

Unit 6: Gymnastic activities - unit 2

Audience: Key Stage 1

Year Group: 2

In this unit children focus on increasing their range of basic gymnastic skills. They create simple sequences of 'unlike' actions on the floor, eg a roll, jump and a shape. They then transfer what they learn on the floor to apparatus.

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.

Lesson plans

[Lesson plan 1: Changing direction on hands and feet](#)

Children will use their hands and feet to travel in different ways thinking about direction and level. Children will link three 'like movements' together and begin to think about beginning and completing a sequence.

[Lesson plan 2: Changing shape](#)

Children will develop quality and control when changing shape using stretching and curling movements.

Children will begin to make short sequences using 'unlike movements'.

Children will transfer movement ideas from the floor to apparatus.

Children will describe and comment on their own and each other's actions.

[Lesson plan 3: Straight Pathways](#)

Children will understand the meaning of the word 'Pathway'. Children will move in straight lines, changing direction and body movement. Children will make up a short sequence of movement while moving in straight lines on the floor and using apparatus. Children will identify changes of direction and describe movements being made.

[Lesson plan 4: Curved Pathways](#)

Children will develop their understanding of the word 'Pathway' to include 'Curved Pathways'. Children will move in curved pathways such as those made by letters in their names. Children will make up a short sequence of three movements while moving in curved

pathways, both on the floor and on apparatus. Children will copy and practice movements made by other children.

[Lesson plan 5: Pathways with a partner](#)

Children will work co-operatively with each other.

Children will begin to develop partner work by copying what their partner is doing and then changing roles.

Children will transfer skills learnt on the floor to small and low level apparatus.

[Lesson plan 6: Turning around](#)

Children will explore different ways of jumping.

Children will learn to turn in the air so that they move off in a different direction.

Children will make a sequence of three 'like actions' [jumps] for their partner to copy.

[Lesson plan 7: Meeting a partner](#)

Children will learn to change direction by turning or spinning their bodies. Children will work with a partner to perform a sequence where they meet and cross or pass safely.

[Lesson plan 8: Running, jumping and rolling with a partner](#)

Children will work in pairs but share the apparatus with another couple. Children will understand the need to work with and around another couple in order to use the workspace and apparatus safely. Children will work in pairs to perform a sequence of three 'unlike' movements.