

# Gymnastics Autumn 1



## Lesson 1.

We learnt how to balance using the dish and arch shape. We then played games to remember the shapes using cones around the room.



## Lesson 2.

We practiced a log roll using the dish and arch shape we learnt in lesson 1, making sure our hands were over our heads and we pointed our feet. Next, we learnt the tuck shape.

Dish and arch



## Lesson 3.

We looked at how to travel high and low using our body in different ways. We also learnt how to put the tuck into a roll.



High and low travelling

## Lesson 4.

We looked at the new shapes: star, straddle, and pike. We then travelled to a cone then showed our balance for 3 seconds and travelled a different

Stretch jump  
Tuck jump

## Lesson 5.

We introduced jumps: star, tuck and pencil jump. We started on the floor then practised on a bench. We also balanced on the bench in different ways.

## Lesson 6/7

We built our sequence starting with a roll, then performed a travel e.g. walk, hop or slither on the bench and performed a balance in the middle of the bench. Finally we used one of our jumps to finish the sequence.



Safe landing

- ✓ To explore movement actions with control and link them together with flow.
- ✓ To explore gymnastic actions and shapes.
- ✓ To explore travelling on benches.
- ✓ To explore movement actions with control and to link them together with flow.
- ✓ To choose and use simple compositional ideas by creating and performing sequences.
- ✓ To repeat and link combinations of gymnastic actions.
- ✓ To link combinations of movements and shapes with control.

