

	KEY STAGE 1				YEAR 2: Gymnastics
	LESSON TITLE	Warm Up	BASIC CONTENT	Cool Down	Tops Gymnastics
1	Travel and Introduction to key shapes	Bean Game	Simon says Making shapes	Copy cat	Time to travel... <i>Using hands, feet and alternate feet</i> Ship Shape... <i>Stretched and truck shapes</i>
2	Travel and Introduction to key shapes	Bean Game	Balancing technique Making shapes	Copy cat – Extended task	Double up.... <i>Working with a partner</i> Shape up... <i>Straddle and pike shapes</i>
3	Traveling and using key shapes on apparatus	Bean game	Carrying and placing mats and apparatus. Making shapes	Copy cat – Extended task	As above
4	Traveling and using key shapes on apparatus	Animal Zoo	Making shapes. Traveling on apparatus. Copy cat – Animal zoo	Jungle walk. The ant and the elephant	As above
5	Jumping	Animal Zoo	Jumping technique and jumping using apparatus	Jungle walks. The ant and the elephant	Jumping Jacks... <i>Landings, jumps, leaps and turns</i>
6	Jumping and Balancing	Musical statues	Sequence on mats and low apparatus	Tired Cats	A Routine matter... <i>Introducing sequences</i> Jumping Jacks... <i>Landings, jumps, leaps and turns</i> Steady as a Rock... <i>Standing, kneeling and large body part balances</i>
7	Twisting	Musical Statues	Balancing and twisting using apparatus	Musical balances	Pick, (link) and mix... <i>Building more complex sequences.</i>
8	Rolling	Fox and bunnies	Rolling and rolling sequences	Choice of activity!	Rock and roll... <i>Side rolls and lead up to forwards and backwards rolls,</i> Rollover... <i>Combinations of forward and backwards rolls</i>
9	Sequences	Sticky bodies	Sequences	Choice of activity!	Pick, (link) and mix... <i>Building more complex sequences.</i> A Routine matter... <i>Introducing Sequences</i>
10	Sequences – introduction to apparatus	Sticky bodies	Sequences with apparatus from previous week.	Choice of activity!	Pick, (link) and mix... <i>Building more complex sequences.</i> A Routine matter... <i>Introducing Sequences</i>
11	Choice from the alternative lesson plans, either HAND APPARTUS, or LARGE APPARTUS				
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