

Lesson plan: Wide and narrow shapes

Gymnastic activities

Learning outcomes

Children will develop their skills in body shape using stretching and curling. Children will be able to make narrow and wide stretched shapes using different parts of their bodies to take their weight. Children will use these shapes in movement using the floor and large apparatus. Children will learn to put our large apparatus safely.

Resources needed

Large apparatus - benches, stools, ladders, mats, etc. - enough for five or six different groups.

Lesson summary**Warm up**

Ask children to sit in a space and remind them that each gymnastics lesson will start with a warm up. Discuss the importance of warming up their bodies and how the body changes during exercise. Remind children that in the last lesson the warm up activity was 'Follow my Leader' and that they moved in different pathways. Quickly recap on the different pathways that could be used then choose a child to be the leader and ask them to walk around the room using different pathways. Choose another child to be the leader and ask them to repeat the activity but to jog. Choose a third child and repeat the activity asking them to run.

Floor Work

Ask a child to tell the rest of the class how to find a space of their own [stretch out arms and make sure they can turn all around without touching anybody] and recap on how to use the workspace safely. Remind them of the stretched and curled shapes they used during the last lesson then tell children you want them to move around the workspace making as many different shapes as they can. Give children a few minutes to make shapes as they move then choose different children to demonstrate the shapes they made. Ask the class to describe the shape and how they could make it longer, taller, wider, smaller, etc. Give everyone a chance to make the same shape then let another child demonstrate a different shape.

Ask children to make wide, stretched shapes. Challenge them to use different parts of their bodies on which to balance their weight. Can they move with wide stretched shapes? Tell them to make tall, thin shapes or long thin shapes. Again remind children they can use different parts of their bodies on which to take their weight. Can they move in these thin shapes? Choose one or two children to demonstrate and discuss the shapes and actions. Which was the easiest shape for moving? Did the shape change when they moved?

Large Apparatus

Talk to children about putting out the apparatus safely and establish some rules that can be used in each lesson. e.g. 4 children to a mat, one to each corner. Ask children to sit quietly when they have completed the task given and to watch and check that other children have put out apparatus correctly. Have enough apparatus for five or six different groups. Tell children that when they are working on the first set of apparatus you want them to explore ways of travelling over, under, along and around it. Give

children a few minutes to explore the apparatus then ask children to sit quietly by their apparatus. Choose one or two children to demonstrate what they have done. Try to choose children who have performed a stretching or curling action.

Ask children to walk to their next set of apparatus, a group at a time, and to stand until everyone has changed. This time ask children to think about the way they are using the apparatus. Are they using wide stretched shapes, long narrow shapes or are there times when they use curled shapes? What parts of their bodies are taking their weight? When children change apparatus again ask them to make sure they use at least one stretched shape and one curled shape when using the apparatus. Choose one or two children to demonstrate and discuss if the stretched shapes were thin or wide. Discuss the rules for putting the large apparatus away safely then ask children to do so. When they have finished ask them to find a space on the floor and lie down.

Cool Down

Ask children to lie on their backs and stretch their legs and arms as far away from their bodies as they can. Tell them to hold still for a moment and then slowly bring their arms and legs back towards their bodies and hold a curled shape still lying on their backs. Repeat this movement then tell children to relax while the teacher reminds them of the skills learnt in today's lesson.

Extension activities

Children could use small apparatus to perform today's skills or link actions together.

ICT opportunities

Children could make a poster indicating one of the rules for putting out apparatus safely. These could be displayed in the hall alongside the equipment, to act as reminders.

Assessment cues

Can children put large apparatus out safely?
Do children recognise the difference between thin stretched shapes and wide stretched shapes?