

Unit 4 Gymfit circuits

Learning objective: • To identify techniques to improve balance.

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: • Strength and stamina, flexibility, aerobic, circuit training.

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

Equipment: • Upbeat music, benches, mats, ribbons, tables.

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

Warm-up:

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

- Marching on the spot (1min)
- Jogging on the spot (1min 30sec)
- 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, and keep track of timing to change stations – children should go through the circuit of six stations, and spend 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.

The circuit-based fitness units in Champions often use the same stations across half terms. The idea is that the children progress by improving their ability, technique and fitness over time. Feel free to change the stations, however bear in mind that, if the activities change week on week, the technique progression cannot be assessed as effectively.

Reflect and review:

Ask:

- *Which station made you work the hardest? Why do you think this is?*
- *How can you improve your technique or fitness next week?*

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: • Strength and stamina, flexibility, aerobic, circuit training.

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

Equipment: • Upbeat music, benches, mats, ribbons, tables.

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

Warm-up:

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

- Marching on the spot (1min)
- Jogging on the spot (1min 30sec)
- 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 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.

The circuit-based fitness units in Champions often use the same stations across half terms. The idea is that the children progress by improving their ability, technique and fitness over time. Feel free to change the stations, however bear in mind that, if the activities change week on week, the technique progression cannot be assessed as effectively.

Reflect and review:

Ask:

- Which station would you like to improve 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 develop balance, agility and co-ordination.
• The children will perform using simple movement patterns.

Prior learning: • Strength and stamina, flexibility, aerobic, circuit training.

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

Equipment: • Upbeat music, benches, mats, ribbons, tables.

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

Warm-up:

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

- Marching on the spot (1min)
- Jogging on the spot (1min 30sec)
- 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.

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?

Skills learning and development:

Ask the children to go through the circuit of six stations spending three minutes on each station:

1. Travelling – travel along the bench sliding on the front.
2. Jumps – walk along the bench and master a half-twist 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 a cartwheel. Ask the children to work in pairs supporting each other. Ask the children to 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 outside objects.
6. Balance – work with a partner to practice a variety of balances. Station cards should be available.

Reflect and review:

Ask:

- *Which station did you find the easiest to improve your performance and why?*
- *Which station will you focus on next week?*

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 develop 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: • Upbeat music, benches, mats, ribbons, tables.

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

Warm-up:

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

- Marching on the spot (1min)
- Jogging on the spot (1min 30sec)
- 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 the children:

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

Skills learning and development:

Ask children to go through the circuit of six stations spending three minutes on each station:

1. Travelling - travel along the bench mastering leaping.
2. Jumps - walk along the bench and master a full twist. 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 hand stands, working in pairs to support each other. Children must finish the handstand on two feet, arms outstretched in front.
5. Creating shapes - work with their partner to create shapes with their bodies in a variety of ways and creating their own.
6. Balance - work either independently or with a partner to practise a variety of balances.

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 develop 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: • Upbeat music, benches, mats, ribbons, tables.

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

Warm-up:

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

- Marching on the spot (1min)
- Jogging on the spot (1min 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 the children:

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

What techniques can we use to perfect our performance?

Skills learning and development:

Ask the children to go through the circuit of six stations spending four minutes on each station:

1. Travelling – travel along the bench in a variety of ways e.g. small jumps, leaps, bunny hops either side, sliding.
2. Jumps – walk along the bench and jump off in a variety of ways e.g. pencil, tuck, straddle, half twist, full twist. 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, backward and side rolls. Children to 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 e.g. letters of the alphabet, animals, household objects. Vary focus each week.
6. Balance – work with a partner to practise a variety of balances. Use station cards.

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 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: • Upbeat music, benches, mats, ribbons, tables.

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

Warm-up:

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

- Marching on the spot (1min)
- Jogging on the spot (1min 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:

Ask the 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?

What skills will you need to focus on to do this?

Skills learning and development:

Ask the children to go through the circuit of six stations spending four minutes on each station:

1. Travelling – travel along the bench in a variety of ways e.g. small jumps, leaps, bunny hops either side, sliding.
2. Jumps – walk along the bench and jump off in a variety of ways e.g. pencil, tuck, straddle, half twist, full twist. 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, backward and side rolls. Children must finish the roll on two feet, arms outstretched in front.
5. Creating shapes – work either independently or with a partner to create a variety of shapes with their body e.g. letters of the alphabet, animals, household objects.
6. Balance – work either independently or 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.

