



Curriculum Objectives

Strand Unit: Movement

- Develop good body tension and posture through gymnastics positions and movements.
- Produce and perform sequences with a partner on mats.
- Perform the forward and backward roll with control.
- The children create and develop their own sequences.

Strand Unit: Understanding and appreciation of gymnastics

- Observe and describe movement.
- Lift, carry, set up and store apparatus correctly and safely.
- Develop awareness of others' movements.

Move up a level

Venue

- Hall.

PSSI Homepage

Equipment

- Mats and benches.
- Activity cards for Section 2 at the end of the lesson.
- Activity cards for Development section at the end of lesson.

Reference

- Primary School Curriculum (1999) Physical Education, page 42.



ORGANISATION

The children work in pairs.

Take out the mats and place them on the floor – two pairs to each mat.

Place cards outlining all sequences at each mat.

The pairs perform the sequences in turn.

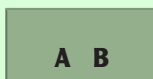
The children should remove their shoes and socks before performing pair balances.



Sequence 1



Sequence 2



Sequence 3

Lift, carry and store mats.

ACTIVITY

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

1 Revise from Lessons 4 and 5

Tension/exercises

Sinking and seesaw movements

Arabesque, wine glass and bridge balances.

2 Perform a sequence of movements in pairs**Sequence 1 – In pairs**

A stands at one end of the mat, **B** stands on the other end of the mat.

Both step onto the mat to meet in the middle.

They face each other and perform an **arabesque balance**.

A and **B** now clasp wrists and perform a **sinking movement**.

Both stand and jump to make a half turn and forward roll back to the starting point. Stand.

Sequence 2 – In pairs

A and **B** stand at one end of the mat and perform a **wine glass balance**.

A moves to stand in front of **B** while **B** jumps with a half turn.
(They are now standing back to back.)

On the count of three, both perform a **horizontal pair balance**.

Both stand and jump to make a quarter turn to stand side by side.

They both side-skip off the mat.

Sequence 3 – In pairs

A and **B** stand in the centre of the mat. **A** kneels and **B** performs a **bridge balance**.

On completion, both make pin rolls to the end of the mat.

They stand and walk off.

3 Create your own sequence

Ask the children to work in pairs to develop a sequence which includes one of the pair balances learned. **Half the class watches while the other half performs and vice versa.**

4 Cool down

Stretch, jog on the spot and relax.

TEACHING POINTS

- Before performing the sequences ask the children to work together and to synchronise their movements.
- Link movements smoothly.
- Remind the children that if they are not confident about performing a forward or backward roll, they should substitute a tucked or pin roll.

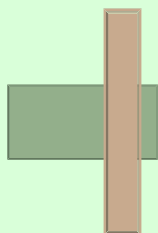
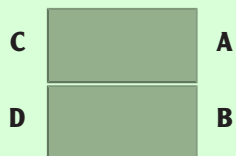
DEVELOPMENT**ORGANISATION**

Divide the children into groups of four.
Place two mats together side by side.

For Sequence 3 each group must get a bench.

Place activity cards outlining all sequences at each station.

Given class sizes it will be necessary to have two groups of four at all of the stations. They must then perform the sequences in turn.

**ACTIVITY****Sequence 1 – In fours**

All step onto the mat to meet in the middle and face each other.

A and C, B and D perform an **arabesque balance**. Stand.

A and C and B and D then perform a **sinking movement**.

All jump for a quarter turn to stand side by side and each pair performs a **wine glass balance**.

All jump to face down the mat. In turn, each pair forward roll to the end and stand.

Sequence 2 – In fours

A and B forward roll along the mat to the centre. Stand.

C and D step onto the mat (**A and C**) and (**B and D**) perform a sinking movement. Stand.

A and B perform a quarter turn away from each other and go on their hands and knees.

C and D sit and perform a bridge balance on **A and B**.

All stand and side-skip off the mat one after the other.

Sequence 3 – In fours

Both pairs sit astride the bench, back to back.

They link arms and on the count of three they push to standing.

Swing the outside leg over the bench. Now all are facing down the mat.

In turn, each child stretches out on the mat, makes a long stretched roll to the end of the mat and stands.

Sequence 4

Each group are asked to develop their own sequence, practise and be ready to perform for the class.

Final activity

Half the class watches while the other half performs and vice versa.

TEACHING POINTS

- Remind the children that if they are not confident about performing a forward or backward roll, they should substitute a tucked or pin roll.

ACTIVITY CARD**SECTION 2****Sequence 1 – in pairs**

A stands at one end of the mat, **B** stands at the other end of the mat.

Step onto the mat to meet in the middle.

Face each other and perform an **arabesque balance**.

A and **B** now clasp wrists and perform a sinking movement.

Both stand and jump to make a half turn.

Forward roll back to the starting point. Stand.

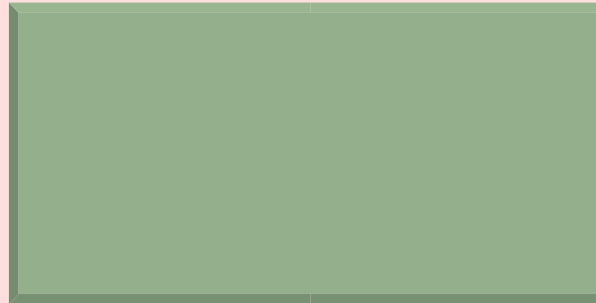
ACTIVITY CARD

SECTION 2

Sequence 2

A

B



A and **B** stand at one end of the mat and perform a **wine glass balance**.

