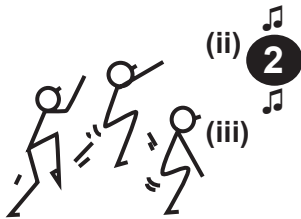




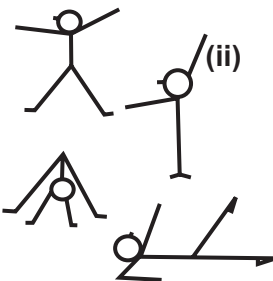
Warm-up (i) When I shake the tambourine, run in and out of each other finding spaces - no bumping into each other.



(ii) Run in and out of each other and on the beat of the tambourine STOP like statues.

(iii) Run in and out of each other and when I hit the tambourine JUMP high in the air and land on two feet. *(Look at teaching points for good jumps. Try different shapes in the air - repeat the task.)*

Floorwork (i) Can you remember from the last lesson how we roiled and ended in a stretched position? Try it several times. *(Demonstrations to show smooth transition from one to the other)*

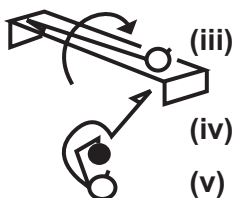


(ii) When I shake the tambourine can you run in and out of each other. When I hit it jump to land on two feet and sink down, then roll over and finish in a stretched position.

(Practise and repeat several times in your own time. Take out some demonstrations to show smooth transference of body weight from jump - landing - roll - stretched balance)

Apparatus (i) Travel over/under/along and around your apparatus *(explore it)*.

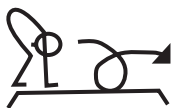
(ii) Show me all the different ways you can travel in a bouncing or sliding way between and on your apparatus.



(iii) Show me all the different ways you can come down from your apparatus and roll away?

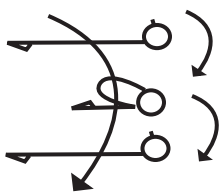
(iv) Is there any way you can roll on or along your apparatus? *(Demonstrations)*

(v) Can you use the apparatus then travel from it in to a roll and hold a stretched balanced position for three seconds.



Concluding activity

Join together a tucked up sideways roll with a stretched out sideways roll.







Warm-up

- (i) Run in and out of each other and when I call "STOP", stop, balance on a different large part of your body each time - back, side, tummy, bottom, shoulders.



- (ii)  Can you spin round on any of those large body parts or "patches"? *(Look at some demonstrations of spins and all try them out.)*
- (iii)  Can you spin on a large body part and then move straight into a balance on a different large body part?

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Floorwork

- (i) Run and jump into a space to land on two feet. What different shapes can you make? *(Look at demonstrations and all try again)*



- (ii) Jump from two feet, turn in the air and land on two feet on the same spot. How far round can you turn?
- (iii) Jump to a spot on the floor about 1 metre away. Can you turn in the air before you land? *(Demonstrations of jumping forwards and sideways)*
- (iv) Jump to land on two feet, sink down and roll away and spin and move into a balanced position.

Apparatus

- (i) Explore the apparatus by travelling over, under, in and out, and around it.

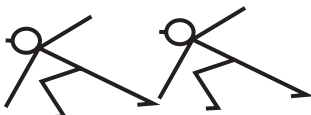


- (ii) Can you spin or roll along or on the apparatus?
- (iii) Travel in and out of the apparatus, use the apparatus and roll away into a balanced position.

(Demonstrations of sequences emphasising quality and smooth moving transitions)

Concluding activity

With a partner, choose a matching balance and do it at the same time as each other.



5 - 6 Years YEAR 1

G

WIDE - NARROW - CURLED

