

# Tynedale School Sports Programme 2018-19

## Gymnastics (Floor) Lesson Plans for KS2

### PE Medium – Term Planning

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Lesson Plan							
Group:	KS2	Activity:	Gymnastics (Floor)	No. in Series:	1/5	Date:	Nov 2018
<b>Lesson Outcomes:</b> LO1 – To participate in a gymnastics based warm-up to raise heart rate & show stretches LO2 – To develop a confidence to follow a pre-determined gymnastics routine with control.				<b>Literacy / Numeracy:</b> Develop greater depth of PE vocab such as routine or sequences!		<b>Resources / H&amp;S:</b> School Risk Assessment Gym Mats Key Steps Routine 1	
Lesson Outcomes		Time	Learning Activities			Assessment / Differentiation	
Introduction		5mins	Introduction – why do we warm-up? Introduce myself and explain the content and format of the lesson. Share the LO's.			Q&A Listening skills, pair up the children by ability.	
		10mins	Warm-up game – find space by using speed / height / levels as well as stopping and starting well. Develop this by adding in named stretches & holding these			Observation of basic stop / start commands. Think S.T.E.P. & Space!	
LO1 –		20mins	Main activity – Key Steps Routine 1. Teacher to model and guide the children through the routine in two parts and then let them have some practice time.			Print out one KS1 routine one and share this between mats. Who can try and remember the routine?	
LO2 –		15mins	With a partner help and support each other to take it in turns to work their way through the KS1 routine from start to finish. Some children will need some support.			Peer Assessment – what are the most challenging aspects of this routine and who can recall this without looking at the support sheet.	
Recap / Plenary		5mins	Review of the learning and outcomes.			Review of the LO's.	

Lesson Plan							
Group:	KS2	Activity:	Gymnastics (Floor)	No. in Series:	2/5	Date:	Nov 2018
<b>Lesson Outcomes:</b> LO1 – To develop a greater level of control and stability when performing the KS1 Routine. LO2 – To be able to show the KS1 Routine and provide feedback to another person on how they can improve.				<b>Literacy / Numeracy:</b> Develop confidence when speaking to others.		<b>Resources / H&amp;S:</b> School Risk Assessment Gym Mats Key Steps 1 Routine	
Lesson Outcomes		Time	Learning Activities			Assessment / Differentiation	
Introduction		5mins	Introduction & review of a warm-up? Introduce and explain the lesson content and share the lesson outcomes.			Q&A – what did we cover last week? Who can explain this – good for extending HA.	
LO1 –		10mins	Warmup activity – Moving around close to a partner. Like trucks and trailers, not going on to the gym mats, looking for space and stopping and starting on command.			Teacher led, with an emphasis on the S.T.E.P. Principle or ensuring good space and people.	
LO2 –		15mins	Main Activity. Teacher to remind the children about last week’s routine and to give the students an opportunity to practice this once more. Grading & feedback. This can be with or without the support sheet.			Individual work, however using a partner to observe all movements to stay on the mat.	
Extension		15mins	Development task – can any pair of children remember the whole routine from memory and support another group to help them improve?			Lots of practice and teacher support time. Focus on safe, controlled actions! HA to support LA.	
Recap / Plenary		5mins	Review of the LO’s and success criteria.			What have you learned from today?	

Lesson Plan							
Group:	KS2	Activity:	Gymnastics (Floor)	No. in Series:	3/5	Date:	Nov 2018
Lesson Outcomes: LO1 – To experience the Key Steps 2 Routine LO2 – To identify and improve on all aspects of the routine with some actions taking longer to improve upon.				Literacy / Numeracy: Develops some key vocab on jumping and landing.		Resources / H&S: School Risk Assessment Gym Mats Key Steps 2 Routine	
Lesson Outcomes		Time	Learning Activities			Assessment / Differentiation	
Introduction		5mins	Introduction – why do we warm-up? Introduce and explain the content and format of the lesson. Share the LO's. Share SC.			Q&A – what did we do last week and who can explain it?	
LO1 –		10mins	Warm-up activity – Moving around the hall in different directions at different heights and levels on the teachers command.			Observation & think about the position of the benches and mats for space.	
LO2 –		15-20mins	Teacher to show the students the routine and take them through the routine in two groups either No.1's or No.2's to go first. With the teacher stopping and taking the children through the coaching points for the more challenging movements and actions.			Teacher to talk through and demonstrate the safest way to perform each movement and to give alternatives to the LA children.	
		15-20mins	In groups of 2 each pair work through the routine which has a clear, start, middle and end with lots of peer-to-peer support and teacher support where needed further. Each partner will then support the other person to look at how to improve certain movements and give feedback.			With a partner look through the support sheet and identify any more difficult actions and prepare them to show this routine for next week – even set this for homework!	
Recap / Plenary		5mins	Review of the LO's and peer feedback.			Feedback & review of the LO's.	

Lesson Plan							
Group:	KS2	Activity:	Gymnastics	No. in Series:	4/5	Date:	Dec 2018
<b>Lesson Outcomes:</b> LO1 – To demonstrate how to perform a full routine with confidence and flow. LO2 – To be able to perform a routine in front of an audience to the best possible standard.				<b>Literacy / Numeracy:</b> Develop a greater self-confidence when performing to others.		<b>Resources / H&amp;S:</b> School Risk Assessment Gym Mats Key Steps 2 Routine	
Lesson Outcomes		Time	Learning Activities			Assessment / Differentiation	
Introduction   <							

Lesson Plan							
Group:	KS2	Activity:	Gymnastics	No. in Series:	5/5	Date:	Dec 2018
<b>Lesson Outcomes:</b> LO1 – To be able to design a gymnastics routine with a clear beginning, middle and end. LO2 – To be able to evaluate how good the routine is compared to other peers.				<b>Literacy / Numeracy:</b> Develop greater depth of PE language for reviewing others		<b>Resources / H&amp;S:</b> Gym Mats School Risk Assessment Pencils and paper	
Lesson Outcomes		Time	Learning Activities			Assessment / Differentiation	
Introduction		5mins	Introduction – why do we warm-up? Introduce and explain the content and format of the lesson. Share the LO’s.			Q&A – what can you remember from the previous week? Key Steps 2 Routines!	
		10-15mins	Warm-up activity – A game of follow the leader around the hall at different speeds, from slow and low to faster and taller.			Ensure the children are aware of others and talk about spatial awareness and safety when moving.	
LO1 –		10mins	Children are given some ideas about ways to move and travel and then they can talk about the other ways to stop and hold a balance and follow.			With a partner move and follow and stop and start showing that they are able to do this with some practice time on a shared mat.	
LO2 –		20mins	Teacher led example of a possible new routine. Ask the children to copy some of the movements. Which ones can they show well – under control? Prepare own ideas. What can they design and show?			Talk and show the students how to complete up to 6 movements for the HA children. More challenging actions as well to show others? As few as 3 actions – LA	
		10mins	Students practice the routine, by taking it in turns to guide each other through it.			Can anyone perform the routine independently? With some support?	
Recap / Plenary		5mins	A review of the whole unit.			Take student feedback?	