

## Unit 14: Gymnastic activities - unit 3

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**Audience:** Key Stage 2

Year Group: 3

In this unit children focus on improving the quality of their movement, eg by stretching fingers and pointing toes, to help them produce tension and extension. They plan and perform sequences of contrasting actions, and develop flow by linking actions smoothly and planning variations in speed. In gymnastics as a whole, children use skills and abilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.

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### Lesson plans

#### [Lesson plan 1: Making a shape sequence](#)

Children will be able to make different shapes by taking weight on different parts of their bodies. Children will be able to use three 'like' movements of body shape to make a short sequence with a clear beginning, middle and end. Children will be able to describe how their bodies feel during different activities.

#### [Lesson plan 2: Changing levels](#)

Children will learn to recognise changes in level when making different body movements. Children will be able to change their body movements in order to move near to or far from the ground. Children will be able to make up a short sequence that involves using the floor and apparatus to change level three times.

#### [Lesson plan 3: Climbing, hanging, swinging](#)

Children will find ways of changing body level on the floor. Children will be able to swing their arms to help gain height when jumping. Children will be able to explore ways of climbing onto and hanging/swinging from apparatus. Children will be able to make an 'unlike' sequence that includes climbing, hanging/swinging and jumping off.

#### [Lesson plan 4: Making a balancing sequence](#)

Children will find ways of balancing on large and small parts of their bodies. Children will be able to use two balances, a rock and leap [or bounce] to make a short sequence. Children will be able to teach their sequence to a friend, then combine their sequences matching each other's movements.

#### [Lesson plan 5: Balancing using change of direction](#)

Children will explore ways of balancing using large and small parts of their bodies. Children will be able to use different parts of their bodies to move at different speeds. Children will be able to move in and out of balances in different directions. Children will be able to create a short sequence using balance and change of direction.

#### [Lesson plan 6: Jumping using different pathways](#)

Children will explore different ways of jumping in order to move in different pathways. Some children will be able to use sideways rolls to change level while others may progress to forwards and backwards rolls. Children will be able to make up a sequence of three 'unlike' movements to include jumping and rolling using different pathways.

#### [Lesson plan 7: Under and over my partner](#)

Children will be able to work co-operatively with another child. Each child will be able to make a shape with their body so that their partner can pass under or through it. Children will be able to work in pairs to create a sequence in which children move away from and towards their partner.

#### [Lesson plan 8: Putting it all together](#)

Children will be able to extend the sequence they created last week to include movement on a piece of large apparatus. Children will consider what they have learnt in this term's lessons and what skills they still need to develop. Children will learn about clubs and activities attended by other children that help to promote fitness.