

## Year 3 - Gymnastic Lesson 3

We are learning to spin on different body parts



### Warm-up - Traffic lights (yellow = match + balance)

- For this warm-up, the rules for the colour yellow have changed.
- Once the yellow colour is on, students must find a partner and do the same balance as their partner.

### Activity 1 - Explore spinning (foot, back, tummy, bottom)

- Students will learn about spinning and what it may mean to them.
- Which body part can students spin? Students should continue exploring.
- Students can now show the class which body parts they can spin that they have discovered.
- Then try out each other's spinning techniques and ideas they came up with on different body parts.
- Lastly, ask one another which body parts are easy or hard to spin on and discuss with their partner why that may be.

### Activity 2 - Travel into spinning & teach a partner

- Students will learn how to combine their favourite spin with travelling in this activity.
- How many different ways can they do this?
- Students can now find partners and teach them how to travel into their favourite spin.
- Can they do the travel and spin that their partner has taught them?
- Students should try out with their partner travelling and doing both spins.

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

- Now students will combine everything they have learned into this final activity.
- They will move towards each other and do a balance, then move away and top it off with a spin.
- It is vital to ensure students can do a clear sequence of a beginning and finish position.
- This will allow students to work on their body tension through balance and change their speed.
- In the end, students will present what they have come up with to a different pair and gain feedback on what they did well and what they can improve on.