



Move up a level

PSSI Homepage

Curriculum Objectives

Venue

Equipment

Reference

Strand Unit: Movement

- Develop the basic movement actions.
- Develop the basic movement actions of transferring weight using a variety of body parts.
- Continue to develop body awareness through variations of direction, pathway, speed and levels.
- Show control in take off and develop the ability to absorb energy to avoid shock when landing.
- Link movement skills to produce individual sequences.
- Practise rolling activities.
- Develop good body tension and posture through gymnastic positions and movements.

Strand Unit: Understanding and appreciation of gymnastics

- Discuss movement and ask and answer questions about it.
- Develop the ability to lift and place apparatus safely.
- Develop awareness of others when using apparatus.

- Hall.

- Mats and benches.
- Activity cards for Development section at the end of the lesson.

- Primary School Curriculum (1999) Physical Education, page 30.



ORGANISATION

Free movement around the room.

Take out the mats and place them on the floor.

The children stand at one end and take turns to perform each activity on a mat.



ACTIVITY

Warm up and stretching. Visit your warm up bank. Include some strengthening exercises.

1 Make a sequence of running and jumping in a straight, curved or zigzag pathway.

Use the five basic jumps:

- (a) two feet to two feet;
- (b) two feet to one foot;
- (c) one foot to one foot (hop);
- (d) one foot to one (other foot)(step);
- (e) one foot to two feet.

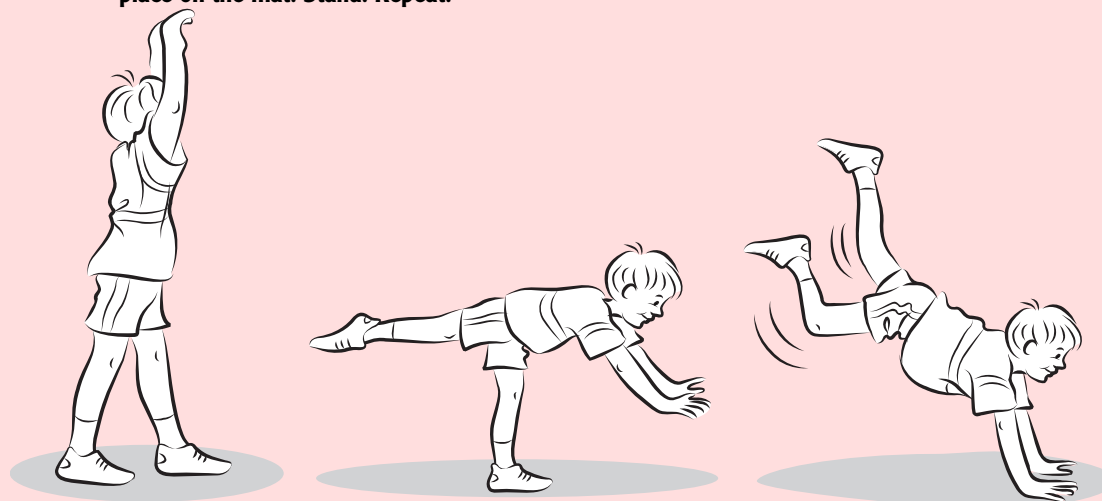
2 Jumps and turns

- (a) Practise quarter and half turns.
- (b) Link jumps and turns.
- (c) Run, stop, jump a half turn and walk backwards. Stop, jump a half turn, jump two feet to two feet, run and stop. Hop from one foot to one foot.

3 Taking weight

The following are sample sequences which the teacher can call out to be performed by the children. These give the children a structure to follow when creating their own.

- (a) Take the weight on the palms of the hands, kick the feet upwards and make them land in a new place on the mat. Stand. Repeat.



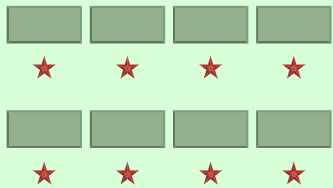
TEACHING POINTS

- Call out each jump.
- The teacher calls out the sequence.
- Ensure that the children place the palms of their hands on the floor.
- Ask the children to land their feet on the mat either together or apart, or following each other.

ORGANISATION

The children move away from the mats and perform activities in turn.

The star symbol ★ denotes a beanbag at the starting position.



Replace the mats.

