

LESSON PLAN: **GYMNASTICS**: YEAR 5: WEEK 6

LESSON OBJECTIVE: To be able to create and perform a routine which involves everything learnt over the previous weeks.

WARM UP (10 MINS)

Children move quietly around the room jogging or walking. The teacher/ nominated child calls out different parts of the body and the children have to balance on these parts of the body for 3 seconds i.e. 2 hands, 1 foot, shoulders. At the end of the game say the whole body, children to lie flat on the floor this calms them down ready to complete the activity.

MAIN LESSON (20 MINS)

Split into groups from last week. Pupils now need to go away and learn the routine they wrote down last week. Remind pupils that you are looking for good posture, straight back, pointed toes and fingers, fluency and everything learnt over the past few weeks needs to be included.

GAME/COMPETITION (15 MINS)

Pupils now perform to the rest of the class. On a piece of paper each group marks the performing group out of 10 in 4 areas: fluency, posture, everything included, overall routine. Team with highest score wins.

EQUIPMENT

- Mats

KEYWORDS

- Balances
- Point
- Group
- Posture

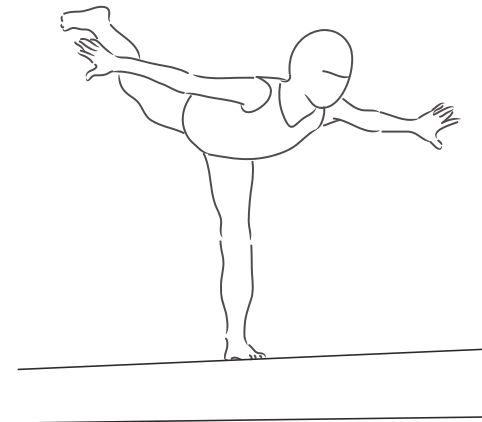
DIFFERENTIATION

LESS ABLE

- Just focus on performing 1 of each move.

GIFTED & TALENTED

- Pupils need to perform at least 3 of every move during their routines.
- Mark harsher based on body posture and fluency of movements.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform to a high ability?
	6	Can they perform with a certain degree of control?
	5	Can they perform, 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 in a routine?
	5	Can they show a routine.
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.