

Gymnastics Lesson for PE - Travelling skills

Aim of session: To learn how to spin on point and with travel.

Lesson information

Duration: 45 minutes

Age range: 9-10 years

No. of players: Varies

Session plan number: 1

Assessment area colour codes:
Physical literacy; Cognitive
Thinking; Wellness; Engagement.

Primary learning outcome:
To travel with control and precision while changing speed and direction.

Secondary learning outcome:
To show strength, flexibility and balance when travelling.

Keywords:
 Spinning, leaping, 2 feet-1, straight, bent, direction, speed and pathway.

Resources:

Lesson plan Video

A large indoor space.

1 Warm up activity

10 mins

Key questions

Ask the children what a space is (away from equipment, other people, walls etc.) and ensure all children are standing in a space before they begin the warm up.

Recap on the different ways of leaping learnt in LKS2 by practicing the four leaps (2 feet-1 foot, cat leap, scissor leap and stag leap) together as a class. Demonstrate leading a partner around the room (one behind the other) while changing 'pathway' (direction) every 5 or 6 steps. Encourage the leader to use their eyes to find space and to not touch anyone else while they are travelling. Say 'freeze' when you want children to stop. Swap over so both children have a go at being the leader.

Next, explain that you want them to do a leaping action every so often for their partner to copy. Praise partners who are carefully copying the leader's actions. After a few minutes swap over so everyone gets a chance at being the leader. As children get more confident, encourage them to create a shape (e.g. square, circle) as they lead their partner around the room. Develop this activity by encouraging children to keep their arms out to the side to make the travelling look better.

Can you travel with control?

Can you maintain control when changing direction?

2 Main activity

30 mins

Key questions

Activity 1

Explain that spinning is a type of turn on one foot. Just like leaping, spinning is a great way in gymnastics to travel from one part of the floor to another. Choose a child or use the movie to demonstrate spinning on point. Keep reinforcing the teaching points (transfer the weight from the back to the front foot, initiate rotation by opening the bent arm and draw arms and legs into the body to increase rotation).

Can you perform the scissor leap with control?

How can we maintain control when travelling?

3 Main activity (continued)

Key questions

Activity 2

As a class practice a clockwise spin on a point. Everyone places the right leg forwards and their right arm forwards while the left arm should be extended to the side/rear. Bend the arm which is extended to the front. Transfer the weight from the back foot to the front whilst opening the bent arm to initiate the spin. Practice a few times together as a class before giving children an opportunity to practice in pairs.

Activity 3

Introduce spinning with travel. Choose a child or use the movie to demonstrate spinning with travel (step, step star, spin and step). Use the teaching points from activity 2 to encourage the correct technique when spinning.

Activity 4

As a class practice a clockwise spin with travel. Everyone has their arms extended to the side, step forwards onto the right foot and step to finish in a star shape facing 90 degrees right of the starting position. Spin (using the teaching points in activity 1) to finish 270 degrees from the starting position. Continue to rotate an extra 90 degrees to step out of the spinning action so children are then back to their starting position. Practice a few times together as a class before giving children an opportunity to practice in pairs.

Activity 5

Children have a go at practicing the two spins in unison (at the same time) as their partner. Children to use the side by side formation with their partner so that they are both spinning on the same foot and in the same direction.

Activity 6

Introduce the Cartwheel using the Cartwheel movie. As a class practise the Cartwheel using the coloured spots. If space or resources are limited, work in pairs or groups of 3 or 4.

How can we spin and maintain control over our body?

Can you face the desired direction when spinning?

Can you maintain control when changing direction/ speed?

Can you demonstrate good core strength when spinning?

Can you demonstrate good flexibility when you travel?

Do you have the arm strength to perform a cartwheel?

4 Cool down

 5 mins

Key questions

Children choose a level and travel around the room into spaces. Finish with everyone travelling slowly using a high level (on balls of their feet, arms high) to stretch through their body.

Teacher notes and review