

Gymnastics: Landscapes and Cityscapes

Here are some tips to make your lessons run more smoothly...

PE Kit

Children should be in bare feet or appropriate footwear. They need to wear clothes that allow movement e.g. leggings, shorts or tracksuit trousers and no jewellery. Make sure you are dressed correctly for PE too!

Finding a Space

This can be tricky. Ask them to stretch out their arms and make sure they can't touch anyone else.

Gymnastics is Fun

And can get pretty noisy. Ask them to show you with their bodies instead of their voices.

Children Learn Well from Demonstrations

Let them show the rest of the class good ideas and technique. This can really encourage them to try their best. Make sure you demonstrate movements too, as well as giving oral instructions.

Good Techniques

Stretching: Slow movements; stretch through to the fingers and or toes; hold; breathe.

Personal Space: The space they can reach into when standing still.

Rolling: Children should be aware of other children moving and roll into a space. If they find it difficult to roll due to lack of core strength they can start to build that strength by rocking from side to side and back and forth with their knees drawn up.

Egg/Curled Sideways Roll: Egg/Curled Sideways Roll: Start curled up on the back and rock from side to side. Rock over onto the knees in a curled shape. Rock from side to side on the knees and then rock over onto the back, keeping a curled up shape. Roll curled up from the back to the knees and onto the back again in the same direction. Keep rolling in one smooth movement.

Log Roll: As above with legs and arms stretched out straight. Keep the legs together.

Teddy Bear Roll: Start in a seated position with legs wide apart and the back straight. Hold the ankles and lean to one side, placing the shoulder on the floor. Lift the opposite leg. Roll onto the back and shoulders and around, placing the leg on the floor. Sit up having completed a 180 degree turn.

Sideways Shoulder Roll: Children who are very competent at rolling can attempt a sideways shoulder roll. They start by kneeling on one leg with the other leg out to the side. Their arms are out to the sides at shoulder height. They crouch down placing their head by their bent knee on the mat and rolling onto their back on that side keeping their other leg straight and stretched out wide. The stretched leg comes over and then bends and the other leg stretches out to the side to support them as they come up. They finish in the same position they started but on the other side.

Forward Roll: Children start by rocking backwards and forwards onto their back and up to a sitting position, with knees bent and tucked into the chest, hands on legs, toes pointed. They rock a few times then come up to standing by pushing their feet into the floor as they come up, keeping their hands out in front to help them stand up. Once they have come up to standing they lift their arms up high over their head and stand up tall to finish. When they are able to rock forwards and back and come up to standing they can try a forward roll. They place their hands on the mat, shoulder-width apart. They put their chin on their chest and roll forward, curving the back and taking the weight on the back of the head

and shoulders. Children can start from a squat position, roll and come back to a squat position with heels placed close to hips. To progress this further children can start from standing and move back to standing. To get the momentum to come back to a squat or standing position it helps if the children thrust their legs straight up in the air as they go over in the roll, before tucking them in again to come up to squat or standing.

Handstand: Build up to handstands. Start by lunging into a 'T' lever shape, placing the hands on the ground, shoulder width apart and raising the back leg. Hop the other leg off the ground or kick it up to meet it. Move on to a scissor kick in this position bringing the first leg down before the second. Next, place hands shoulder-width apart on the ground in front of a wall, with fingers spread and pointing to the wall or a partner for support and kick the legs up against the wall. Keep the body straight with the head looking just past the fingers. Have good body tension, hold the position before coming down with control. Come back to a lunge position and finally stand with feet together and stretch up tall.

Bridge: To build up the strength and coordination in the arms and legs to do a full back bend bridge children can start by crab walking and coming into a low bridge position. They do this by lying on their back on the floor with the arms long at the sides pointing towards the feet. They bend the knees, bring the feet in close to the bottom and raise up the bottom from the floor pushing through the legs and arching the back but keeping the head and shoulders on the floor. For a full back bend bridge children lie on their back on the floor, take the hands back, bending the elbows until they are flat on the floor with fingers near the shoulders, pointing towards the feet. The arms are tensed with the elbows pointing upwards. They bend the knees and bring the feet in close to the bottom, hip-distance apart. Push through the arms and legs to bring the stomach up and away from the floor, straightening the arms and lifting the head from the floor. To come down, tuck the chin to the chest, bend the elbows and knees and lower the back to the floor.

Springboard: Initially use the springboard to bounce upon and then move on to jumping onto a soft mat.

Carrying and Setting Out Apparatus

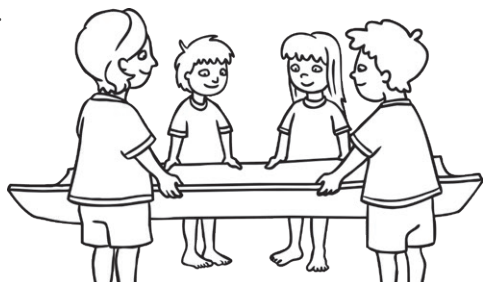
Have a simple plan for the apparatus needed for the lesson. Children lift and lower together on, 'one, two, three lift/lower'. They can learn to lift a certain piece with their group each time the apparatus is put out. They never walk backwards or lift a piece of equipment over someone. They move in a careful, controlled way. They work as a team with one child leading. When they have placed their apparatus they sit on the floor until told to use it.

Safe Lifting

Teach children to bend their knees to lift, keeping a straight back and their head up.

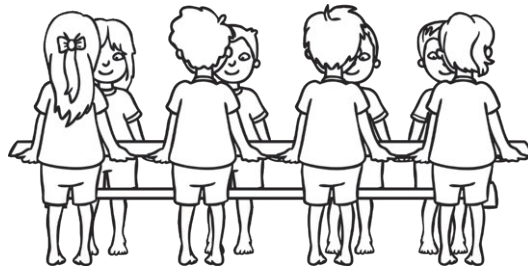
Mats

Four children to lift each mat, two on each side, not at the corners. Point the mat in the direction it needs to go so that no one walks backwards. Have at least two piles of mats so that more than one group can put them away at the same time. Mats should be placed at the side of equipment, like benches to encourage children to use all angles to enter and exit the apparatus rather than queuing at one end. This allows greater opportunity for movement during the session. It is not necessary for children to jump off from low equipment on to a mat.



Benches/Ladders/Beams

At least four children spaced evenly on each side of the bench. They point the bench in the direction they need to move so that no one walks backwards. The benches should be placed away at the edges of the hall so that they can be accessed easily.



Vault Boxes/Agility Tables/A-Frames

Two/three children carry the apparatus together depending on how heavy it is and its shape. They point it in the direction it needs to go ensuring no one walks backwards. Children place ladders/benches that need to be attached to equipment on the floor for the teacher to attach.

Ropes/Climbing Frames

Children can support teachers to set them up where possible, but bolts and ties need to be checked by the teacher to make sure they are secured correctly before children use them.

Twinkl accepts no liability for any injuries/accidents/near misses which could arise by implementation of any equipment employed in the course of educational and physical educational instruction. When implementing equipment in the course of educational or physical instruction, it is important that schools refer to and follow their own health and safety policy guidelines.