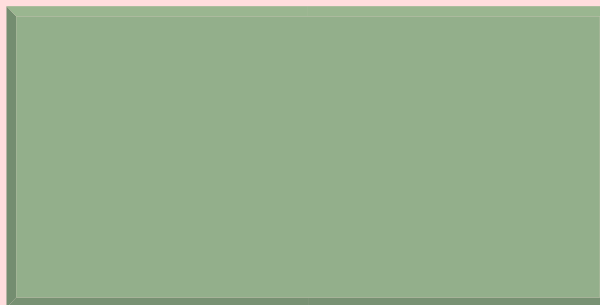
A moves to stand in front of **B** while **B** jumps with a half turn.
(They are now standing back to back.)

On the count of three, both perform a **horizontal pair balance**.

Both stand. Jump to make a quarter turn to stand side by side.

Side-skip off the mat.

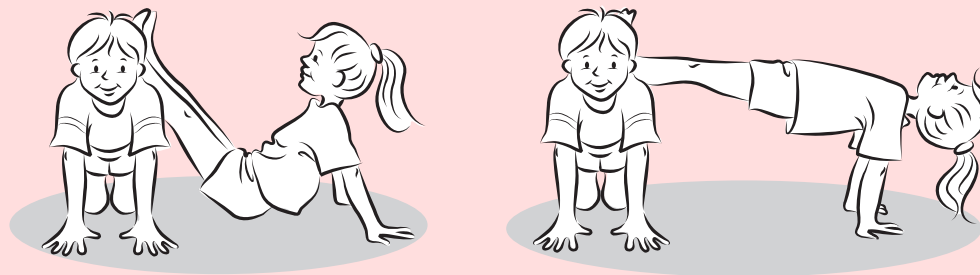


ACTIVITY CARD**SECTION 2**
Sequence 3

A and **B** stand in the centre of the mat.

A kneels and **B** performs a **bridge balance**.

On completion, both make pin rolls to the end of the mat.
Stand and walk off.



ACTIVITY CARD**DEVELOPMENT SECTION****Sequence 1**

All step onto mat to meet in the middle and face each other.

B **A** and **C**, **B** and **D** perform an **arabesque balance**.

Stand. **A** and **C** and **B** and **D** then perform a **sinking movement**.

A All jump for a quarter turn to stand side by side and each pair performs a **wine glass balance**.

All stand up. All jump to face down the mat.

In turn, each pair forward roll to the end and stand.

ACTIVITY CARD**DEVELOPMENT SECTION****Sequence 2**

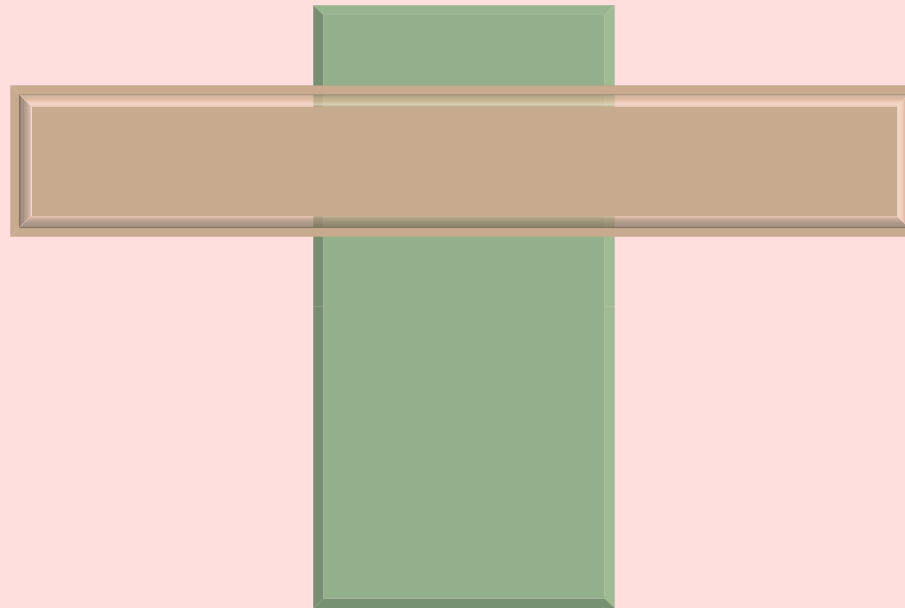
A and **B** forward roll along the mat to the centre.

B Stand. **C** and **D** step onto the mat.

A and **C** and **B** and **D** perform a **sinking movement**. Stand.

A and **B** perform a quarter turn away from each other and go on all fours.

C and **D** sit and perform a **bridge balance** on **A** and **B**.

ACTIVITY CARD**DEVELOPMENT SECTION****Sequence 3 – in fours**

Both pairs sit astride the bench, back to back.

**They link arms and on the count of three they push to standing.
Swing outside leg over the bench. Now all are facing down the mat.**

**In turn, each child stretches out on the mat,
makes a long stretched roll to the end of the mat and stands.**