


















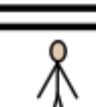
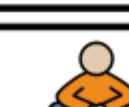






















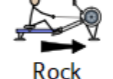



P.E. Scheme of work


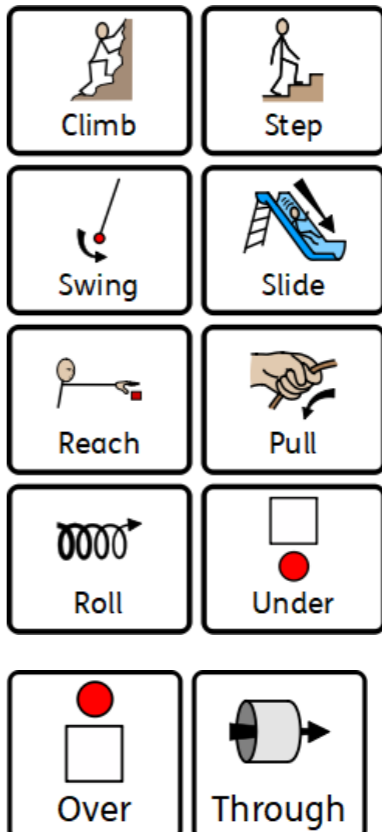






Topic Name: GYMNASTICS -Balancing				
Lesson Objective	UNICEF RRS Article	Suggested Activities	Vocab/Symbols/ Makaton	Resources
<ul style="list-style-type: none"> ➤ To familiarise children with the space ➤ To explore apparatus safely ➤ To encourage listening skills ➤ To improve eye contact <p>To improve balance</p>	 	<p>Co-operative sessions:</p> <ul style="list-style-type: none"> - Sitting in a circle on a small spot - Roll ball to named person/adult - Encourage eye contact - Run around circle and back to place when name called - Musical spots <p>Exploring sessions</p> <ul style="list-style-type: none"> - Allow children to explore apparatus/balancing equipment - Climbing and jumping - Balls - Hoops, javelins etc - Concentrate on encouraging children to use apparatus with help or independently <p>Cool down: Children to show work on apparatus/Sleeping lions</p>	 	<ul style="list-style-type: none"> - Selection of low apparatus - 1 run to start then build up. - Use benches, horses and ladder. - Crash mat. - Selection of equipment for other half of hall - Balancing equipment
<ul style="list-style-type: none"> ➤ To encourage special awareness ➤ To explore large apparatus safely ➤ To listen to instructions and respond accordingly ➤ To be aware of body parts <p>To improve balance</p>	 	<p>Co-operative sessions:</p> <ul style="list-style-type: none"> - Sitting in a circle on a small spot - Roll ball to named person/adult - Encourage eye contact - Run around circle and back to place when name called - Musical spots <p>Exploring sessions Encourage children to explore apparatus. Adult to verbalise what child doing e.g. Walking, balancing, climbing, jumping etc. and which body part using e.g. Hands, feet, back etc.</p> <ul style="list-style-type: none"> ➤ Encourage use of different body parts: <ul style="list-style-type: none"> • feet • hands and feet • tummy • back • bottom 	 	<p>1/ 2 runs of apparatus using:</p> <ul style="list-style-type: none"> - horses - benches - ladders - tunnel - trampette - balancing equipment <p>N.B. SAFETY!</p>




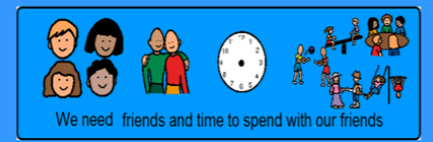


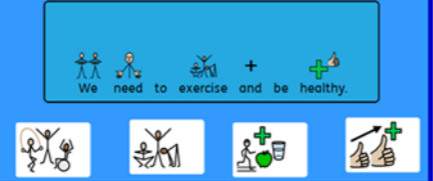

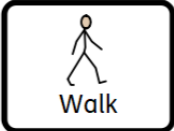
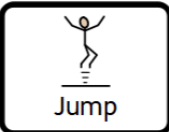

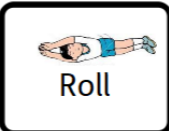

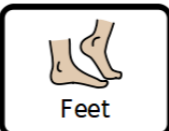






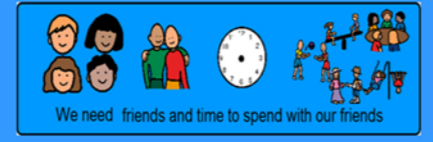


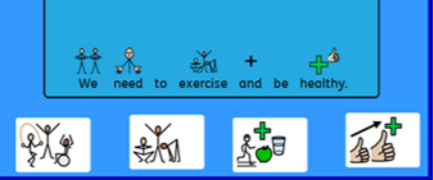





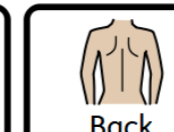


		<p>Cool Down: Children to show/watch others work on apparatus/Sleeping lions</p>		
<p>➤ To gain confidence whilst using the apparatus</p> <p>➤ To use a variety of body parts when moving</p> <p>➤ To use a variety of different actions when moving</p> <p>To improve balance</p>	<div data-bbox="691 268 1113 537"> </div> <div data-bbox="691 648 1113 917"> </div>	<p>Warm up:</p> <ul style="list-style-type: none"> ➤ Circle activities ➤ Stretching, growing <p>Main activities:</p> <ul style="list-style-type: none"> ➤ Encourage use of different body parts: <ul style="list-style-type: none"> - feet - hands and feet - tummy - back - bottom ➤ Adult to verbalise actions ➤ Encourage use of different actions: <ul style="list-style-type: none"> - walking - crawling - running - jumping - balancing ➤ Verbalise actions ➤ Show work <p>Cool Down: Sleeping lions</p>	<div data-bbox="2131 268 2507 1369"> <div>Run</div> <div>Stop</div> <div>Walk</div> <div>Hand</div> <div>Foot</div> <div>Back</div> <div>Tummy</div> <div>Bottom</div> <div>Jump</div> <div>Crawl</div> </div>	<p>Selection of small apparatus and balancing equipment</p> <p>N.B. SAFETY!</p>

