

## Unit 5: Gymnastic activities - unit 1

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**Audience:** Key Stage 1

Year Group: 1

In this unit children investigate movement, stillness, and how to find and use space safely. They explore basic gymnastic actions on the floor and using apparatus. They copy or create, remember and repeat, short movement phrases of 'like' linked actions, eg two jumps, or two rolls.

In gymnastics as a whole, children use skills and agilities 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: Use that space!](#)

Children will learn to use the workspace efficiently and work safely within it. Children will learn to use the contrasting actions of stretching and curling while performing basic actions and being still. Children will then include these actions while using small apparatus. Children will describe how their bodies feel during exercise.

#### [Lesson plan 2: Wide and narrow shapes](#)

Children will develop their skills in body shape using stretching and curling. Children will be able to make narrow and wide stretched shapes using different parts of their bodies to take their weight. Children will use these shapes in movement using the floor and large apparatus. Children will learn to put our large apparatus safely.

#### [Lesson plan 3: Taking off, jumping and landing](#)

Children will use different parts of their bodies to explore the use of space both near to and away from the floor. Children will learn how to take off, land safely and improve their jump. Children will use the floor and small apparatus to practice different ways of jumping using hands and feet.

#### [Lesson plan 4: Hands and Feet](#)

Children will move in different ways using their hands and feet. Children will learn to move in different directions. Children will learn to land safely after jumping from large apparatus.

#### [Lesson plan 5: Balancing](#)

Children will balance by taking the weight on different parts of their bodies. Children will understand that balance is a moment of stillness. Children will learn to balance on the floor and transfer the skill when using apparatus.

#### [Lesson plan 6: Rocking](#)

Children will be able to use curled and stretched movements to move around the workspace. Children will practice rocking on their backs as a preparation for rolling in later lessons. Children will practice rocking on other parts of their bodies. Children will be able to make a sequence by performing two like movements.

#### [Lesson plan 7: Rolling](#)

Children will learn to develop their rocking actions into sideways rolls. Some children will learn to perform a forwards roll safely.

#### [Lesson plan 8: Bounce it together](#)

Children will explore different ways of bouncing on the floor and on apparatus. Children will be able to move in different directions. Children will be able to use a bounce, jump and roll to make a simple sequence of movements.