

Key Stage 1 / P2 PE Lesson 1

Gymnastics

RESOURCES - Mats, benches, planks, soft play equipment, cones, long benches, spot markers, beanbags, small soft balls, animal cards, music

MAIN SKILLS - **Jumping, Rolling, Crawling**

SUB SKILLS - *Independent, Interacting, Challenging*

OUTCOMES:

- **e.g. Master basic movements including running, jumping... developing balance agility and coordination and begin to apply these in a range of activities**

ACTIVITY 1 - WARM UP – DRIVING THROUGH TOWN

Set up a driving area – A fast lane (white cones), slow lane (red cones), and trees (green cone). Drivers drive around in their super cars through town trying to avoid bumping into other drivers. When instructed by the leader, the drivers have to drive faster in the fast lane, slower in the slow lane, go around trees, brake and reverse.

Differentiation

- HARDER - Add Water/mud – children drive over the mud/water (step) slowly
- HARDER - Add Humps for drivers to jump over
- HARDER - Change lanes – drive through the fast lane in pairs – Drive through the slow lane with a beanbag on head to the end
- Police chase - select one driver to be the police and has to chase and tag as many drivers (drivers are frozen until another driver beeps their horn to release them)

The next 3 activities are movement stories so children will need to spread out in the hall or have certain children on certain apparatus/equipment for each story. Break each story down so children can do each move.

ACTIVITY 2 – LARRY THE LEAPING LEOPARD

Larry the Leopard lives in the jungle. He loves to play in the trees where he jumps from branch to branch. Sometimes he jumps high up and other times he has to do a long jump. When he takes off he crouches down and then reaches up with his front paws and when he lands he bends his knees.

Differentiation

- Place spot markers on the floor for children to jump onto
- Get children to hop instead
- EASIER - Shorten the space or HARDER - make it bigger
- Jump in pairs
- HARDER - Add more to the story e.g. perform a balance

ACTIVITY 3 – TIMBO THE TIDY TRAVELLING TIGER

Timbo was a travelling tiger. He liked to hop; skip and jump as well as slide, crawl and gallop. He loved going over, under and through different spaces. He had to be careful to keep his body tidy and controlled so he would not catch his beautiful fur on things. Ouch! One day he found a hollow log. He placed his huge padded paws on top of the log and crept along. When he got to the end he jumped up in the air as high as he could. 'Maybe if I reach up high enough and stretch towards the sky, I could touch the twinkling stars' he thought. He landed softly, bending his knees as his paws touched the floor. He suddenly heard a clapping noise above his head and a voice said: 'well done Mr Tiger, what a ssssssuper landing. You kept your head up so you wouldn't fall over. Very tidy...Hmm very tidy indeed. Timbo looked up. He saw two beady eyes watching him from the trees. It was Sid the somersaulting snake! 'I have a challenge for you Timbo' the snake said 'Can you go through the hollow log without touching the sides?' 'No problem' said Timbo. 'It should be easy'. Timbo made himself small enough to go through by making his whole body low down. Again he was tidy travelling to the end and his beautiful fur did not get caught on the sides or the top of the log.

Differentiation

- EASIER - Children can crawl along the floor, jump and land on the spot
- Crawl along a longer/shorter or higher/lower bench
- HARDER - Add more to the story. E.g. star jumps

ACTIVITY 4 – ROBBIE THE ROLLING RABBIT

Robbie the Rabbit loved to roll. Wherever he was, he found a place to roll. Sometimes he curled up like a ball and rolled forwards or backwards, other times he rolled as straight as a pencil and rolled sideways. He even found places to roll off and along. He always tried out new ways to roll, all his rabbit friends thought he was a very energetic rabbit. Robbie was always careful not to roll into anything or any other rabbit! He even helped others to roll by telling them to keep their feet together and use their hands carefully.

Differentiation

- Smaller or larger area to perform
- Get children to rock back and forwards
- HARDER - Roll while holding an object e.g. ball, beanbag
- Work in groups