

	KEY STAGE 1				YEAR 1: Gymnastics
	LESSON TITLE	Warm Up	BASIC CONTENT	Cool Down	Tops Gymnastics
1	Spatial Awareness	Finding Spaces	Shapes Your spot	'Go' Game	Time to travel.. <i>Using hands, feet and alternate feet</i>
2	Spatial Awareness & Gymnastics Safety	Finding Spaces	Shapes, Your spot and Carrying and placing mats	'Go' Game	Time to travel... <i>Using hands, feet and alternate feet</i> Ship Shape... <i>Stretched and truck shapes</i>
3	Spatial Awareness & Gymnastics Safety	Jungle Walk	Shapes, Carrying and placing Apparatus and Animal Zoo	Demonstrations	Time to travel... <i>Using hands, feet and alternate feet</i> Ship Shape... <i>Stretched and truck shapes</i> Shape up... <i>Straddle and pike shapes</i>
4	Travel & Introduction to Key shapes	Animal Zoo	Making shapes, Simon Says	Copy Cat	Time to travel... <i>Using hands, feet and alternate feet</i> Ship Shape... <i>Stretched and truck shapes</i> Shape up... <i>Straddle and pike shapes</i>
5	Travel & Using Key shapes	Bean Game	Making shapes, Simon Says	Copy Cat – Extended task	Double up.... <i>Working with a partner</i>
6	Jumping and Balancing	Bean Game	Jumping technique, balance technique and sequences	Tired Cats	Double up.... <i>Working with a partner</i>
7	Sequencing	Bean Game	Your spot, Sequences with hoops	Hula hoops	Steady as a rock.... <i>Standing, kneeling and large body part balances</i> Jumping Jacks... <i>Landings, jumps, leaps and turns</i>
8	Sequencing	Musical statues	Your spot, Sequences with hoops – extended task	Hula hoops	Pick, (link) and mix.... <i>Building more complex sequences.</i>
9	Balance and twisting	Musical statues	Balancing and twisting technique, balancing and twisting using apparatus	Musical balances	Pick, (Link), and mix.... <i>Building more complex sequences</i>
10	Rolling	Fox and bunnies	Rolling technique, Sequence with apparatus	Choice of activity!	Rock and roll... <i>Side rolls and lead up to forwards and backwards rolls,</i> Rollover... <i>Combinations of forward and backwards rolls</i>
11	Choice from the alternative lesson plans, either HAND APPARTUS, or LARGE APPARTUS				
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