

Unit
4

Gymfit circuits

Learning objective: • To identify techniques to improve balance.

Learning outcomes: • Develop balance, agility and co-ordination.
• Perform using simple movement patterns.

Prior learning: • Science: animals including humans.

Vocabulary: • Travelling, spotting, extend, flexible, stretch, reach.

Equipment: • Benches, tables, ribbons, mats, music.

Champions resources: • Champions movie: *jumps*, Champions movie: *running*.

Warm-up:

Play up-beat music and perform the following moves for the children to copy:

- Marching on the spot (1 min)
- Jogging on the spot (1 min 30 sec)
- Arms outstretched to the side making small circles, gradually getting bigger and smaller again.
- Front knee lunge starting with the right leg and then the left.
- Neck stretches - arms by the side and look up for a count of 4, down, left and finally right. Slowly circle the head round to the right and then to the left.
- Stretch right arm across the body and hold with the left at the elbow. Repeat with the left arm.

Skills learning and development:

Introduce the unit and explain that the children will be focusing on the skills and performance of gymnastics.

Ask: *What do we know already about gymnastics?* Take feedback from the children and discuss techniques they already know.

Application and practice:

Model each of the following stations to the children at the beginning of the lesson - children should go through the circuit of six stations, and spend one minute on each station:

1. Travelling - travel along the bench by doing small jumps either side.
2. Jumps - walk along the bench and master a pencil jump. Children must land the jump with two feet and arms outstretched in front of the body.
3. Ribbons - use the ribbons to create a short routine using a variety of travel including leaps, jumps and twists.
4. Rolling - practise forward. Practise finishing the roll on two feet, arms outstretched in front.
5. Creating shapes - work with a partner to create a variety of shapes with their body in the shape of letters and numbers.
6. Balance - work with a partner to practise a variety of balances. Image prompts should be available.

Reflect and review:

Ask:

- *Which station made you work the hardest? Why do you think this is?*

Support

Have fewer stations.

Extend

Ask the children to concentrate on their technique.



Unit 4 Gymfit circuits

Learning objective: • To practise a range of gymnastic skills through a series of circuits.

Learning outcomes: • The children will master basic movements, as well as developing balance, agility and co-ordination.
• The children will perform using simple movement patterns.

Prior learning: • Science: animals including humans.

Vocabulary: • Travelling, spotting, extend, flexible, stretch, reach.

Equipment: • Benches, tables, ribbons, mats.

Champions resources: • Champions movie: *jumps*, Champions movie: *running*.

Warm-up:

Play up-beat music and perform the following moves:

- Marching on the spot (1 min)
- Jogging on the spot (1 min 30 sec)
- Arms outstretched to the side making small circles, gradually getting bigger and smaller again.
- Front knee lunge starting with the right leg and then the left.
- Neck stretches – arms by the side and look up for a count of 4, down, left and finally right. Slowly circle the head round to the right and then to the left.
- Stretch right arm across the body and hold with the left at the elbow. Repeat with the left arm.

Skills learning and development:

Model each of the following stations to the children at the beginning of the lesson, and keep track of timing to change stations – children should go through the circuit of six stations, and spend one minute on each station:

1. Travelling – travel along the bench by doing small jumps either side.

2. Jumps – walk along the bench and master a pencil jump. Children must land the jump with two feet and arms outstretched in front of the body.
3. Ribbons – use the ribbons to create a short routine using a variety of travel including leaps, jumps and twists.
4. Rolling – practise forward. Practise finishing the roll on two feet, arms outstretched in front.
5. Creating shapes – work with a partner to create a variety of shapes with their body in the shape of letters and numbers.
6. Balance – work with a partner to practise a variety of balances. Image prompts should be available.

Application and practice:

Do the circuit again. This time, at each station ask:

What is happening to our heart rate as we exercise?

Why is this happening?

Reflect and review:

Ask:

- *Which station would you like to improve to next lesson?*
- *What will your focus be?*

Support

Have fewer stations.

Extend

Ask the children to concentrate on their technique.