Topic Name: GYMNASTICS – Wall Apparatus				
Lesson Objective	UNICEF RRS Article	Suggested Activities	Vocab/Symbols/Makaton	Resources
<ul style="list-style-type: none"> ➤ to gain confidence whilst using the apparatus ➤ to encourage listening skills ➤ To introduce SAFETY rules 		<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ stretching on mat ➤ action rhymes on mat <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Allow children free exploration of apparatus. Adults to verbalise actions of children and to encourage actions e.g. <ul style="list-style-type: none"> - slide - jump - climb ➤ Stop children and sit on mat. Watch each other 'show', taking turns <p><u>Cool down:</u></p> <ul style="list-style-type: none"> ➤ Lie on floor to relaxing music 	<div>  Sit  Slide </div> <div>  Climb  Look </div> <div>  Jump  Walk </div> <div>  Stop  Hold </div>	<p>Wall apparatus 1 tunnel 1 mini trampet</p> <p>NB: <i>Discuss safety:</i></p> <ul style="list-style-type: none"> - <i>hold on tight</i> - <i>look where going</i> - <i>STOP when told</i>
				
<ul style="list-style-type: none"> ➤ to gain confidence whilst using the apparatus ➤ to reinforce safety rules ➤ to encourage the children to try new movements 		<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ stretching on mat ➤ action songs on mat <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ allow children free exploration of apparatus ➤ STOP - to practice stopping and for showing ➤ Adults to encourage and verbalise actions - different parts of body, different movements <p><u>Cool down:</u></p> <ul style="list-style-type: none"> ➤ sleeping lions 	<div>  Stop  Walk </div> <div>  Crawl  Slide </div> <div>  Hand  Foot </div> <div>  Stand  Sit </div>	<p>Wall apparatus 1 tunnel 1 mini trampet</p> <p>NB: <i>Discuss safety rules</i></p> <ul style="list-style-type: none"> - <i>hold on tight</i> - <i>look where going</i> - <i>stop when told</i>
				

<ul style="list-style-type: none"> ➤ to explore large apparatus safely ➤ To develop confidence whilst using large apparatus ➤ To encourage variety in body movements 	<div data-bbox="670 184 1086 449">  </div> <div data-bbox="670 495 1086 760">  </div>	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ Moving in variety of ways around floor - not touching apparatus <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ When name called - free exploration of apparatus ➤ Ask children to stop and show good examples. Encourage others to try ➤ Return to apparatus. Adults to verbalise 'slide' 'jump' 'hands' 'feet' (when using) etc ➤ Constant praise ➤ Encourage new movements or one more step up ladder <p><u>Cool down:</u></p> <ul style="list-style-type: none"> ➤ sleeping lions 	<div data-bbox="2065 184 2288 359">  <p>Stop</p> </div> <div data-bbox="2303 184 2525 359">  <p>Slide</p> </div> <div data-bbox="2065 369 2288 546">  <p>Jump</p> </div> <div data-bbox="2303 369 2525 546">  <p>Walk</p> </div> <div data-bbox="2065 556 2288 732">  <p>Sit</p> </div> <div data-bbox="2303 556 2525 732">  <p>Climb</p> </div> <div data-bbox="2065 743 2288 940">  <p>Hands</p> </div> <div data-bbox="2303 743 2525 940">  <p>Feet</p> </div>	<p>Wall apparatus 1 tunnel 1 mini trampet</p> <p>NB: <i>Discuss safety:</i></p>
<ul style="list-style-type: none"> ➤ to familiarise the children with the wall apparatus ➤ to develop confidence ➤ to extend use of different body movements, speeds, directions ➤ to listen to and carry out instruction re movements 	<div data-bbox="670 974 1086 1239">  </div>	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ Moving around hall in a variety of ways - different body parts, directions and speeds <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Allow children to explore apparatus ➤ Give children a task i.e. find somewhere to go through/over/under ➤ Stop/show - verbalising their actions ➤ Encouraging different movements. Body parts, speed and direction ➤ Encourage 2 or more actions joined together <p><u>Cool down:</u></p> <ul style="list-style-type: none"> ➤ sleeping lions 	<div data-bbox="2065 974 2199 1079">  <p>Spin</p> </div> <div data-bbox="2214 974 2347 1079">  <p>Pull</p> </div> <div data-bbox="2065 1089 2199 1194">  <p>Push</p> </div> <div data-bbox="2214 1089 2347 1194">  <p>Slide</p> </div> <div data-bbox="2065 1205 2199 1310">  <p>Sit</p> </div> <div data-bbox="2214 1205 2347 1310">  <p>Move</p> </div> <div data-bbox="2065 1320 2199 1425">  <p>Stand</p> </div> <div data-bbox="2214 1320 2347 1425">  <p>Walk</p> </div> <div data-bbox="2065 1499 2228 1604">  <p>Rock</p> </div> <div data-bbox="2243 1499 2398 1604">  <p>Through</p> </div> <div data-bbox="2065 1614 2228 1719">  <p>Under</p> </div> <div data-bbox="2243 1614 2398 1719">  <p>Over</p> </div>	<p>Wall apparatus 1 tunnel 1 mini trampet</p> <p>Crash mat</p> <p>NB: <i>Discuss safety:</i></p>

