3, 2, 1, bringing arms down. Call **"BLAST OFF"** children whoosh arms up above head as if shooting into space. Keep body straight as a Rocket - **Middle**
 - Land on the moon - bend knees arms out to balance - **Finish**
More Able to point toes when jumping.

IMPORTANT:

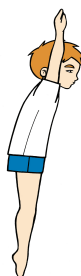
Land on two feet with bent knees. **Make it harder:** To point their toes when jumping.



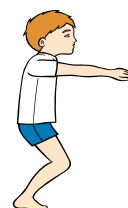
Start in Straight Rocket (Straight) shape



Count down bend knees



Blast off Rocket Jump up

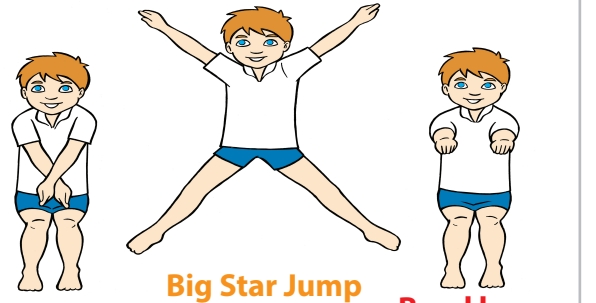


Bend knees – land on the moon. Finish in Straight Rocket shape

ACTIVITY 2: Star Jump

1. Children to experiment with their own star jump
2. Teacher to demonstrate/show Star Jump resource card.
3. When teacher calls "123 Star" all children jump at the same time.
4. Children to practise their Star jumps.
Teacher to ask some children to perform their Star Jumps to the group

- ✓ Move energetically- Jumping
- ✓ Demonstrate strength
- ✓ Demonstrate balance
- ✓ Demonstrate co-ordination



Q & A:
How should you land when jumping?

Start with hands in front of them in a cross position. **Bend knees.**

ACTIVITY 3: Astronauts Game

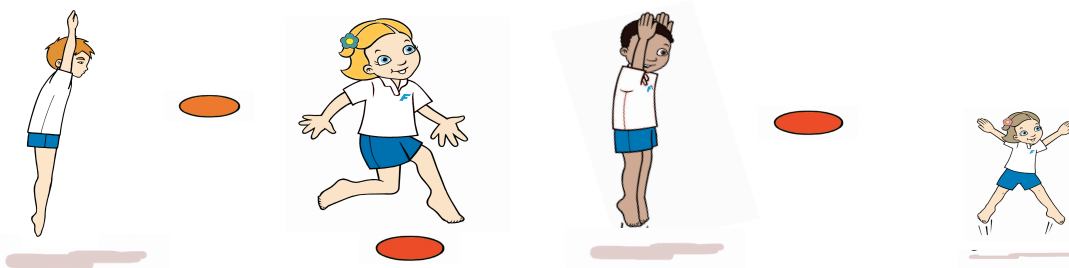
Children to find a space and listen to the teacher's instructions.
Children to imagine they are moving around the moon like astronauts. E.g., floating, moving slowly.

- ✓ Move energetically- Jumping
- ✓ Demonstrate strength
- ✓ Demonstrate balance
- ✓ Demonstrate co-ordination

1. Children can imagine they are jumping craters: you can put out spots to use as visual craters.
2. If teacher calls - "**Star Jump**" or "**Straight Rocket Jump**" children to show their jumps - **Progress check.**
3. Can they make up some of their own space jumps?

If teacher calls '**Aliens are coming**' children are to hide- getting into a small ball on the floor.

Make it harder: To point toes when jumping.



COOL DOWN

Finish off with the children moving very slowly when playing the astronauts game.

PLENARY

Ask the children what their favourite jump was. What was important when landing on the moon (bend knees to land.)