Unit 4 Gymfit circuits

Learning objective: • To perform a range of gymnastic skills with increased accuracy.

Learning outcomes: • The children will master basic movements, as well as developing balance, agility and co-ordination.
• The children will perform using simple movement patterns.

Prior learning: • Science: animals including humans.

Vocabulary: • Travelling, spotting, extend, flexible, stretch, reach.

Equipment: • Benches, tables, ribbons, mats.

Champions resources: • Champions movie: *jumps*, Champions movie: *running*.

Warm-up:

Play up-beat music to warm up, and perform the following moves:

- Marching on the spot (1 min)
- Jogging on the spot (1 min 30 sec)
- Arms outstretched to the side making small circles, gradually getting bigger and smaller again.
- Front knee lunge starting with the right leg and then the left.
- Neck stretches – arms by the side and look up for a count of 4, down, left and finally right. Slowly circle the head round to the right and then to the left.
- Stretch right arm across the body and hold with the left at the elbow. Repeat with the left arm.

Skills learning and development:

Model each station to the children at the beginning of the lesson, and keep track of timing to change stations.

With each station ask the children:

How can we improve our performance at this station?

Which part of our body do we need to focus on here?

Application and practice:

Children go through the circuit of six stations spending two minutes on each station:

1. Travelling – travel along the bench by doing small jumps either side.
2. Jumps – walk along the bench and master a pencil jump. Children must land the jump with two feet and arms outstretched in front of the body.
3. Ribbons – use the ribbons to create a short routine using a variety of travel including leaps, jumps and twists.
4. Rolling – practise forward. Practise finishing the roll on two feet, arms outstretched in front.
5. Creating shapes – work with a partner to create a variety of shapes with their body in the shape of letters and numbers.
6. Balance – work with a partner to practise a variety of balances. Photo prompts should be available.

Reflect and review:

Ask:

- *Which station would you like to improve to next lesson?*
- *What will your focus be?*

Support

Have fewer stations.

Extend

Ask the children to concentrate on their technique.



Unit 4 Gymfit circuits

Learning objective: • To perform a sequence of gymnastic moves within a circuit.

Learning outcomes: • The children will master basic movements, as well as developing balance, agility and co-ordination.
• The children will perform using simple movement patterns.

Prior learning: • Science: animals including humans.

Vocabulary: • Travelling, spotting, extend, flexible, stretch, reach.

Equipment: • Benches, tables, ribbons, mats.

Champions resources: • Champions movie: *jumps*, Champions movie: *running*.

Warm-up:

Play up-beat music to warm up, and perform the following moves:

- Marching on the spot (1 min)
- Jogging on the spot (1 min 30 sec)
- Arms outstretched to the side making small circles, gradually getting bigger and smaller again.
- Front knee lunge starting with the right leg and then the left.
- Neck stretches – arms by the side and look up for a count of 4, down, left and finally right. Slowly circle the head round to the right and then to the left.
- Stretch right arm across the body and hold with the left at the elbow. Repeat with the left arm.

Skills learning and development:

Model each station to the children at the beginning of the lesson, and keep track of timing to change stations.

With each station question children:

How can we put together two or three moves within this station to develop a sequence?

Application and practice:

Children go through the circuit of six stations spending two minutes on each station:

1. Travelling – travel along the bench by doing small jumps either side.
2. Jumps – walk along the bench and master a pencil jump. Children must land the jump with two feet and arms outstretched in front of the body.
3. Ribbons – use the ribbons to create a short routine using a variety of travel including leaps, jumps and twists.
4. Rolling – practise forward. Practise finishing the roll on two feet, arms outstretched in front.
5. Creating shapes – work with a partner to create a variety of shapes with their body in the shape of letters and numbers.
6. Balance – work with a partner to practise a variety of balances. Photo prompts should be available.

Reflect and review:

Ask:

- Which station would you like to improve to next lesson?
- What will your focus be?

Support

Have fewer stations.

Extend

Ask the children to concentrate on their technique.