<ul style="list-style-type: none"> ➤ to extend confidence whilst using the wall apparatus ➤ To verbalise actions done by others ➤ To verbalise actions done by self ➤ Encourage children to experiment with actions on wall apparatus 		<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ Stretching activities ➤ Moving around on different body parts ➤ Follow my leader <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Large wall apparatus and 1 or 2 runs apparatus ➤ Children choose where to explore ➤ Allow free exploration some weeks, and give targets/ideas to follow on others i.e. go through, over, under, slide, roll etc ➤ See if others can copy? Or extend ideas? <p><u>Cool down:</u></p> <ul style="list-style-type: none"> ➤ sleeping lions 		<p>Large wall apparatus</p> <p>1 or 2 runs of apparatus</p> <p>Crash mat</p> <p>NB: <i>Discuss safety:</i></p>
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Topic Name: GYMNASTICS - Apparatus				
Lesson Objective	UNICEF RRS Article	Suggested Activities	Vocab/Symbols/Makaton	Resources
<ul style="list-style-type: none"> ➤ To familiarise children with the space ➤ To explore apparatus / equipment safely ➤ To encourage listening skills ➤ To improve eye contact ➤ To improve balance 	 	<p><u>Co-operative sessions:</u></p> <ul style="list-style-type: none"> - Sitting in a circle on a small mat - Roll ball to named person - Encourage eye contact <p><u>Exploring sessions</u></p> <ul style="list-style-type: none"> - Allow children to explore apparatus/balancing equipment - Climbing and jumping - Balls - Hoops, javelins etc - Concentrate on encouraging children to use apparatus with help or independently - <p><u>Cool down:</u></p> <p>Children to show work on apparatus</p>		<p>Selection of apparatus</p> <p>1 run to start then build up. Use benches, horses and ladder.</p> <p>Crash mat.</p> <p>Selection of equipment for other half of hall</p> <p>Balancing equipment</p> 


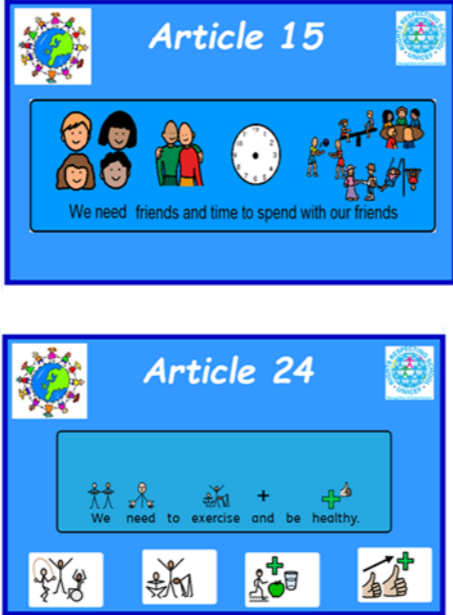
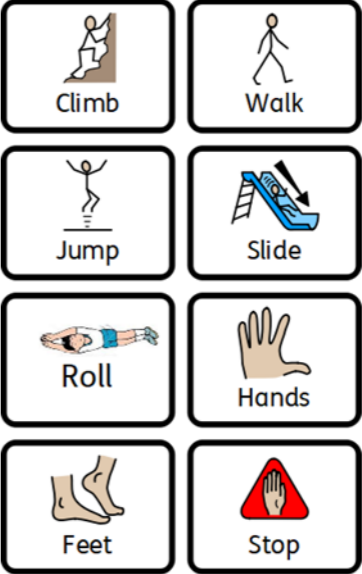