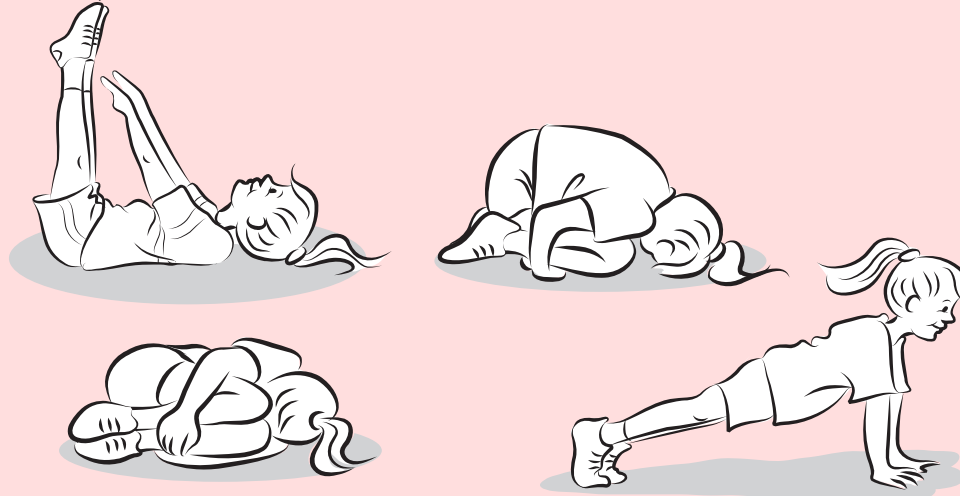
ACTIVITY

- (b) Take the weight on the shoulders, bend the knees into the chest to either the right or left of body. **Transfer the weight** onto the knees and then stand up.
 - (c) Take the weight on the shoulders. Rock from the shoulders to the heels and then stand.
 - (d) Take the weight on the back and pull the knees into the chest. Rock from side to side. **Transfer the weight** onto the knees. With your tummy facing the floor, place the palms on the floor and stretch the legs out with the weight onto two hands and two feet. Hold the balance.
 - (e) Take the weight on the front. Rock from the front to the thighs.
- The children now create their own sequences.

4 Link travelling and taking weight

Again perform a sample sequence of movements called by the teacher.

- (a) Travel to the mat, lie on the mat and take the weight on back. Transfer the weight onto the knees, tuck roll and balance on two hands and two feet.



- (b) Travel to the mat, lie on the mat and take weight on shoulders. Transfer weight onto knees, tuck roll and stand up.
- (c) Travel to the mat, place the palms on the mat, kick the feet upwards and land them in a different place. Stand on the feet. Make a wide stretched shape.

The children now create their own sequences.

5 Cool down

Sit, curl up and stretch out.

TEACHING POINTS

- Ask the children to generate as much momentum as possible when performing the movements.
- Perform these movements in two stages.
- Lift the arms and legs off the floor.

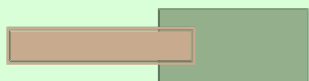
DEVELOPMENT

ORGANISATION

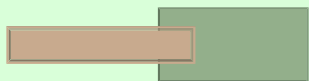
Place a bench and a mat as indicated below in four different areas of the hall. Place **all** activity cards at each area.

Divide the class into four groups. Each group performs the tasks outlined on the cards. Groups **do not** need to rotate.

The star symbol ★ denotes a beanbag at the starting position.



Task 1



Task 2



Task 3

ACTIVITY

Task 1

Travel to and along the bench, stop, jump onto the mat roll and stand up.

Task 2

Travel to and along the bench, stop at the end of the bench and jump with a half turn onto the mat. Rock to take the weight on the shoulders. Make wide/narrow tucked shapes with the legs. Rock to a standing position.

Task 3

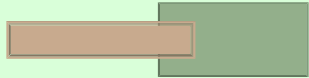
Travel to and along the bench, stop at the end of the bench, jump off and land. Take the weight on both hands, lift the legs up and land the feet in a new place on the mat. Repeat.

TEACHING POINTS

- Encourage a wide variety of travelling movements.

- Ask the children to look behind to check the position of the mat before jumping backwards.
- Bend the knees on landing.
- Support the back with the hands when balancing on the shoulders.

- Ask the children to place their palms on the mat, kick the legs up high and land them in a different place.

