

GYMNASTICS LESSON 1 - Year 2

EQUIPMENT:

Resource cards,
tambourine, mats,
benches, agility tables,
box tops, climbing wall

Learning Intention: *How can you perform gymnastic shapes on apparatus?*

I can perform a shape with a strong body and control

I can perform a shape when moving on apparatus with a strong body and control

I can perform a shape when moving on apparatus with a strong body, control and pointed toes

Key words: Straddle, Control, Bunny Hop, Dish, Arch, Link, Sequences



Throughout this unit the children can be rewarded for demonstrating key values (see PE folder for rewards).

Warm up: Skipping Star tag

Children to skip around (with pointed toes)- There is one or two shooting stars who can tag anyone
Shooting stars also have to skip!

If you are tagged by a shooting star - you must **FREEZE** in a **star** shape.

The only way you can be released is by another skipping star - they are to crawl under their legs!
(Please note if there are apparatus out already you could ask the children to skip around and show a shape)



Do you feel warmer than before you started? How can you tell you are warmed up?

Activity 1: Shapes recap (from Yr 1)

1. Teach or recap shapes (see resource card).
2. Children to work in pairs and use a resource card - the children take it in turns to teach each other a shape

Challenge: Do it without the resource card.
Mirror their partner's movements



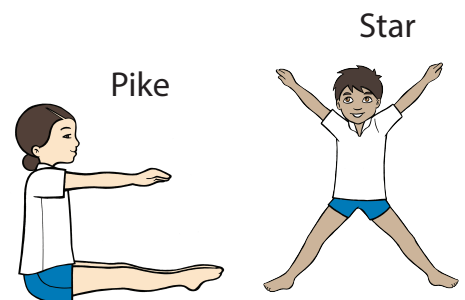
Body tension check: Partner A shows a strong Star Shape; Partner B checks how strong their star is by seeing if they can push their partner's arms down.

TP: Strong Shapes
(strong body tension)



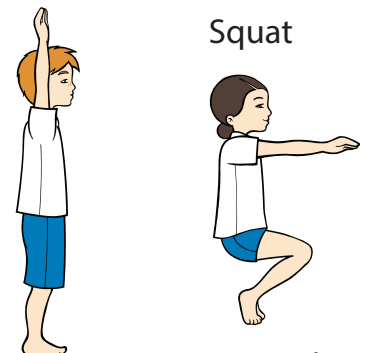
How can you make your shapes strong?

When trying the shape children should have a tight body. Squeeze every muscle extend fingers and toes.



Pike

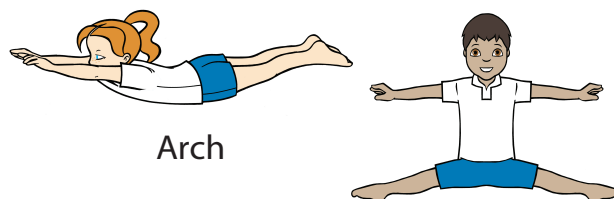
Star



Squat

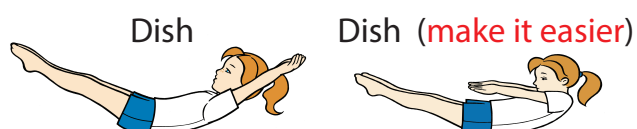
Straight

Tuck



Arch

Straddle



Dish

Dish (make it easier)



Activity 2: Shapes on apparatus

Set out six stations:

- 1) Benches
- 2) Low box tops
- 3) Balance Beams
- 4 & 5) Climbing wall × 2 stations
- 6) Mats × 2 put together



Key Points:

- Strong body
- Point toes when you can
- Control when moving along apparatus

Children to **rotate** around each station: They are to move along the apparatus in the shapes they have learned:

START SHAPE

MIDDLE SHAPE – They can move along in this shape or link different ones together.

FINISH SHAPE

Teacher to rotate groups around each station.

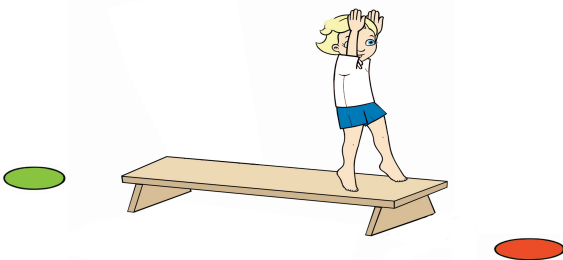
Challenge: Children to perform their sequences – class to feedback to the performers. Groups could also use video feedback.



Reward children for displaying key values

Green spot: Begin with a shape 

Red spot: Finish with a shape 



Safety:

Children to find different ways of getting off the apparatus – not jumping off.

COOL DOWN

Lie down on the floor. Teacher to count to ten – children to grow into their favourite shape. **Progress check**



PLENARY

Ask the children what their favourite shape was. How should your body be when performing your shapes along the apparatus?

