

Year 3 - Gymnastic Lesson 1

We are learning how to link travelling and balancing actions together.



Warm-up - Traffic lights

This activity is called “Traffic Light”. Teachers should hold up a coloured cone or say the name of the colour, either red, yellow or green, and the children should respond.

- Green- Students should travel around the room on their feet, for example, galloping, walking, sidestepping, and hopping.
- Yellow- Students should jump up and down on the spot.
- Red- Students should stop where they are and balance (for 5-10 seconds), performing balances that they have previously learnt or can remember.

Activity 1 - Exploring Balances (1,2,3,4) Into Shapes

- Students should get into groups of 2 or 3.
- The groups should explore different balance positions, previously learnt, using 1,2,3 or 4 points of their body.
- In the groups, one person should perform their balance of choice from previous learning, and the remaining members of the group should identify which balance it is and how many body points it uses. Some examples of balances that could be performed are; a straddle, a pike or a ‘standing pencil’.

Activity 2 - Sequence Building Linking Balances

- Students should choose their favourite balances, either one they have performed or one they have witnessed from their peers, and create a sequence with them.
- A clear start position should be established before carrying on with the rest of the sequence, and each balance should be maintained for 5 seconds.

Activity 3 - Perform + Reflect with Partner

- The remaining group members should assess their peers’ sequence, giving feedback. Feedback should contain two things they liked about their peers’ sequence and one thing that could be done to improve the sequence next time.