DEVELOPMENT**ORGANISATION****Task 4****Station 5****ACTIVITY****Task 4**

Travel to and along the bench, stop at the end of the bench, jump off and land.

Crouch and forward roll on the mat and jump to standing.

Station 5**Teach the backward roll**

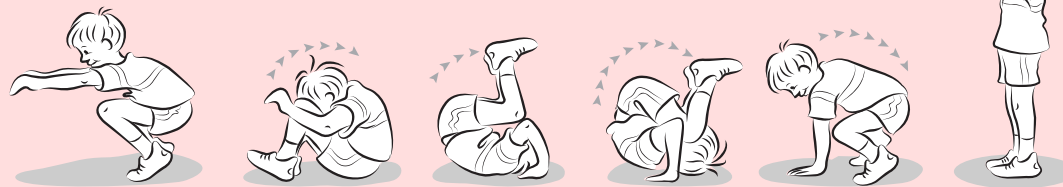
With the back facing the mat, crouch down.

Keep the hands close to the shoulders, near the ears with the palms facing the ceiling.

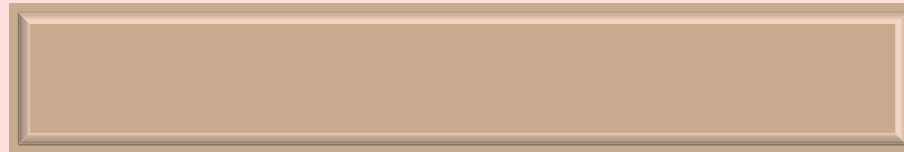
Rock backwards onto the back.

Place the palms onto the mat and press down.

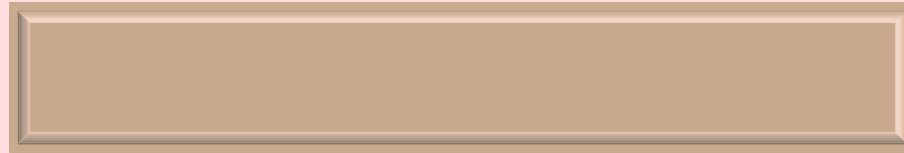
Roll over.

**TEACHING POINTS**

- To support the child:
 - kneel at the right side of the child and just behind;
 - place the palm of the right hand on the small of the back – the child will roll onto your hand;
 - the teacher pushes the child to complete the roll.
- For left-handed teachers kneel to the left of the child and use the left hand.
- Initially, some children may only be able to bring their legs over their shoulders.

ACTIVITY CARD**Task 1**

**Hop to the bench. Step onto the bench.
Move on two hands and two feet along the bench.
Stop at the end of the bench. Jump onto the mat.
Roll along the mat.
Stand. Walk back to the beanbag.**

ACTIVITY CARD**Task 2**

Move on one hand and one foot to the bench. Step onto the bench.

Move on one hand and one foot along the bench.

Stop at the end of the bench and stand up.

Jump with a half turn onto the mat. Crouch low.

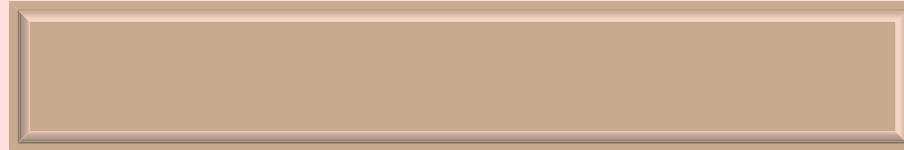
Rock from the heels to the shoulders.

Place the hands on the lower part of your back.

Point your feet towards the ceiling (narrow shape).

Spread your feet out wide. Bring your feet together again and stand up.

Walk back to the beanbag.

ACTIVITY CARD**Task 3**

Move on two feet and one hand to the bench. Step onto the bench.

Move on two feet and one hand along the bench.

Stop at the end of the bench and stand up.

Jump onto the mat. Place the palms of the hands on the mat.

Lift your legs up and place back down on the mat.

Walk back to the beanbag.

ACTIVITY CARD**Task 4**

Move on two hands and two feet to the bench. Step onto the bench.

Move on two hands and two feet along the bench.

Stop at the end of the bench. Jump off and land on the mat.

Stand on two feet. Crouch down and forward roll along the mat.

Stand. Walk back to the beanbag.

ACTIVITY CARD

Station 5 – Teaching Station



Backward Roll

