Gnash's Lesson - Physical Education

Objectives

Lesson 3 – Parent/ Child Version.

L.O:

To Learn Some Basic Gymnastic Shapes And Use These To Create A Routine.

GUIDANCE – You will need to clear an open space for this activity. If using a garden, you will need a soft area to act as a mat for floor work.

STARTING ACTIVITY – Bean game. (10 Minutes)

1. **Bean Game:** Your child moves around the room until the following instructions are called out then perform the corresponding action before continue to move around until another instruction is called out:
   - ✓ **Runner bean:** run
   - ✓ **Jumping bean:** jump
   - ✓ **Jelly bean:** wiggle arms and legs
   - ✓ **Chilli bean:** shiver like it's cold
   - ✓ **Baked bean:** curl in ball
   - ✓ **Beans on toast:** lay down spread out on floor
   - ✓ **Broad bean:** Flex arm muscles to show they're strong
   - ✓ **French bean:** one hand on hip one arm in air and say 'ooh la la'

2. Have your child perform some static stretches before beginning the main activity. If you are unsure what stretches are suitable please refer to lesson one for a complete warm up.

MAIN TEACHING – Shapes. (5 minutes)
Tell your child/children that during this lesson they will be learning some gymnastic shapes that they can use in later lessons. Tell them you will demonstrate the move and then they will be asked to copy you and hold the shape for three seconds.

MAIN TASK – (35 minutes)
Pupils find a space on the mats which have been laid out around the learning environment and follow your demonstrations as above of the following shapes.

- ✓ **Straight standing:** Arms extended up by ears, legs together.
- ✓ **Star standing:** Arms and legs both extended out/up to make star shape.
- ✓ **Tuck sitting/squat:** Bent down in a ball, arms to the side of body.
- ✓ **Straddle sitting:** Legs straight apart at 90° angle, arms stretched out over legs.
- ✓ **Pike sitting:** Legs straight, tight together in front of body, arms stretched out over legs.

Extra Information

Materials Required:
- ✓ Mats
- ✓ Benches
- ✓ Blocks

Key Words:
Transition
Straight standing
Star standing
Tuck sitting
Tuck squat
Straddle sitting
Pike sitting
Dish
Arch
Happy cat
Sad cat
Support
Levers
Wolf
Stag

Traffic light expected lesson outcomes:
- ✓ I can perform some basic gymnastic shapes.
- ✓ I can perform some basic gymnastic shapes and develop them into a routine.
- ✓ I can perform some more advanced gymnastic shapes and develop them into a routine.

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- ✓ **Dish & Arch half/full:**
  Half Dish - lie on your back with head, arms and legs off the floot, arms and legs bent.
  Full Dish - same as above with arms and legs straight.
  Half Arch - lie on your tummy with head, arms and legs off the floot, arms and legs bent.
  Full Arch - same as above with arms and legs straight.
- ✓ **Happy cat/Sad cat:** In crawling position, on all fours.
  Happy cat – Heads up, backs arched.
  Sad cat – Heads down, chest and back hollowed up towards sky.
- ✓ **Support side/front/back:**
  Front support – press up position, hands flat, straight arms, legs together on toes.
  Back support – start sitting in pike, push hips and bellybutton up to sky, resting on heels and flat hands in line with shoulders, push arms straight.
  Side support – leaning on one arm push hips and body off floor facing to the side, resting on outside of foot and flat hand.

You can decide now to carry on teaching the HA shapes if your child is doing well so far. Then give your child 5 minutes to practice the shapes they have learnt.

Mini-Plenary: Tell your child they are now going to mirror you before developing a sequence with you from the shapes they have developed. Tell them to pay particular attention on how they move from one shape to another and that this should be slow and considered.

Have them start by mirroring you in your use of shapes and transitions between. Then swap and perform the same activity reversing roles.
You should then work together to connect five of the shapes they have learnt into a basic routine.

PLENARY – (10 minutes)

1. Have your child display their basic for another family member who can provide feedback on their routine and use of shapes.

2. Have your child perform some light stretches to warm down. If you are unsure what stretches are suitable please refer to lesson one for a complete warm down.

Extra Information

Differentiation:
HA Extension: Continue to demonstrate the following shapes for your child:

- ✓ Levers (half & full): Holding body weight on hands in the below positions.
- ✓ Half – feet resting on ground holding bottom up/ bottom resting on ground holding legs up.
  Full – Both feet and bottom lifted off ground.
- ✓ Position: Start sitting:
  Straddle – Legs straight apart at 90° angle.
  Pike – Legs straight together in front of body.
  Tuck – Legs together, knees bent tight.
- ✓ Wolf (sitting/jump): One leg out straight in front of body, other leg bent sitting underneath, knees together.
- ✓ Stag (sitting): One leg straight out behind body, other leg bent sitting underneath.

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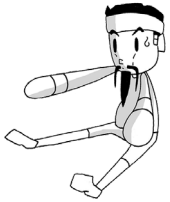
Straight standing

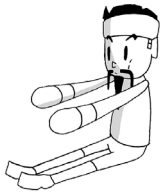
Star Standing

Tuck sitting/squat

Straddle Sitting



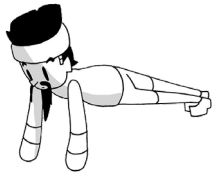
Pike sitting



Dish

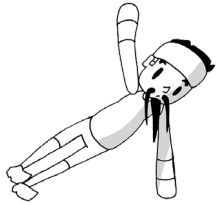
Arch

Support Front

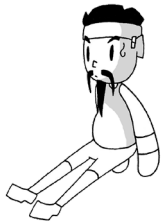


Support Back

Support Side



Levers Half Step 1
Bottom Up Feet Rest



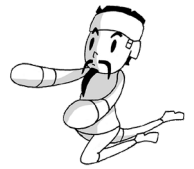
Levers Half Step 2
Bottom Resting Legs Up

Levers Full
Both Bottom And
Feet Lifted Up

Wolf Jumping

Wolf

Stag



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Book of Beasties

Reflection	Child's Progress