Unit 4 Gymfit circuits

Learning objective: • To perform a sequence of moves at each station within a circuit with increased accuracy.

Learning outcomes: • The children will master basic movements, as well as developing balance, agility and co-ordination.
• The children will perform using simple movement patterns.

Prior learning: • Science: animals including humans.

Vocabulary: • Travelling, spotting, extend, flexible, stretch, reach.

Equipment: • Benches, tables, ribbons, mats.

Champions resources: • Champions movie: *jumps*, Champions movie: *running*.

Warm-up:

Play up-beat music to warm up, and perform the following moves:

- Marching on the spot (1 min)
- Jogging on the spot (1 min 30 sec)
- Arms outstretched to the side making small circles, gradually getting bigger and smaller again.
- Front knee lunge starting with the right leg and then the left.
- Neck stretches – arms by the side and look up for a count of 4, down, left and finally right. Slowly circle the head round to the right and then to the left.
- Stretch right arm across the body and hold with the left at the elbow. Repeat with the left arm.

Skills learning and development:

Model each station to the children at the beginning of the lesson, and keep track of timing to change stations.

At each station question children:

What part of the body do we need to focus on here?

What techniques can we use to perfect our performance?

Application and practice:

Children go through the circuit of six stations spending two minutes on each station:

1. Travelling – travel along the bench by doing small jumps either side.
2. Jumps – walk along the bench and master a pencil jump. Children must land the jump with two feet and arms outstretched in front of the body.
3. Ribbons – use the ribbons to create a short routine using a variety of travel including leaps, jumps and twists.
4. Rolling – practise forward. Practise finishing the roll on two feet, arms outstretched in front.
5. Creating shapes – work with a partner to create a variety of shapes with their body in the shape of letters and numbers.
6. Balance – work with a partner to practise a variety of balances. Photo prompts should be available.

Reflect and review:

Ask:

- *Which station do you most enjoy performing at?*
- *Why do you think this is?*

Support

Have fewer stations.

Extend

Ask the children to concentrate on their technique.



Unit 4 Gymfit circuits

Learning objective: • To evaluate my performance of gymnastic moves within a circuit.

Learning outcomes: • The children will master basic movements, as well as developing balance, agility and co-ordination.
• The children will perform using simple movement patterns.

Prior learning: • Science: animals including humans.

Vocabulary: • Travelling, spotting, extend, flexible, stretch, reach.

Equipment: • Benches, tables, ribbons, mats.

Champions resources: • Champions movie: *jumps*, Champions movie: *running*.

Warm-up:

Play up-beat music to warm up, and perform the following moves:

- Marching on the spot (1 min)
- Jogging on the spot (1 min 30 sec)
- Arms outstretched to the side making small circles, gradually getting bigger and smaller again.
- Front knee lunge starting with the right leg and then the left.
- Neck stretches – arms by the side and look up for a count of 4, down, left and finally right. Slowly circle the head round to the right and then to the left.
- Stretch right arm across the body and hold with the left at the elbow. Repeat with the left arm.

Skills learning and development:

Children to model each station at the beginning of the lesson and keep track of timing for children to change stations.

Discuss with your partner:

Which gymnastic station do you want to perfect this session?

Application and practice:

Children go through the circuit of six stations spending three minutes on each station:

1. Travelling – travel along the bench by doing small jumps either side.
2. Jumps – walk along the bench and master a pencil jump. Children must land the jump with two feet and arms outstretched in front of the body.
3. Ribbons – use the ribbons to create a short routine using a variety of travel including leaps, jumps and twists.
4. Rolling – practise forward. Practise finishing the roll on two feet, arms outstretched in front.
5. Creating shapes – work with a partner to create a variety of shapes with their body in the shape of letters and numbers.
6. Balance – work with a partner to practise a variety of balances.

Reflect and review:

Ask:

- *How has your fitness improved throughout this unit?*
- *Which gymnastic skills have you improved most?*

Support

Have fewer stations.

Extend

Ask the children to concentrate on their technique.

