

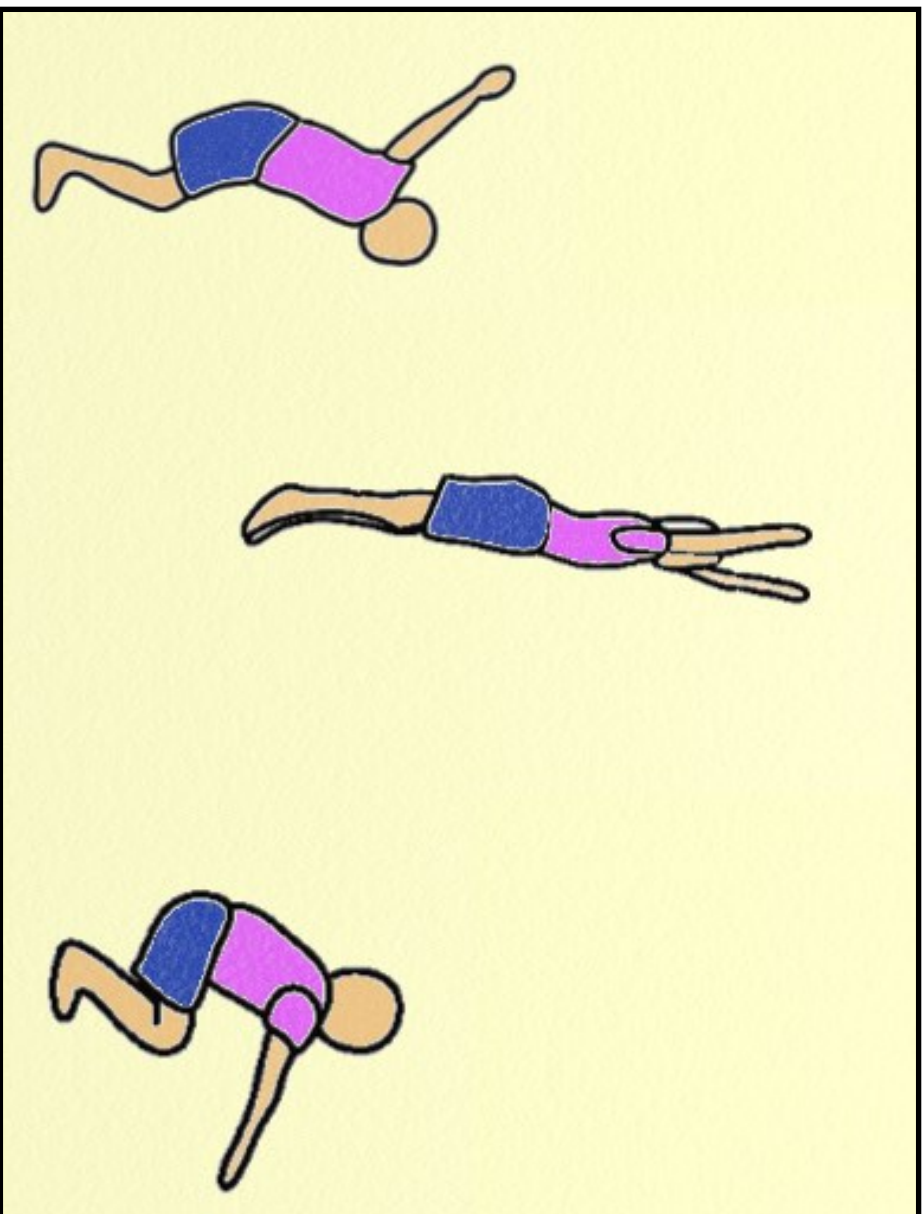
Gymnastics



Inspiring PE

Year 1

JUMP



- Bend your knees when you land quietly (spongy knees).
- Swing your arms back then up when you jump.
- Use your arms for balance when you land.

Unit of work : Gymnastics

unit 1

year: 1

Lesson: 1

Lesson objective – Explore safe travelling with feet over and around equipment

Steps to success

1) Explore new methods of travelling, jumping and hopping

Starter activity—As the children enter the room ensure pumps are left to the side and out of the way. Explain the learning objectives.

Warm-up

Ask the children to make a magic bubble, this bubble is very special, we do not want it to pop. So can they wiggle their fingers, stand up and move their fingers around them to make a bubble.

Ask the children to walk/jog around the space, but don't get too close to anyone, as we don't want to pop our bubble. Encourage the children to walk in the middle, sides and corners of the room, highlight good travelling to the class. When the teacher says freeze ask the children to stop and freeze where they are stood. Repeat this several times highlighting good work and giving lots of praise to those children in a space.

Progress to side steps and skipping.

Stretch/mobilise

Can the children

Construct learning challenge

Ask the children to find a space

In a space can the children jump, from 2 feet to 2 feet.

Can they (introduce one at a time)

- Bend their knees when they land quietly (spongy knees).
- Swing their arms up when they jump
- Use their arms to balance when they land.

Can they;-

- Hop on one foot, lifting one foot off the floor, bouncing off the other foot (try both legs)

Application musical statues

Put on some music, remind the children that we need to hear the music so try to have quiet feet and mouths. When the music stops can the children freeze perfectly still in a stretched or star shape. They can travel anyway they like, but they must be calm and make good use of space, sides, middle and corners (not running in a circle).

Progress to making a shape on a particular body part. When the music stops the teacher will call a body part e.g. feet, bottom, tummy, back, shoulders. The children must stop and make an interesting shape with that body part touching the floor.

Cool down

Ask a few good travellers to travel around the room, showing good awareness of space, ask the rest of the class. What can you see that you like? Ask all children to lie in a space, can they make a stretched shape, hold for ten seconds with the teacher/child counting. Repeat for the star and tuck shape.