

Year 1 Gymnastics Unit 2 Lesson 2

Learning Intentions

1. Introduce rocking
2. Experiment with rocking on different parts of the body
3. Link rocking into simple sequences with a start, balance, rock and jump

Skill Development: Rocking

Success Criteria

1. I can build a simple sequence using different learned actions.
2. I can perform my sequence to others.
3. I can suggest ways of improving my own and others' performance.

National Curriculum Links

To link different movements together to build a simple sequence

Literacy and Numeracy Links

- L** To describe a rocking action
- N** To count 3 seconds when holding a balance

Starter Activity

Animal Antics

Ask children to move around the area pretending to be different animals. To encourage children to use different speeds when travelling, suggest they sometimes act like animals that move slowly and then change to an animal that moves quickly.

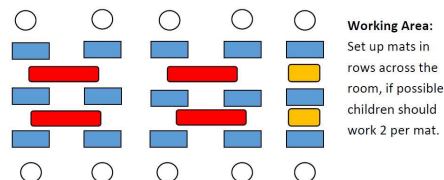
Skill Development

Rocking

Ask the children to work through the following different rocking challenges:

1. Ask children to sit on the floor in a tucked position/shape. Keeping in this tucked shape, rock back onto shoulders and back into tucked sitting. Repeat several times.
2. Now sit in pike, sit rock backwards onto shoulders keeping legs straight in the piked position, and rock back to a piked sitting position.
3. Full extension into the dish, rocking in the dish position.
4. Rollover onto tummy and show a good arch position. In this position can you rock backwards and forwards on your front.
5. Rock in a tuck, rock to crouch on feet, stay tucked, then attempt to stand.
6. Now see if you find any other body parts you can rock on.

Working Area



Activity

Sequence Building

First, ask pupils to work through the following sequence. Set in pairs where one student uses the low apparatus, and the other uses the hoop.

We are learning...

to rock on different parts of the body.

Teaching Points

- Try not to take any extra steps between moves.
- Attempt to make one move flow into the next move.
- Show good body tension throughout the sequence by holding muscles tight.
- Show a beginning and an end to the sequence.

Key Questions

1. How many different body parts can I rock on?
2. How many different shapes can I show when I am rocking?
3. How can I keep my shape when rocking?

1. Sit in straddle sit and hold for 3 seconds.
2. Bring knees and arms in to sit in tucked sitting,
3. Keeping in a tucked shape rock backwards and forwards three times
4. On the 3rd time, come onto feet in a crouch position
5. Stand and jump/climb on to low apparatus/jump into the hoop
6. Balance on one leg and hold for 3 seconds
7. Jump from low apparatus using a jump of choice (star, straight etc)

Swap pairs over so students get to try both the low apparatus and the hoop.

Extension: Ask children if they can perform the same three actions in a different order. **Example:** balancing on one leg, rock in tucked shape, running on the spot and star jump. Then ask children to choose their own three actions and link them together to build a sequence.