

Summer 1 – Gymnastics using Traditional Tales

-Develop balance, agility and coordination and begin to apply these to a range of activities

The Three Billy Goats Gruff – contrasting balances and shapes..



My legs are wide



This is a narrow balance



We explored our own contrasting balances/shapes. We did wide and narrow balances and large and small shapes

The Three Little Pigs – travelling in different ways and linking with our balances.



I'm skipping like the small pig!

I'm going to do some jumping and be the middle-sized pig.

We had to think about how each of the Three Little Pigs might move and decoded that the smallest pig might move quickly and maybe skip, that the middle-sized pig would be a little bit slower and that the largest pig would be very slow and do big, stomping steps!

We then had a go at doing one of our balances/shapes from the previous session and linking it together using one of our Little Pig movements – we found this a little bit tricky when we had to combine more than one movement/a balance.



The Gingerbread Man – rolling and jumping with control



We decided as a class that to have good control of our bodies during our rolls, we needed to stretch our arms out and keep them a little tense. We also needed to use our core and keep it very tense during our log roll.



To make the gingerbread man, the little old lady used a rolling pin to roll out the dough – so we did a log roll.

She also used eggs in her mixture so we did an ‘egg roll’ [curved side roll].

Then, the fox asked the gingerbread man to jump on his back so we did a straight legged roll which we then challenged ourselves further by turning into a tuck jump – wooooah balance!

Bend legs

Layton demonstrated that we needed to bend our legs during our straight leg and tuck jumps to keep our joints safe!

The Gingerbread Man Cont..

- We then challenged ourselves to create a sequence of a jump, roll, jump. We split in to half and performed to the class and gave feedback.



Archie	I liked how Amos stretched his toes during his log roll.
James	Oliver bended [bent] his legs when he landed his jump.
Kira	Little Alfie did good stretching when he did his log roll
Amos	Archie showed good control when he did his log roll and when he did a tuck jump.

The Three Little Bears, another sequence!



We then looked at another traditional tale and had a go at the dish roll to pretend we were the bowls for the porridge bowls! We linked jumps with rolls again but this time made our sequence even longer! After, we performed half of the class at a time and said what our friends did well.



The Enormous Turnip – Team work!



I can't do a wheelbarrow by myself!
Alfie H.



Next we looked at the Enormous Turnip where they needed to work as a team to pull the turnip out of the ground.

We prepared for a wheelbarrow by practicing our strong front supports!

We did this on the field so that it would be softer than being in the hall on a mat.



The children requested a wheelbarrow race so the children that wanted to join, took their places, got set and GO! They powered down the field using only their arms and super strong front supports! The winners of both races were Layton and Oliver who showed some brilliant team work and some super-human arm strength!



Knowledge

Before we begin any sport or exercise, we need to warm up to prepare our bodies and to avoid hurting our muscles. FF

At the end of any exercise or sport, we need to cool down to help our bodies recover. FF

We can use our bodies to create different shapes, for example, curved shapes like a bridge and tall, solid shapes like a brick house.

To lift a PE mat safely we need 4 children, 2 on each long side.

You point the equipment in the direction you want to go.

Always make sure that your pathway is clear when moving equipment.

Create a long thin shape with your body to perform a log roll.

Stand with your feet hip distance apart to perform a straight jump and remember to bend your ankles, knees and hips when landing.

Remember to look around the space when you are travelling.

Regular sport and exercise help us to stay healthy. FF

Exciting Books



Our Endpoint

A sequence with a clear beginning, middle and end.

Subject Specific Vocabulary

sequence	a group of things that come one after another
balance	to hold your body position still
flexibility	to have the full range of movement in your body
control	to be in charge of your body movements
coordination	the ability to use different body parts together smoothly
apparatus	equipment used for sports activities or exercise
agility	to change the direction of your body movement quickly and easily
gymnastics	a sport that includes exercise requiring strength, balance, flexibility and agility

Skills

- Explore, copy and repeat simple skills and actions
- Remember and repeat simple sequences
- Begin to move with increasing control and care
- Make simple moves with increasing control and coordination