

PE KS1 Unit 5

Gymnastic activities 1

Lesson 7

Body shapes



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 **35-40 mins**

Learning objectives

Children should learn:

- to explore gymnastic actions and still shapes;
- to copy or create movement phrases;
- to move confidently and safely in their own and general space, using changes of speed, level and direction;
- to perform movement phrases using a range of body actions and body parts;
- to recognise how their body feels when still and when exercising;
- to watch, copy and describe what they and others have done.

Success Criteria

Children:

- make up and perform simple movement phrases in response to simple tasks;
- watch and describe accurately a short sequence of basic gymnastic actions, using appropriate language;
- perform basic gymnastic actions, including travelling, and stay still when required;
- manage the space safely, showing good awareness of each other;
- know when their body is active and talk about the difference between tension and relaxation.

National Curriculum Attainment Targets

Pupils should be taught to:

- master basic movements and develop balance, agility and co-ordination, and begin to apply these in a range of activities.

Vocabulary


change direction, circle, cool down, crouch, find a space, forwards, freeze, head up, high, jog, levels, low, relaxation, rotate, slow, straight, stretch, tension, turn, walk, warm up, wide

Resources

- School hall (area may need to be restricted depending on size)
- **Interactive CD, Image Gallery: page 10, Stretches**

NB This lesson consists of a warm-up, floorwork and a cool-down. There is no impact work, so mats are not necessary.

Warm-up

 **10 mins**

- Ask the children to sit in a space with their backs straight and heads up. Ask them to practise standing up with a straight back and sitting down again with a straight back. Encourage them to try doing this without using their hands. Choose children to demonstrate good quality movement.
- Ask the children to stand in a space. Ask them to jog to a space, freeze, turn and jog to another space. Alternate between jogging and walking. Remember to call out directions, 'freeze, turn, walk' etc.
- Ask the children to stand in a space and stretch one arm at a time up in the air. Tell them to make big circle movements with each arm,

first up high, then down low. Do this with the children, emphasising the change in levels.

- Ask the children to crouch down and then stretch up high. Do this four times.
- Ask the children to stand in a space and rotate their shoulders forwards and then backwards.
- Ask the children the following questions:

Key questions

Do you feel warm or hot?

Do you feel puffed out or tired?

What is your heart doing?

Was it fun? Which bit was fun?

Floorwork

10 mins

- This part of the lesson encourages children to create three 'like' actions and to make a short movement phrase, which can be done on the floor (and on apparatus in later lessons). You could put some mats out.
- Ask the children to stand in a space and stretch up one arm at a time. Do this with the children and really reach up high and stretch. Ask them if they can feel the tension in their fingers, arms and shoulders.
- Stretch up both arms together and make wide shapes (see **Interactive CD, Image Gallery: page 10, Stretches**). Stand with legs apart, stretching arms and legs wide.
- Ask the children to lie on their backs and stretch their arms and legs. Tell them to hold the stretches for a count of five. Ask:
 - Tell them that their muscles are tight as their feet, toes, hands and fingers are stretched. Tell them that their muscles become loose when they relax.
 - Ask the children to stand in a space. Tell them to make a wide shape and try to walk about the hall keeping in this shape. Remind them to change direction and not to touch anyone. Remember to praise often and choose children to demonstrate good quality movement.
 - Ask the children to sit down in a space and stretch their arms and legs out wide. Tell them to hold the stretch for a count of five.
 - Ask the children to lie on their sides. Ask if they can stretch out their arms and legs to make wide shapes. Try one arm first and then one leg. Do this with the children or choose children to demonstrate.
 - Show the children how you can link three wide stretch movements together, for example: stand up with legs and arms wide apart; sit down and stretch legs out; lie on back and stretch out arms and legs (see **Interactive CD, Image Gallery: page 10, Stretches**).
 - Ask the children to copy you and repeat these three 'like' actions. Choose children to demonstrate their movement phrase to the class. They must do it twice.
 - Ask the children to try their movement phrase again. Encourage them to make up their own movement phrase of three stretched shapes. They must repeat the phrase.
 - Choose children to demonstrate to others. Ask the children if they can describe someone's movement phrase.

Key questions

Can you make long shapes?

Can you make wide shapes?

Can you feel the tension in your body when you stretch?

Can you feel your muscles go loose and soft when you relax?

Cool-down

5 mins

- Ask the children to lie on their backs in a space. Ask them to stretch out tall, hold the stretch and then relax. Ask them to roll on to their tummies, curl up small and then stretch as tall and as slowly as they can (lying down). Emphasise that as they stretch, their body is tense and all their muscles are tight. As they relax their muscles become loose and soft.
- Ask the children to count to ten very slowly and then get up very slowly, keeping their eyes looking down at the floor and bringing their heads up last.