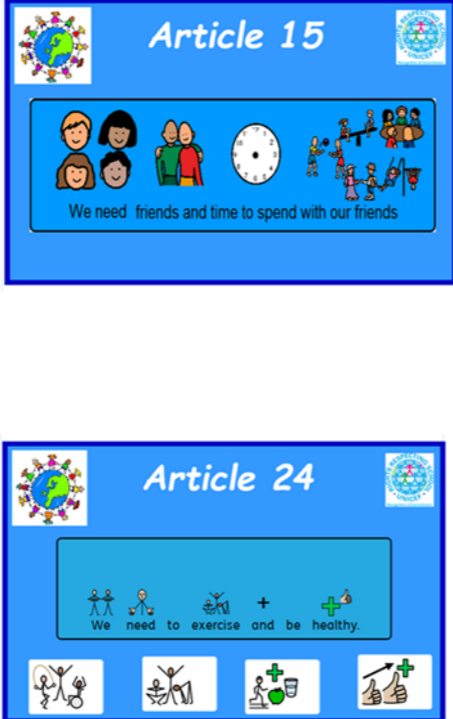

				
<ul style="list-style-type: none"> ➤ To encourage special awareness ➤ To explore apparatus safely ➤ To listen to instructions and respond accordingly ➤ To be aware of body parts 	<div>  Article 15  </div>  <div>  Article 24  </div> 	<p>Co-operative sessions - sitting on a mat in a circle</p> <ul style="list-style-type: none"> - roll ball to a named person encourage eye contact - run around circle 1 time <p>Exploring sessions</p> <ul style="list-style-type: none"> ➤ Encourage children to explore apparatus. Adult to verbalise what child doing e.g. Walking, climbing, jumping etc. and which body part using e.g. Hands, feet, back etc. ➤ Stop and sit down ➤ Show work individually while others watch ➤ <p>Cool Down:</p> <p>Children to show/watch others work on apparatus</p>	<div>   </div> <div>   </div> <div>   </div> <div>   </div>	<p>1/ 2 runs of apparatus using:</p> <ul style="list-style-type: none"> - horses - benches - ladders - tunnel - trampette   
<ul style="list-style-type: none"> ➤ To gain confidence whilst using the apparatus ➤ To use a variety of body parts when moving ➤ To use a variety of different actions when moving ➤ To transfer actions and balance already learnt to larger apparatus 	<div>  Article 15  </div>  <div>  Article 24  </div> 	<p>Warm up:</p> <ul style="list-style-type: none"> ➤ Circle activities ➤ Stretching, growing <p>Main activities:</p> <ul style="list-style-type: none"> ➤ Encourage use of different body parts: <ul style="list-style-type: none"> - feet - hands and feet - tummy - back - bottom ➤ Adult to verbalise actions ➤ Encourage use of different actions: <ul style="list-style-type: none"> - walking - crawling - running 	<div>   </div> <div>   </div> <div>   </div>	<p>Selection of large and small apparatus</p>  


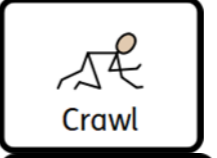
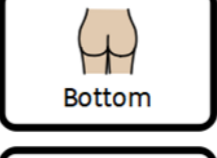
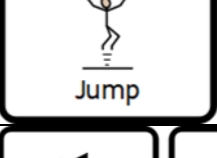


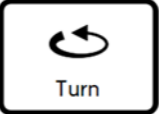
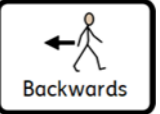
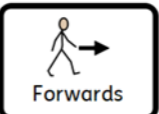
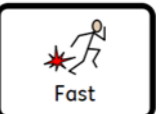
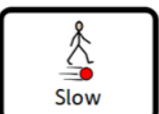
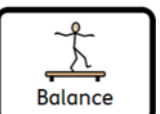
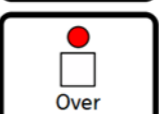
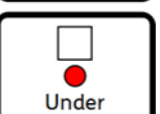
		<ul style="list-style-type: none"> - jumping ➤ Verbalise actions ➤ Show work <p><u>Cool Down:</u> Sleeping lions</p>	<div>Tummy</div> <div>Crawl</div> <div>Bottom</div> <div>Jump</div>	
<ul style="list-style-type: none"> ➤ To move in a variety of different directions ➤ To encourage movement using differing speeds ➤ To develop confidence in child's sense of balance 	<div>Article 15</div> <div>We need friends and time to spend with our friends</div> <div>Article 24</div> <div>We need to exercise and be healthy.</div>	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ stretching activities ➤ Rolls <p><u>Main activities:</u></p> <ul style="list-style-type: none"> ➤ 3 stations of apparatus ➤ 3 groups - rotate ➤ Slowly, quickly - explore actions on each station. What action works well... fast or slow? ➤ Backwards, forwards, over, under. Which way can you move? ➤ Stop to show work 2 or 3 times showing examples of different speeds and directional movement. Teacher / children verbalising actions. <p><u>Cool Down:</u> Sleeping lions</p>	<div>Turn</div> <div>Backwards</div> <div>Forwards</div> <div>Fast</div> <div>Slow</div> <div>Balance</div> <div>Over</div> <div>Under</div>	<p>Selection of large apparatus</p> <p>3 stations</p>



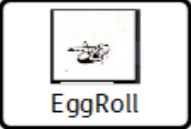
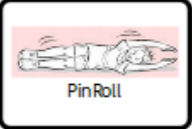


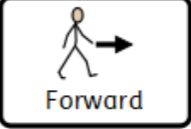
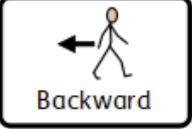
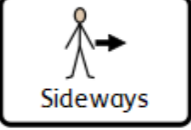
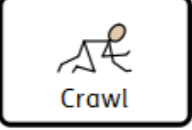

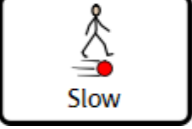
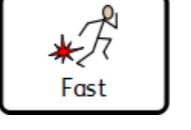



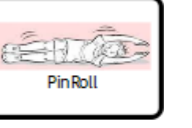


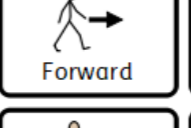
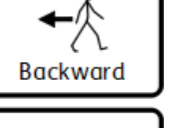
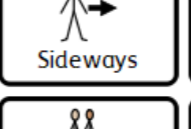


