



YEAR 3

Gymnastics

Lesson 4

Learning Objective

To develop the straight, barrel, and forward roll.

Success Criteria

- I can choose actions that flow well into one another.
- I can perform a variety of rolls with control.

Handy Hints

Straight roll - roll from an arch to a dish.

Barrel roll - keep your knees tucked into your chest.

Forward roll - tuck your chin into chest.

Equipment

- Mats x 15
- Barrel Roll Video
- Forward roll Video
- Forward roll to seated shapes Video
- Forward roll to standing shapes Video
- Straight Roll Video

Optional:

- Foam wedge
- Springboard

10 Mins

Warm Up and Introduction

Put the mats out:

Pupils will need one mat between two.

Teacher note: please see guidelines in resource bank on safely moving apparatus.

Shapes:

Pupils jog around the teaching space weaving in between the gaps in the mats. When the teacher calls out one of the following shapes pupils quickly find a mat and get into that shape.

They hold the shape until the teacher asks them to continue jogging.

After a few minutes change the travelling action to jumping, skipping etc.

Encourage quality in their execution with pointed toes and straight hands.



Pike



Straddle



Tuck



Front support



Back support

30 Mins

Skill Development

Rolls:

Pupils work in pairs on one mat to learn the following rolls. Pupils take it in turns with one pupil sitting off the mat whilst the other practises.

Ensure you give your partner space to perform the roll safely.

Barrel roll:

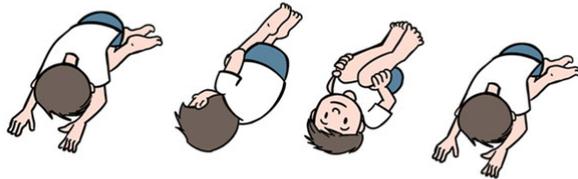
- A Pupils take it in turns with their partner to practise a barrel roll from one end of the mat to the other.

Start on shins.

Hands and elbows touching the floor.

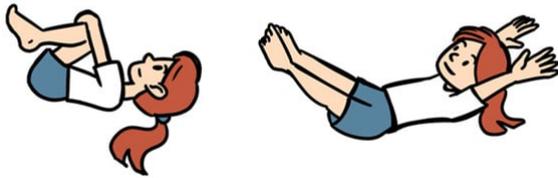
Stomach to thighs.

Stay in tuck shape throughout the roll.



- B Barrell to dish introduction: Ask the pupils to lie on their back in a tuck shape. They slowly extend their arms and legs out to a dish shape but without letting their hands and feet touch the floor. Hold for 5 seconds, then bring arms and legs slowly back to a tuck position. Repeat five times.

Squeeze muscles to be able to hold each position.



- C Barrel to dish: Ask the pupils to perform a barrel roll but when they roll onto their back, spread arms and legs out to dish position. As they roll back to their front, close back to a tuck position.

Extend out slowly into the dish shape.

Straight roll:

- A Arch and dish shapes: Ask the pupils to lie on their stomachs. Lift their arms and legs slowly off the floor into an arch shape, hold for 5 seconds, then lower. Repeat five times. Repeat the activity asking the pupils to start on their backs, lifting to a dish shape.

Keep your legs together and arms extended.

- B Pupils take it in turns with their partner to roll from a dish shape to an arch shape when doing a straight roll.

Only your stomach and back should touch the mat.



Forward roll:

- A Gather the pupils around a central mat and teach them a forward roll. Option to use a pupil to demonstrate or show the video resource. Then ask the pupils to practise the roll at their mat.

Teacher note: please see guidelines in resource bank on 'rolls.'

Start in a straight position.

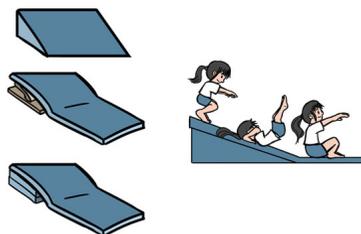
Move to a tuck position, feet on the floor, hands flat on the floor either side of knees (not inside knees as this will prevent pupils from getting enough momentum to roll).

Chin to chest.

Push comes from straightening legs and lifting bottom up, shoulder blades touch the floor first.

Pupils aim to finish standing up.

Make this easier by using a slope to roll down, using a springboard (covered with a mat), foam wedge or a stack of mats.



- B Ask the pupils to forward roll and finish in a sitting pike shape. Ask them to forward roll to a sitting straddle shape.

Make this harder by asking the pupils to complete the roll to a standing position with straddle or pike legs.

Teacher note: see the video resource 'forward roll to seated shapes and forward roll to standing shapes.'

**Sequence work:**

Ask the pupils to link two rolls, two balances and two jumps in a sequence.

Encourage the pupils to link actions that flow from one to the next.

Make the performance look interesting by changing the level of the balances.

Make this harder by linking more actions together.

5 Mins

Plenary

Ask the pupils to recap on the teaching points of the different rolls.

Question the pupils if they were going to teach someone how to do a forward roll, what would you they tell them?