

## Year 3 - Gymnastic Lesson 2

We are learning to combine balances with travelling towards and away from a partner.



### Warm-up - Follow the leader with balances

- Students find a partner and choose one to be the leader.
- First, the leader chooses different exciting ways to move around the space and their partner copies (safely).
- Next, the leader incorporates balances or ships learned from the previous lessons, and the follower must copy and hold these positions.
- Ensure the students are focussing on body tension stillness whilst also pointing their fingers and toes in balance. Hold these for at least 5 seconds.
- Rotate leaders and have some of the pairs demonstrate to the class.

### Activity 1 - Explore moving towards

- Again with a partner, students find their own space around a blue gymnastics mat.
- The pairs are to explore different exciting ways to move toward each other; they may start by facing or away from one another.
- Encourage the pairs to think about the different levels they may travel at. This could be high, medium or low.

### Activity 2 - Explore moving away

- Like before, the pairs are around a blue gymnastics mat but must now explore different ways they move away from each other, starting close.
- Again, encourage the pairs to think about the different levels they can be working at and the speed.
- Have them rehearse these so they can demonstrate some to the rest of the class.

### Activity 3 - Sequence builder (towards-balance-away-balance)

- The pairs must develop a sequence using the movements created in the previous activities.
- Beginning in a starting position, the pairs must move towards each other in a chosen way, followed by a balance, then move away from each other, followed by a second balance and an ending position.
- Encourage them to show good body tension in the balance, as well as different levels and speeds at which they work.
- Have them rehearse these and then demonstrate them to other pairs. Encourage them to give feedback and share ideas.