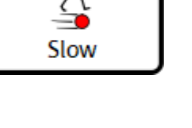
<ul style="list-style-type: none"> ➤ To develop spacial awareness ➤ To be able to name actions and to carry them out ➤ To become aware of body abilities and limitations ➤ To gain confidence whilst using the apparatus ➤ To use variety of body parts when moving 	<div data-bbox="647 184 1068 447"> </div> <div data-bbox="647 527 1068 789"> </div>	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ stretching - growing ➤ circle activities <p><u>Main activities:</u></p> <ul style="list-style-type: none"> ➤ 3 stations of apparatus each week. Variety of: <ul style="list-style-type: none"> - mats for rolling, hand-stands, cartwheels - balance activities - using beam/ladder - jumping activities - wall apparatus - tunnels and trampet, rockers for balance ➤ 3 groups rotate. Explore apparatus - swap around. ➤ Encouraging, using different body parts. ➤ Teacher name actions etc ➤ Show work <p><u>Cool Down:</u> Sleeping lions</p>	<div data-bbox="1979 184 2169 323"> </div> <div data-bbox="2169 184 2383 323"> </div> <div data-bbox="1979 342 2169 480"> </div> <div data-bbox="2169 342 2383 480"> </div> <div data-bbox="1979 499 2169 638"> </div> <div data-bbox="2169 499 2383 638"> </div> <div data-bbox="1979 657 2169 795"> </div> <div data-bbox="2169 657 2383 795"> </div>	<p>3 stations using a selection of:</p> <ul style="list-style-type: none"> - horses - beams - ladder - benches - crash mats - wall apparatus <div data-bbox="2412 512 2644 716"> </div> <div data-bbox="2412 747 2709 932"> </div>
<ul style="list-style-type: none"> ➤ To develop spacial awareness and on ability to work in own space ➤ To develop confidence on own ability whilst on large apparatus ➤ To use variety of different actions when moving ➤ To learn jumping technique using low platform 	<div data-bbox="647 1005 1068 1268"> </div> <div data-bbox="647 1381 1068 1644"> </div>	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ stretching - growing ➤ circle activities ➤ Tumble tots tape ➤ <p><u>Main activities:</u></p> <ul style="list-style-type: none"> ➤ 3 stations of apparatus ➤ 3 groups rotate ➤ Encourage different actions when using apparatus: different body parts ➤ Jumping: take turns - star jumps, pin jumps. Bending knees on landing ➤ Teacher name actions and body parts used. ➤ Show work ➤ <p><u>Cool Down:</u> Sleeping lions</p>	<div data-bbox="1979 1005 2151 1144"> </div> <div data-bbox="2151 1005 2338 1144"> </div> <div data-bbox="1979 1163 2151 1281"> </div> <div data-bbox="2151 1163 2338 1281"> </div> <div data-bbox="1979 1299 2151 1417"> </div> <div data-bbox="2151 1299 2338 1417"> </div> <div data-bbox="1979 1436 2151 1554"> </div> <div data-bbox="2151 1436 2338 1554"> </div> <div data-bbox="1979 1572 2151 1690"> </div> <div data-bbox="2151 1572 2338 1690"> </div>	<p>Each week 3 stations, 1 always with low bench and mat for jumping.</p> <p>Using: horses, mats, benches, beams, ladder, crash mat, wall apparatus</p>


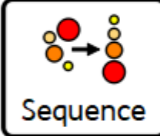

<ul style="list-style-type: none"> ➤ To extend movement in a variety of ways using different speeds and directions ➤ Introduce partner work utilising large apparatus ➤ To extend confidence in abilities ➤ To learn jumping technique using low platform 	<div data-bbox="647 184 1068 447"> </div> <div data-bbox="647 499 1068 762"> </div>	<p>Warm up:</p> <ul style="list-style-type: none"> ➤ stretching activities ➤ mirroring activities ➤ Follow my leader <p>Main activities:</p> <ul style="list-style-type: none"> ➤ 3 stations of apparatus ➤ 3 groups - rotate ➤ Movements: <ul style="list-style-type: none"> - forwards, backwards, under, over, sideways, fast, slow - encourage and develop ➤ Jumping: take turns - star jumps, pin jumps. Bending knees on landing ➤ Children show ➤ With partner: follow actions of partner along apparatus ➤ Allow time for children to work out a good sequence along a favourite station and show <p>Cool Down: Sleeping lions</p>	<div data-bbox="1979 184 2163 342"> </div> <div data-bbox="2178 184 2362 342"> </div> <div data-bbox="1979 352 2163 510"> </div> <div data-bbox="2178 352 2362 510"> </div>	3 stations of large apparatus
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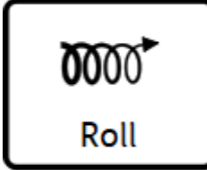

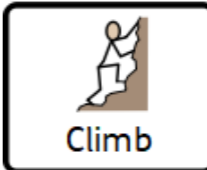

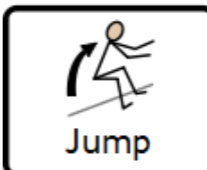
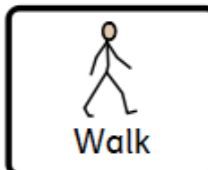

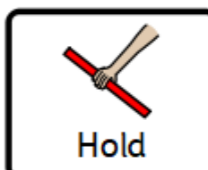
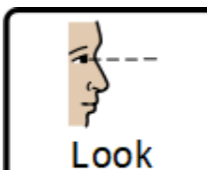




Topic Name: GYMNASTICS – Floor Gymnastics				
Lesson Objective	UNICEF RRS Article	Suggested Activities	Vocab/Symbols/ Makaton	Resources
<ul style="list-style-type: none"> ➤ To familiarise children with the space ➤ To explore large apparatus safely ➤ To encourage listening skills ➤ To improve eye contact 	<div data-bbox="685 1274 1110 1537"> </div> <div data-bbox="685 1589 1110 1852"> </div>	<p>Co-operative sessions:</p> <ul style="list-style-type: none"> - Sitting in a circle on a small mat - Roll ball to named person - Encourage eye contact <p>Exploring sessions</p> <ul style="list-style-type: none"> - Allow children to explore apparatus - Climbing and jumping - Balls - Hoops, javelins etc - Concentrate on encouraging children to use apparatus with help or independently <p>Cool down: Children to show work on apparatus</p>	<div data-bbox="2101 1274 2270 1411"> </div> <div data-bbox="2285 1274 2454 1411"> </div> <div data-bbox="2101 1421 2270 1558"> </div> <div data-bbox="2285 1421 2454 1558"> </div> <div data-bbox="2101 1568 2270 1705"> </div> <div data-bbox="2285 1568 2454 1705"> </div>	Selection of apparatus I run to start then build up. Use benches, horses and ladder. Crash mat. Selection of equipment for other half of hall





