



YEAR 6

Gymnastics

Lesson 1

Learning Objective

To be able to develop the straddle, forward and backward roll.

Success Criteria

- I can perform gymnastic actions with control and fluency.
- I can work with a partner to complete tasks, suggesting improvements to their work.

Handy Hints

Use strong body tension to keep your shape in the straddle roll.

Use momentum to help you to roll.

Equipment

- Mats x 15
- Backward roll progressions Document
- Backwards roll Video
- Basic Shapes Document
- Forward roll Video
- Forward roll progressions Document
- Forward roll to seated shapes Video
- Forward roll to standing shapes Video
- Straddle roll Video

Optional:

- Foam wedge

10 Mins

Warm Up and Introduction

Put the mats out:

Pupils need one mat between two.

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

Recap on basic gymnastic shapes:

Pupils sit two to a mat. Teacher to demonstrate shapes with pupils copying, or show pupils the resource card 'Basic Shapes' for pupils to copy.



Pike



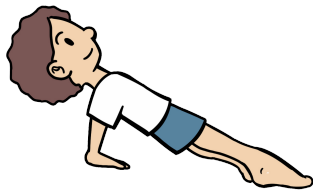
Straddle



Tuck



Front support



Back support



Dish

Traffic lights:

Avoiding the mats, pupils find a space and respond to the following instructions:

- Green - jog around weaving in and out of the mats.
Soft knees and landing. Should not be able to hear them.
- Amber - straight jump on the spot.
Pointed toes and soft landing.
- Red - hold a 5 second balance.
Make it interesting by using different body parts to balance on and different levels.
- Car - sit in a tuck shape.
- Zebra crossing - make a dish shape on a mat.
Hands and feet together off the mat.

30 Mins

Skill Development

Organisation:

Pupils will work in pairs at one mat. Ask the pupils to work together to help one another learn. Ask them to concentrate on their partners roll when they are performing and use the teaching points to provide them with feedback.

Keep a safe distance from each other when rolling.

Straddle roll:

Teach the pupils a straddle roll. Pupils work in pairs at their mat, taking it in turns to practise the roll.

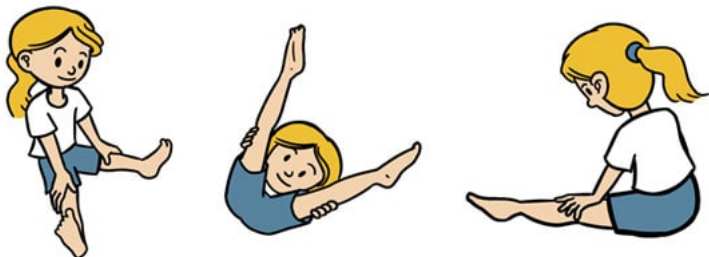
Start in a straddle position with hands resting on shins. Remain in this position throughout the roll. Body tension is important.

Roll onto side first, touching one shoulder to the floor, followed by top of the back and then the other shoulder before sitting back up.

Aim to turn 180° in one roll.

Make this harder by asking the pupils if they can sit back to back with their partner and perform the straddle roll at the same time.

Teacher note: a common error is that pupils will roll backwards first. Remind the pupils to roll sideways first. Please see guidelines on 'Rolls.'



Forward roll:

- A Gather the pupils and around a central mat and teach them a forward roll. You could use a pupil to demonstrate or show the pupils the teaching resource video.

Start in a straight position.

Move to a tuck position, knees together, 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).

Tuck your chin to your chest.

Lift your hips and bottom high.

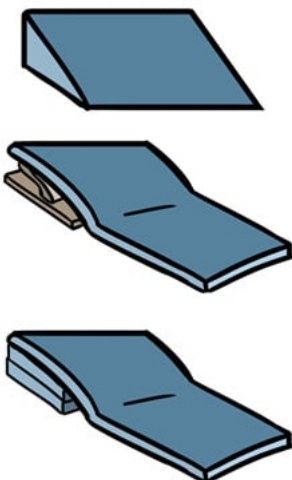
Shoulder blades should touch the floor first.

Pupils should aim to finish standing up.



- B In their pairs, give the pupils a resource card 'Forward Roll Progressions.' Ask the pupils to work through the progressions. They repeat each stage three times before moving onto the next.

Make it easier for the pupils to complete the roll by creating a slope for the pupils to roll down. Create a slope using a soft play wedge, a springboard covered in mats, or layer mats on top of each other.



Backward roll:

A Gather the pupils around a central mat and teach them backward roll. You could use a pupil to demonstrate or show the pupils the teaching resource video.

Start in a straight position.

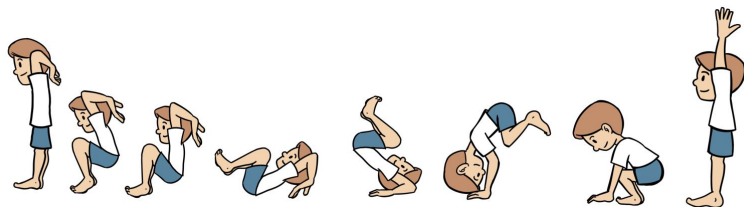
Crouch down to a tuck position on toes.

Imagine that they are carrying two pizzas on their shoulders.

Rock back so that your hands go flat on the floor.

Tuck your chin to your chest and stay in the tuck position.

Once you are able to get your hands flat to the floor, extend your elbows so that you roll over backwards.



B Pupils work two to a mat. Give each pair a resource card 'Backward Roll Progressions.' Ask the pupils to work through the progressions.

Make this easier by creating a slope for pupils to roll down.



5 Mins

Plenary

Question the pupils on the rolls that were learnt.

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

Which progressions were they able to complete?

How did momentum help them during the rolls?

Did their partner help them to identify an area that they still need to improve?