

LESSON 4 Gymnastics

Early Years

Learning Intention: To jump off equipment and land safely

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

EQUIPMENT:

Resource cards,
spots,
apparatus.

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 in strong Star shape.



Negotiate Space

Starter Activity: Shape Race – teacher to call/show a picture of a space shape or tell a Space story and children are to react and quickly get into the shape. You can give a reward for the quickest child.

Progress check



Demonstrate strength



Demonstrate balance

Activity 1: Recap Straight Rocket Jump/Star Jumps

Q & A - What is important when performing a Rocket Jump and a Star Jump?

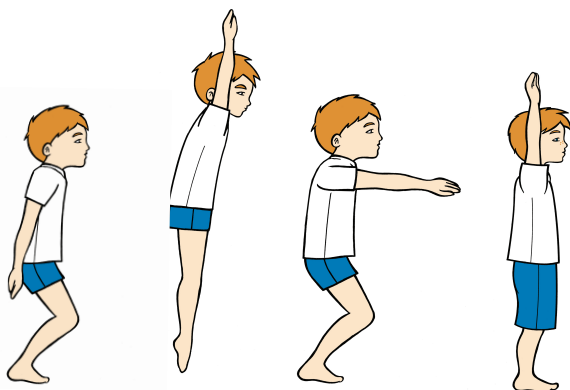
1. Children to grow into a strong Straight Rocket (straight) shape.
2. All count down 5, 4, 3, 2, 1, and perform a Rocket (Straight) Jump.
3. Now imagine you are on the moon: there is a big Star (bend your knees, big Star Jump.)
4. You can repeat the above a few times to help recap jumps.

IMPORTANT:

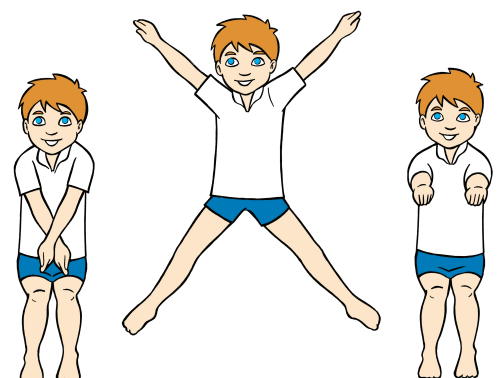
Land on two feet with bent knees. **Make it harder:** To point their toes when jumping.



Move energetically- Jumping



Rocket Jump



Star Jump

Activity 2: Jumping from the Equipment, Landing Safely

Move energetically- Jumping

1. Teacher to **model** how to perform a rocket jump from the apparatus, landing onto a mat. (Demonstrate and/or use resource card). Q & A – How should you land? Where should you look?
2. Teacher to split the class into groups and put them on a Space Station.
3. Teacher to remind children of safety when on the apparatus.
4. Rotate children clockwise around differentiated stations. Children to practise jumping off the apparatus.

Progress Check (mini plenary) : Q & A – How should our Rockets look in the air? What could we do with our toes? Can children show a start shape and a finishing shape when performing on the apparatus?

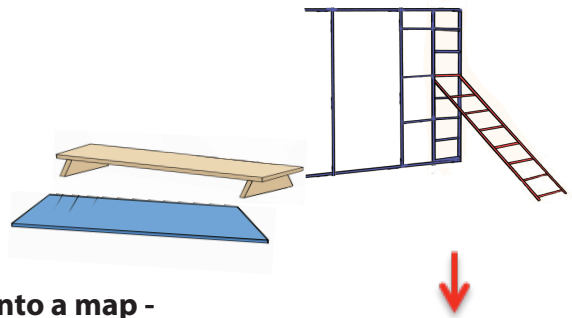
5. Teacher to add a **challenge**. Can they now try a Star Jump from the apparatus?

SAFETY: When Jumping off the apparatus always jump onto a mat.

Space Station 1: Climbing wall, bench and mat. Add bench and mat to suit your facilities.

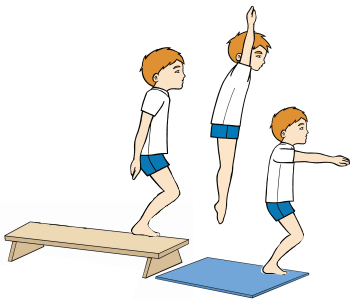


Space Station 2: Climbing wall, bench and mat.



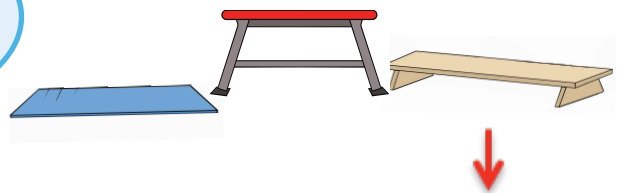
Safety only jump onto a mat -
NEVER off of apparatus

Space Station 6: Bench and mat.
Less Able children to start here.



IMPORTANT:
Look forward when jumping.
Always bend knees.

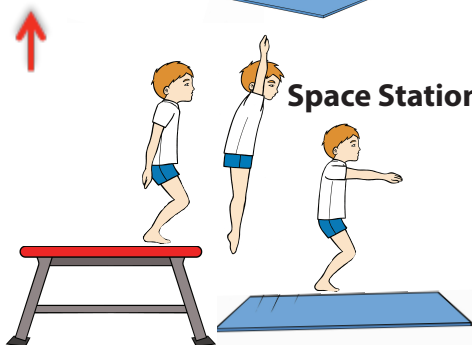
Space Station 3:
Bench, higher box top, mat.
More Able children to start here.



Space Station 4: Table, bench, mat.



Space Station 5: Box top and mat.



Cool Down: Children to walk to the teacher slowly in different shapes.

Plenary: In pairs tell your partner what you enjoyed about today's lesson.
What was important when jumping off the apparatus?
Thumbs up if you all know how to jump off the apparatus safely?