

PRIMARY SCHOOL GYMNASTICS

KEY STAGE 2 (8 - 11 YEARS)

TABLE OF CONTENTS

	PAGE
CONTENTS OF KEY STAGE 2 LESSON PACKS AS A SCHEME OF WORK	
PREFACE	
THE PHYSICAL EDUCATION PROGRAMME	1
The Aims of Physical Education	1
The Contribution of Gymnastics to the Physical Education Programme	2
INTRODUCTION	3
Communication in Gymnastics	3 - 7
GOOD PRACTICE IN GYMNASTICS	8
PLANNING THE LESSON	9
The Lesson Framework	9 - 10
HOW DO WE TEACH?	11
Teaching Styles	12
DEMONSTRATION	13
Different forms of Demonstration	13 - 14
Different uses of Demonstration	15
Different ways of Conducting a Demonstration	16
WHAT DO WE TEACH?	17
Categories of Movement	17
Developing Range and Quality	17 - 21
Sequences	21
Themes, tasks and specific skills	22 - 23
Differentiation	24
WHEN TO TEACH	25
Suggested Gymnastics Scheme for Key Stage 1 (and Key Stage 2)	25 - 27
APPARATUS	28
Organisation of Apparatus within a Lesson	28
Establishing the Rules - first steps	29
Apparatus Handling Policy	30 - 31
Introduction and Progressive use of apparatus	32 - 37
How to build an Apparatus Plan	38 - 39
Using the Whole Area Approach	40
Forming and Organising Apparatus Groups	41 - 43
Working on Apparatus	44
USING THE UNITS OF WORK	45 - 50
ASSESSMENT	51
Assessment sheets	52

PRIMARY SCHOOL GYMNASTICS KEY STAGE 2 (8 - 11 YEARS)

TABLE OF CONTENTS continued

	PAGE
NATIONAL CURRICULUM FOR ENGLAND (2000)	
LEARNING OBJECTIVES AND EXPECTED LEARNING OUTCOMES	53
EXPECTED LEARNING OUTCOMES FOR GYMNASTICS BY 9 YEARS OF AGE	54
EXPECTED LEARNING OUTCOMES FOR GYMNASTICS BY 11 YEARS OF AGE	55
SCHEME OF WORK	55(a)
<u>LESSON PLANS</u>	
YEAR 3 (7 - 8 YEARS)	
UNIT L - STRETCHING, CURLING AND ARCHING	56
Learning Objectives	57
Unit Framework	57
Expected Learning Outcomes	58
Lessons 1 to 6	59 - 64
UNIT M - SYMMETRY AND ASYMMETRY	65
Learning Objectives	66
Unit Framework	66
Expected Learning Outcomes	67
Lessons 1 to 7	68 - 74
UNIT N - PATHWAYS	75
Learning Objectives	76
Unit Framework	76
Expected Learning Outcomes	77
Lessons 1 to 6	78 - 83
UNIT O - TRAVELLING WITH CHANGE OF FRONT AND DIRECTION	84
Learning Objectives	85
Unit Framework	85
Expected Learning Outcomes	86
Lessons 1 to 6	87 - 92
YEAR 4 (8 - 9 YEARS)	
UNIT P - BALANCE	93
Learning Objectives	94
Unit Framework	94
Expected Learning Outcomes	95
Lessons 1 to 6	96-101
UNIT Q - RECEIVING BODY WEIGHT	102
Learning Objectives	103
Unit Framework	103
Expected Learning Outcomes	104
Lessons 1 to 6	105 - 110
UNIT R - BALANCE LEADING INTO CHANGE OF FRONT AND DIRECTION	111
Learning Objectives	112
Unit Framework	112
Expected Learning Outcomes	113
Lessons 1 to 6	114 -119

PRIMARY SCHOOL GYMNASTICS KEY STAGE 2 (8 - 11 YEARS)

TABLE OF CONTENTS continued

	PAGE
UNIT S - ROLLING	120
Learning Objectives	121
Unit Framework	121
Expected Learning Outcomes	122
Lessons 1 to 6	123 - 128
YEAR 5 (9 - 10 YEARS)	
UNIT T - BRIDGES	129
Learning Objectives	130
Unit Framework	130
Expected Learning Outcomes	131
Lessons 1 to 6	132 - 137
UNIT U - FLIGHT	138
Learning Objectives	139
Unit Framework	139
Expected Learning Outcomes	140
Lessons 1 to 6	141 - 146
UNIT V - FUNCTIONAL USE OF THE LIMBS	147
Learning Objectives	148
Unit Framework	148
Expected Learning Outcomes	149
Lessons 1 to 6	150 - 155
UNIT W - SPINNING AND TURNING	156
Learning Objectives	157
Unit Framework	157
Expected Learning Outcomes	158
Lessons 1 to 6	159 - 164
YEAR 6 (10 - 11 YEARS)	
UNIT X - PARTNERWORK - MATCHING AND MIRRORING	165
Learning Objectives	166
Unit Framework	166
Expected Learning Outcomes	167
Lessons 1 to 6	168 - 173
UNIT Y - PARTNERWORK - SYNCHRONISATION AND CANON	174
Learning Objectives	175
Unit Framework	175
Expected Learning Outcomes	176
Lessons 1 to 6 - Parts High and Parts Low	177 - 182
UNIT Z - HOLES AND BARRIERS	183
Learning Objectives	184
Unit Framework	184
Expected Learning Outcomes	185
Lessons 1 to 6	186 - 191
UNIT A - COUNTER-BALANCE AND COUNTER-TENSION	192
Learning Objectives	193
Unit Framework	193
Expected Learning Outcomes	194
Lessons 1 to 6	195 - 200

