

**Resources:**

Blackboard and chalk (or similar); moveable pieces of apparatus e.g. benches; trestles and planks; movement table; box; Resource Gym 4; TOP card: Travelling - cartwheeling

**Lesson 8****Year 4**

Learning Objectives	Suggested Series of Activities	Points to Note
<p>Pupils should learn:-</p> <p>Acquiring and Developing</p> <ul style="list-style-type: none"> <li>■ to perform 'wheeling' actions and gestures using apparatus</li> <li>■ to combine 'wheeling' within and with other actions using apparatus</li> </ul> <p>Selecting and Applying</p> <ul style="list-style-type: none"> <li>■ to explore ways of 'wheeling' using apparatus</li> <li>■ to select and perform different ways of 'wheeling' linked to other actions</li> </ul> <p>Improving and Evaluating</p> <ul style="list-style-type: none"> <li>■ to assess others' work using simple and specific criteria and suggest improvements</li> <li>■ to use their assessments to improve the quality of their own work</li> </ul> <p>K and U of Fitness and Health</p> <ul style="list-style-type: none"> <li>■ that suppleness and strength can affect gymnastic performance</li> </ul>	<p><b>Warm up</b></p> <p>Ask the children:</p> <ul style="list-style-type: none"> <li>■ To lie on their tummies and stretch the whole body;</li> <li>■ To place their hands on the floor in front of their head and push gently upwards to straighten the arms and curve the spine Repeat four times If they can move their hands a little closer to them and still lift and straighten the arms Which joints are being used</li> <li>■ To hop on the spot and travelling; repeat on other leg</li> </ul>	<ul style="list-style-type: none"> <li>■ talk to children about suppleness of the spine and strength in the arms and how they affect the performance of the action</li> <li>■ the stretch must be gentle; discourage children from over-arching the spine</li> </ul>
	<p><b>Development</b></p> <p>Ask the children:</p> <ul style="list-style-type: none"> <li>■ To get out the apparatus; group the children and allocate each group a piece or combination of pieces of apparatus</li> <li>■ What they did last lesson; to show you some examples on the floor i.e. 'wheeling' actions and gestures</li> <li>■ To explore their apparatus finding ways of 'wheeling' along, off, over and onto</li> </ul>	<ul style="list-style-type: none"> <li>■ if time and the diversity of apparatus allow, groups or individuals can rotate and explore a different piece of apparatus</li> <li>■ encourage the children to explore 'wheeling' gestures of arms or legs in jumps, rolls, slides, spins etc</li> </ul>
	<p><b>Composition</b></p> <p>Ask the children:</p> <ul style="list-style-type: none"> <li>■ To link together four actions two of which must be 'wheeling' (actions or gestures)</li> <li>■ To practise their sequence What variations could add interest to a sequence (see resource Gym 4)</li> <li>■ To observe individuals and assess their work using specific criteria (see Resource Gym 4) i.e. different children applying a different criterion; suggest improvements</li> <li>■ To teach their sequence to a partner and perform it leading and following AND/OR alongside</li> <li>■ To determine what they need to practise to improve their own sequence; to refine their sequence</li> <li>■ To perform a last 'perfect presentation' i.e. still starting position, all starting together and, when finished, remaining still until they are told to 'Rest'</li> </ul>	<ul style="list-style-type: none"> <li>■ shorten or simplify the sequence task for those children who will find it too long or too complex</li> <li>■ list the variations on the blackboard e.g. changes of speed, shape, direction</li> <li>■ do not ask children to apply more than one criterion at any one time when assessing others' work</li> <li>■ ask partners how they are trying to improve their sequence</li> </ul>
	<p><b>Cool down and concluding activity</b></p> <p>Ask the children:</p> <ul style="list-style-type: none"> <li>■ To return the apparatus to its original position</li> <li>■ To practise 'wheeling' bunny jumps/cartwheels</li> <li>■ To tense and relax the arms; repeat six times</li> <li>■ To tell you two elements of fitness i.e. suppleness and strength</li> </ul>	<ul style="list-style-type: none"> <li>■ reinforce the association of joints with suppleness and muscles with strength</li> </ul>