

NAME: LOCKDOWN LESSONS

AGE: INFANTS

SUBJECT: PE

TOPIC: GYMNASTICS

SKILLS: ROLL, BALANCE, TRAVEL, JUMP

BURNLEY SCHOOL SPORTS

PARTNERSHIP

WHAT WE WILL LEARN TODAY

- PERFORM AND PRACTICE CORE GYMNASTIC SKILLS INCLUDING JUMP/ROLL/BALANCE/TRAVEL
- CREATE, LEARN AND PERFORM OWN GYMNASTIC SEQUENCE WITH CONTROL AND COORDINATION

EQUIPMENT

- SPACE
- ROLLED UP SOCKS
- PEN/PAPER

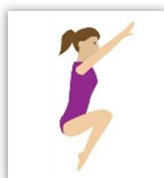
PRACTICE

GYMNASTICS SKILLS

JUMPS (video)



Stretch jump



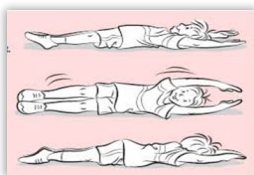
Tuck jump



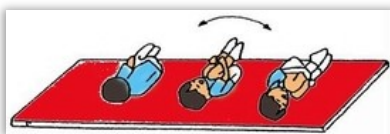
Star jump

Try to do a stretch jump and tuck jump with a pair of socks between your knees

ROLLS (video)



Pencil roll



Eggroll



Teddy Bear Roll

Balance socks between hands and feet

Balance socks between the knees

Balance socks between hands and knees

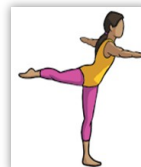
BALANCES (video)



Dish



Arch



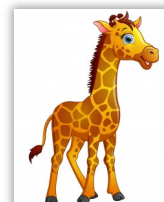
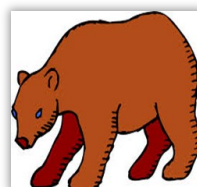
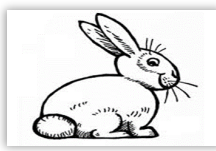
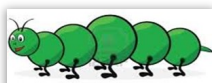
Arabesque



Shoulder Stand

How many soft items (Socks, teddy, towel) can you balance on your body? (Hold your balances for 3 seconds)

ANIMAL TRAVEL (video)



Can you keep a soft item on your body whilst walking like an animal

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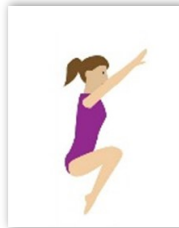
EQUIPMENT

- SPACE
- ROLLED UP SOCKS
- PEN/PAPER

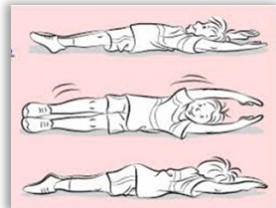
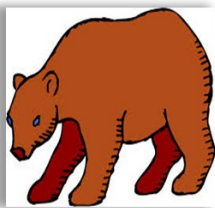
CHALLENGE (VIDEO)

Bronze medal: Complete one of the following sequences in the same order

Sequence 1



Sequence 2



Silver medal: make up your own sequence using the following skills

ANIMAL TRAVEL

ROLL

LARGE BODY
PART BALANCE

JUMP



Gold medal: make your own sequence with 2 of each skill and add some dance moves in between each skill to add your own flare.

ANIMAL TRAVEL

ROLL

LARGE BODY
PART BALANCE

JUMP

JUMP

LARGE BODY
PART BALANCE

ROLL

ANIMAL TRAVEL