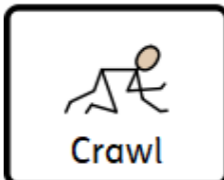

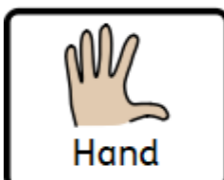
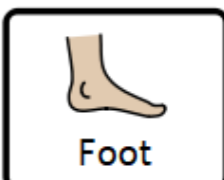
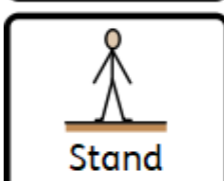
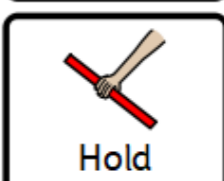


				
<ul style="list-style-type: none"> ➤ To encourage spacial awareness ➤ To explore large apparatus safely ➤ To listen to instructions and respond accordingly ➤ To be aware of body parts 		<p><u>Co-operative sessions</u> - sitting on a mat in a circle</p> <ul style="list-style-type: none"> - roll ball to a named person encourage eye contact - run around circle 1 time <p><u>Exploring sessions</u></p> <p>Encourage children to explore apparatus. Adult to verbalise what child doing e.g. Walking, climbing, jumping etc. and which body part using e.g. Hands, feet, back etc.</p> <p><u>Cool Down:</u></p> <p>Children to show/watch others work on apparatus</p>		<p>1 or 2 runs of apparatus using:</p> <ul style="list-style-type: none"> - horses - benches - ladders - tunnel - trampette 
<ul style="list-style-type: none"> ➤ To gain confidence whilst using the apparatus ➤ To use a variety of body parts when moving ➤ To use a variety of different actions when moving 		<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ Circle activities ➤ Stretching, growing <p><u>Main activities:</u></p> <ul style="list-style-type: none"> ➤ Encourage use of different body parts: <ul style="list-style-type: none"> - feet - hands and feet - tummy - back - bottom ➤ Adult to verbalise actions ➤ Encourage use of different actions: <ul style="list-style-type: none"> - walking - crawling - running - jumping 		<p>Selection of large apparatus</p>


		<ul style="list-style-type: none"> ➤ Verbalise actions ➤ Show work <p>Cool Down: Sleeping lions</p>	 Tummy  Crawl  Bottom  Jump	
<ul style="list-style-type: none"> ➤ To move in a variety of different directions ➤ To encourage movement using differing speeds <p>To develop confidence in child's sense of balance</p>	 	<p>Warm up:</p> <ul style="list-style-type: none"> ➤ stretching activities ➤ Rolls <p>Main activities:</p> <ul style="list-style-type: none"> ➤ 3 stations of apparatus ➤ 3 groups - rotate ➤ Slowly, quickly - explore actions on each station. What action works well fast or slow? ➤ Backwards, forwards, over, under. Which way can you move? ➤ Stop to show work 2- or 3-times showing examples of different speeds and directional movement. Teacher / children verbalising actions. <p>Cool Down: Sleeping lions</p>	 Turn  Backwards  Forwards  Fast  Slow  Balance  Over  Under	<p>Selection of large apparatus</p> <p>3 stations</p>




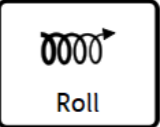
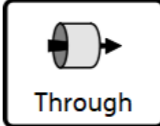


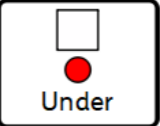
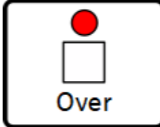
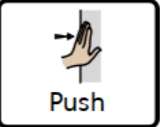





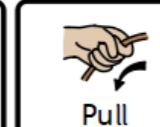


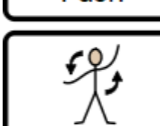

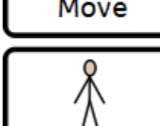

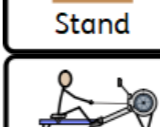

<ul style="list-style-type: none"> ➤ To learn to move their body in a variety of ways using ➤ different parts of their body and different directions. ➤ To learn to join movements together. ➤ To learn different ways of rolling e.g. egg roll, pin roll, forward roll etc. ➤ To listen to and follow instructions. 	 	<p><u>Warm Up</u></p> <ul style="list-style-type: none"> ➤ Run around games e.g. traffic lights, NSEW, numbers etc. <p><u>Main Activities</u></p> <ul style="list-style-type: none"> - Mat between 2 and practice rolls, adults to show and encourage. - Ask children to move in different ways using different parts of body e.g. Can you show me some ways of moving on your back, tummy etc.? - Can you move forwards, backwards, or sideways? - Music playing....Can children move in time to music e.g. Slow, fast etc. - Can children join movements together 2 or 3? - Show work at regular stages. - Adults to encourage <p><u>Cool down</u></p> <ul style="list-style-type: none"> - Relax on floor to relaxing music. 	          	<p>Mats Tape recorder Variety of music</p>
<ul style="list-style-type: none"> ➤ To develop ability to move their body in a variety of ways of using different parts of their body and different directions. ➤ To extend ability to join movements together. ➤ To revise different ways of rolling e.g. egg roll, pin roll, forward roll etc. ➤ To try and mirror other pupils' movements and to work in pairs. 	 	<p><u>Warm Up</u></p> <ul style="list-style-type: none"> ➤ Run around games e.g. traffic lights, NSEW, numbers etc. <p><u>Main Activities</u></p> <ul style="list-style-type: none"> ➤ Mat between 2 and practice rolls, adults to show and encourage. ➤ Ask children to move in different ways using different parts of body e.g. Can you show me some ways of moving on your back, tummy etc.? ➤ Can you move forwards, backwards, or sideways? ➤ Can children join movements together 3 or 4 or even more? ➤ One child to show their simple sequence and others copy. ➤ In pairs work out and practice a simple sequence and perform to class. <p><u>Cool down</u></p> <ul style="list-style-type: none"> ➤ Relax on floor to relaxing music. 	         	<p>Mats Tape recorder Variety of music</p>