PRIMARY SCHOOL GYMNASTICS - KEY STAGE 2
TEACHING SPECIFIC SKILLS
TABLE OF CONTENTS

		PAGE
	TEACHING SPECIFIC SKILLS	201
	THE DEVELOPMENT AND EXTENSION OF A SKILL	202
1	JUMPING	205
	Take off - flight - landing	206
	The five basic jumps	207
	Body shape and turning	208
	Shapes in the air	211
	Differentiation and extension activities	213
2	ROLLING	214
	<u>Sideways rolling</u>	
	Initial stages of sideways rolling and curled sideways roll	215
	Stretched	216
	One leg leading	216
	Curled and stretched	216
	Sideways shoulder roll	216
	<u>Forward rolling</u>	
	Initial stages of class teaching and forward roll	217
	Forward roll to squat	218
	Forward roll to stand	219
	Common faults associated with forward rolling	220
	<u>Differentiation and extension activities</u>	
	Moving into a forward roll	221
	Moving out of a forward roll	224
	Forward roll walk-out	227
	Forward roll to straddle stand	227
	Straddle forward roll	229
	Circle or "Teddy" roll	230
	Forward rolling progressions onto apparatus	231
	<u>Backward rolling</u>	
	Initial stages of class teaching	232
	Backward roll and backward roll to stand	234
	Common faults associated with backward rolling	234
	<u>Differentiation and extension activities</u>	
	Moving into a backward roll	235
	Moving out of a backward roll	237
	Backward roll to astride	240
	Straddle backward roll to straddle stand	241
	Backward roll into handstand	241

TEACHING SPECIFIC SKILLS

TABLE OF CONTENTS continued

		PAGE
3	TAKING WEIGHT ON HANDS AND FEET	
	<u>Travelling on hands and feet</u>	242
	Monkey walk	243
	Crab walk	243
	Caterpillar walk	244
	Spinning top	244
	Bunny hop	245
	Cat spring	246
	Kicking horses	247
	Front support and back support	247
	<u>Handstand</u>	
	Initial stages of class teaching	248
	<u>Handstand supporting a confident child</u>	249
	Initial support for a handstand	251
	Common faults associated with a handstand	252
	<u>Differentiation and extension activities</u>	
	Moving into a handstand	253
	Moving out of a handstand	254
	Handstand into a forward roll	255
	<u>Cartwheels</u>	
	Initial stages of class teaching with a bench	256
	Cartwheel	257
	<u>Differentiation and extension activities</u>	
	Moving into a cartwheel	258
	Moving out of a cartwheel	258
4	BALANCE	259
	<u>Balance on large and small parts of the body</u>	260
	Shoulder balance	261
	Gripping and hanging to balance	262
	<u>Headstand</u>	
	Initial simple, safe, progressive tasks	263
	Headstand with knees bent	263
	<u>Extension activities</u>	
	Squat - headstand with knees bent, squat	264
	Headstand into straight legs	264
	Extension activities for strong and competent performers	264
5	APPARATUS	265
	<u>Springing on / off / over apparatus</u>	
	Bunny hop or sideways squat over a bench	266
	Bunny hop or sideways squat onto apparatus	266
	Bunny hop or sideways squat over apparatus	266
	Squat spring onto a raised flat surface	267
	Jumping from a raised flat surface	267
	Straight jump	267
	Straddle jump from apparatus	268
	Tucked jump from apparatus	269
	Introductory activities for leapfrog	270
	Leapfrog over a partner	271

NATIONAL CURRICULUM PROGRAMMES OF STUDY

CONTENTS OF KEY STAGE 2 (8 - 11 YEARS)

LIST OF LESSON PACKS

ANALYSIS OF LESSON PACKS

NATIONAL CURRICULUM PROGRAMMES OF STUDY - KEY STAGE 2

LESSON PACKS KEY STAGE 2 (8 - 11 YEARS)

- L Stretching, Curling and Arching
- M Symmetry and Asymmetry
- N Pathways
- O Travelling with a change of front and direction
- P Balance
- Q Receiving Body Weight
- R Balance leading into change of front and direction
- S Rolling
- T Bridges
- U Flight
- V Functional use of the Limbs
- W Spinning and Turning
- X Partnerwork - Matching and Mirroring
- Y Partnerwork - Synchronisation and Canon
- Z Holes and Barriers
- A Counter-balance and Counter-tension

CONTENTS OF KEY STAGE 1 (4 - 7 YEARS)

LESSON PACKS

NURSERY AND RECEPTION - INTRODUCTION

- (a) Use of space
- (b) Footwork
- (c) Awareness of body parts
- (d) Directions

KEY STAGE 1 (4 - 7 YEARS)

- A Travelling
- B Stretching and Curling
- C Travelling and taking weight on different body parts
- D Flight - bouncing, jumping and landing
- E Points and Patches
- F Rocking and Rolling
- G Wide - Narrow - Curled
- H Parts high and parts low
- I Pathways - straight / zigzag / curving
- J Spinning / turning / twisting
- K Linking movements together