

# LESSON PLAN: **GYMNASTICS**: YEAR 5: WEEK 5

**LESSON OBJECTIVE:** To understand the principles behind effective jumping.

## **WARM UP (10 MINS)**

Explain to the children that they are running through the 'jungle' and run into many animals that they need to get away from. The teacher can give appropriate commands, and the children carry out a suitable action e.g. Jump over logs, duck under branches, high knees through quicksand, sprint pasta tiger, tip toe past the snake, etc.

## **MAIN LESSON (20 MINS)**

Ask pupils to move around the area and try and find different ways of jumping as a method of travel. Explain how to land safely and also that there are 5 particular ways of flight:

1. Start 2 feet and land on 2 feet
2. Start 1 foot and land on 2 feet
3. Start 2 feet and land on 1 foot
4. Start 1 foot and land on the same foot
5. Start 1 foot and land on opposite foot

Pupils then move onto jumping from equipment and seeing if they can perform the same flight actions.

## **GAME/COMPETITION (15 MINS)**

Pupils now need to add at least 2 different ways of flight from equipment to their routines. Pupils now need to start preparing a routine for next week's lesson. Groups should write down exactly what is in their routine so they don't forget it for next week.

## **EQUIPMENT**

- Mats

## **KEYWORDS**

- Balances
- Point
- Group
- Posture

## **DIFFERENTIATION**

### **LESS ABLE**

- Focus on stepping, hopping and other ways of travelling.

### **MORE ABLE**

- Jumping from equipment, such as benches.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they jump to a high ability?
	6	Can they jump with a certain degree of control?
	5	Can they jump, with very little control?
Tactics, Rules & Teamwork	7	Works with their partner & demonstrates knowledge & understanding of the task.
	6	Can work with a partner & understands the directions.
	5	Starts communicating with a partner.
Show & Link	7	Can they link: the different skills required to perform jumps, shapes and balances in a routine using equipment?
	6	Can they show and link: jumps, shapes and balances using equipment?
	5	Can they show jumping off equipment.
Describe Ways to Improve	7	Are able to describe and improve performance.
	6	Are able to describe performance.
	5	Are able to see differences in performance against a simple model.
Fitness & Health	7	Shows a solid understanding of why physical activity has health benefits.
	6	Has some knowledge of why physical activity has health benefits.
	5	Has little knowledge of why physical activity has health benefits.