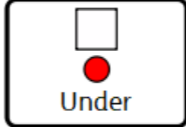
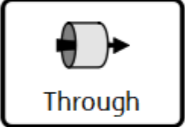


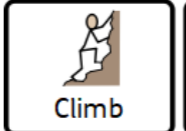

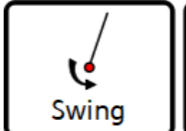

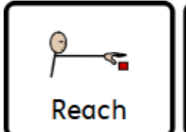
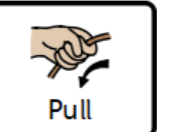
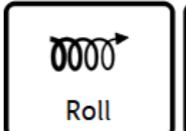
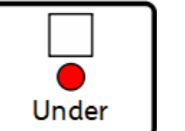
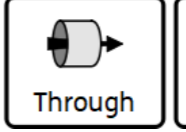
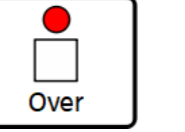
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Topic Name: GYMNASTICS – Floor and Wall Apparatus				
Lesson Objective	UNICEF RRS Article	Suggested Activities	Vocab/Symbols/Makaton	Resources
<ul style="list-style-type: none"> ➤ To familiarise children with the space ➤ To explore equipment and apparatus safely ➤ To encourage listening skills ➤ To introduce SAFETY rules ➤ To improve eye contact ➤ To improve balance 	 	<p><u>Warm up:</u></p> <p>Co-operative sessions:</p> <ul style="list-style-type: none"> - Sitting in a circle on a small spot - Roll ball to named person/adult - Encourage eye contact - Run around circle and back to place when name called - Musical spots <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Allow children to explore apparatus/balancing equipment ➤ Concentrate on encouraging children to use apparatus with help or independently ➤ Adults to verbalise actions of children and to encourage actions e.g. <ul style="list-style-type: none"> - balance - slide - jump - climb ➤ Stop children and sit on mat. Watch each other 'show', taking turns ➤ Adults to be very aware of safety <p><u>Cool down:</u></p> <ul style="list-style-type: none"> ➤ Lie on floor to relaxing music 	 Roll  Sit  Climb  Slide  Jump  Walk  Stop  Hold  Look	<p>Balancing equipment Wall apparatus 1 tunnel 1 mini trampet</p>     <p>NB: Discuss safety: - <i>hold on tight</i></p>

				<ul style="list-style-type: none"> - look where going - STOP when told
<ul style="list-style-type: none"> ➤ To encourage special awareness ➤ To listen to instructions and respond accordingly ➤ To be aware of body parts ➤ To improve balance ➤ To explore large apparatus safely and gain confidence 	<div>  </div> <div>  </div>	<p><u>Warm up:</u></p> <p>Co-operative sessions - sitting on a mat in a circle</p> <ul style="list-style-type: none"> - Roll ball to named person/adult - Encourage eye contact - Run around circle and back to place when name called - Musical spots <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Allow children free exploration of balancing equipment and wall apparatus. ➤ Adult to verbalise what child doing e.g. Walking, balancing, climbing, jumping etc. and which body part using e.g. Hands, feet, back etc. ➤ Encourage use of different body parts: <ul style="list-style-type: none"> - feet - hands and feet - tummy - back - bottom ➤ STOP - to practice stopping and for showing ➤ Adults to be very aware of safety! <p><u>Cool down:</u></p> <ul style="list-style-type: none"> ➤ sleeping lions 	<div>  <p>Stop</p> </div> <div>  <p>Walk</p> </div> <div>  <p>Crawl</p> </div> <div>  <p>Slide</p> </div> <div>  <p>Hand</p> </div> <div>  <p>Foot</p> </div> <div>  <p>Stand</p> </div> <div>  <p>Hold</p> </div> <div>  <p>Sit</p> </div>	<p>Balancing equipment Tunnel Mini trampet Wall apparatus</p>  <p>NB: Discuss safety rules</p> <ul style="list-style-type: none"> - hold on tight - look where going - <u>stop</u> when told

<ul style="list-style-type: none"> ➤ To encourage spatial awareness ➤ To use a variety of body parts when moving ➤ To develop balance ➤ To encourage the children to try new movements ➤ To be safe and gain confidence whilst using the apparatus 	<div data-bbox="685 184 1101 449"> </div> <div data-bbox="685 495 1101 760"> </div>	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ Circle games ➤ Stretching <p><u>Main Activities:</u></p> <p><u>Floor</u></p> <ul style="list-style-type: none"> ➤ Ask children to move on different parts of their body <ul style="list-style-type: none"> - Feet, hands and feet, tummy, back, bottom, hands and knees ➤ Allow children free exploration of balancing equipment ➤ STOP - for showing ➤ Adults to encourage and verbalise actions - different parts of body, different movements <p><u>Wall Apparatus</u></p> <ul style="list-style-type: none"> ➤ Allow children free exploration of wall apparatus ➤ Stop to show. Adults to verbalise actions. <p><u>Cool down:</u></p> <ul style="list-style-type: none"> ➤ sleeping lions 	<div data-bbox="2041 184 2436 1201"> <div>Stop</div> <div>Walk</div> <div>Crawl</div> <div>Slide</div> <div>Hand</div> <div>Foot</div> <div>Stand</div> <div>Hold</div> <div>Sit</div> <div>Balance</div> </div>	<p>Wall apparatus Mats for rolling Balancing equipment</p>  <p>NB: Discuss safety rules</p> <ul style="list-style-type: none"> - hold on tight - look where going - <u>stop</u> when told
<ul style="list-style-type: none"> ➤ To use a variety of body parts when moving ➤ To use a variety of different actions when moving ➤ To explore large apparatus safely ➤ To develop confidence whilst using large apparatus 	<div data-bbox="685 1209 1101 1474"> </div> <div data-bbox="685 1554 1101 1818"> </div>	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ Stretching activities ➤ Circle games <p><u>Main Activities:</u></p> <p><u>Floor</u></p> <ul style="list-style-type: none"> ➤ Moving in variety of ways around floor - not touching apparatus ➤ Show movements ➤ Practice different types of rolling on mats <p><u>Wall Apparatus</u></p> <ul style="list-style-type: none"> ➤ When name called - free exploration of apparatus ➤ Ask children to stop and show good examples. Encourage others to try ➤ Return to apparatus. Adults to verbalise 'slide' 'jump' 'hands' 'feet' (when using) etc ➤ Constant praise ➤ Encourage new movements or one more step up ladder 	<div data-bbox="2041 1209 2436 1896"> <div>Stop</div> <div>Roll</div> <div>Jump</div> <div>Slide</div> <div>Walk</div> <div>Sit</div> <div>Climb</div> <div>Hands</div> <div>Feet</div> </div>	<p>Mats for rolling Wall apparatus</p> <p>NB: Discuss safety rules</p> <ul style="list-style-type: none"> - hold on tight - look where going - <u>stop</u> when told

		<p><u>Cool down:</u></p> <ul style="list-style-type: none"> ➤ sleeping lions 		
<ul style="list-style-type: none"> ➤ To move in a variety of different directions ➤ To encourage movement using differing speeds ➤ To familiarise the children with the wall apparatus ➤ To develop confidence ➤ To listen to and carry out instruction re movements 	 	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> - Stretching activities - Circle games <p><u>Main Activities:</u></p> <p><u>Floor</u></p> <ul style="list-style-type: none"> - Moving around hall in a variety of ways - different body parts, directions and speeds - Show different rolls - children to try <p><u>Wall Apparatus</u></p> <ul style="list-style-type: none"> - Allow children to explore apparatus - Give children a task i.e. find somewhere to go through/over/under - Stop/show - verbalising their actions - Encourage 2 or more actions joined together <p><u>Cool down:</u></p> <ul style="list-style-type: none"> - sleeping lions 	         	<p>Mats for rolling Wall apparatus NB: Discuss safety rules</p> <ul style="list-style-type: none"> - hold on tight - look where going - <u>stop</u> when told
<ul style="list-style-type: none"> ➤ To learn to move their body in a variety of ways using <ul style="list-style-type: none"> ○ different parts of their body and different directions. ➤ To learn to join movements together. ➤ To develop confidence when using the wall apparatus ➤ To extend use of different body 	 	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ Stretching activities ➤ Follow my leader <p><u>Main Activities:</u></p> <p><u>Floor</u></p> <ul style="list-style-type: none"> ➤ Mat between 2 and practice rolls, adults to show and encourage. ➤ Ask children to move in different ways using different parts of body e.g. Can you show me some ways of moving on your back, tummy etc.? Can you move forwards, backwards, or sideways? ➤ Music playing....Can children move in time to music e.g. Slow, fast etc. ➤ Can children join movements together 2 or 3? <p><u>Wall Apparatus</u></p> <ul style="list-style-type: none"> ➤ Allow children to explore apparatus 	         	<p>Mats for rolling Wall apparatus Tape recorder Music NB: Discuss safety rules</p> <ul style="list-style-type: none"> - hold on tight - look where going - <u>stop</u> when told

movements, speeds, directions		<ul style="list-style-type: none"> ➤ Give children a task i.e. find somewhere to go through/over/under ➤ Stop/show - verbalising their actions ➤ Encourage 2 or more actions joined together <p><u>Cool down:</u></p> <ul style="list-style-type: none"> ➤ sleeping lions 	 	
<ul style="list-style-type: none"> ➤ To develop ability to move their body in a variety of ways of using different parts of their body and different directions. ➤ To extend ability to join movements together. ➤ To extend confidence whilst using the wall apparatus ➤ To verbalise actions done by others and self ➤ Encourage children to experiment with actions on wall apparatus 	 	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ Stretching activities ➤ Follow my leader <p><u>Main Activities:</u></p> <p><u>Floor</u></p> <ul style="list-style-type: none"> ➤ Ask children to move in different ways using different parts of body e.g. Can you show me some ways of moving on your back, tummy etc.? Can you move forwards, backwards, or sideways? ➤ Can children join movements together 3 or 4 or even more? ➤ In pairs work out and practice a simple sequence and perform to class. <p><u>Wall Apparatus</u></p> <ul style="list-style-type: none"> ➤ Children choose where to explore ➤ Allow free exploration some weeks, and give targets/ideas to follow on others i.e. go through, over, under, slide, roll etc ➤ See if others can copy? Or extend ideas? <p><u>Cool down:</u></p> <ul style="list-style-type: none"> ➤ sleeping lions 	         	<p>Mats for rolling Large wall apparatus NB: Discuss safety rules</p> <ul style="list-style-type: none"> - hold on tight - look where going - <u>stop</u> when told

Equipment to be used for *Gymnastics/ Balancing*

