

Gymnastics 7 – Lesson 1

Gymnastics: Safety Landings - Hands	Outcomes 7-1 Demonstrate safety procedures and practices to avoid unnecessary risks
Equipment: Hula Hoops Mats	
Assessment: Exit Slip “Safety Falls” (end of class) Authentic assessment chart – Safety, Front Support	Key concepts
Warm-Up <ol style="list-style-type: none"> Hoola Hoops(15) students run about gym in any direction when the music stops they must find a hoop with a partner and stand in it. Run about gym, find a hoop (different partner each time and different hoop) teacher calls out different tasks: two feet, one hand, one elbow, etc. Students Brainstorm safety precautions taken while playing game. Teacher discusses Outcomes and Safety practices for Gymnastics. ie. Non-contact spotting Post chart on the wall. Tag Game: Highway Tag- Played like frozen tag except students must make a 4 point stance (downward dog) and students must free them by travelling under the bridge. Lesson Groups of 4 (1 mat per group) Teacher discusses the importance of being able to fall in a controlled and safe manner. Define Prone. <ol style="list-style-type: none"> In groups of 4 students will take turns doing “Prone falls from knees”. In groups of 4 students will take turns doing “Swedish Falls” In groups of 4 students will take turns doing “Prone falls from feet”. Join all mats in a row, have students line up on one side facing mats. First person falls, next person falls, etc. creating a Domino effect. FUN! ☺ Cool Down - Stretch	Variations: Galloping, skipping, backwards, hopping, etc. Page 23 Kidnastics Personal and Social Responsibility and Safety in Gymnastics. See Page 136 “Ready to Use PE Activities” Gr: 7-9 Absorb the fall with your hands all the way down. Keep the body straight through the fall, do not arch back. Finish with chest and shoulders just barely off the mat. Hold the position for 3 seconds.
Extensions: Domino Circle(feet in or feet out, or alternating) synchronized landings in pairs, outdoors in snow, prone fall and walk 360 on hands, from prone fall to plank position, turn 180 to back support and 180 to front support.	
Modifications: prone fall from knees, straddle and prone fall, prone fall to crash mat	

Gymnastics 7 – Lesson 2

Gymnastics Landing, Falls, Sequences	Outcomes 7.1 Continue with safety on “Landings” – on hands 7.3 Demonstrate travel, balance and weight transfer on the floor and on small and/or large equipment
Equipment Mats(add lengthwise center line with painter’s tape), bench	
Assessment Self assessment rubric - “Personal Safety and Responsibility”	Key concepts
Warm-Up 3. Hoola Hoops(15) – run, jump and 2 foot land – 5 jumps into hoop when music stops (2 students per hoop) Repeat several times. 4. Review outcomes and discuss landing technique (post chart on wall)	Focus: motor cycle landing – toes, balls of feet, heels, knees, hips, arms in front - Hold landing 3 seconds Motor cycle landing
Lesson Groups of 6 (2 mats per group) 5. Folded mat on top/center of open mat. - jump one to two foot landing on top of folded mat and two to two foot off of mat. Hold landing 3 seconds. - Add backward jumps, ski jumps(sideways) over taped center line 6. review and practice safety falls (landings on hands) 7. Add bench per group – walk bench jump off end onto mat and make a shape in flight. Safe two foot landing. 8. Sequence (mat and bench). See diagram. Travel across bench to end – jump to 2 foot landing with varying shapes in flight (star, tuck, pencil.....), hold landing 3 seconds, ski jump to folded mat or prone fall to folded mat, jump on top and then 2 foot landing	
Cool Down - Stretch	
Extension – raise folded mats, ski jumps and travel backwards or sideways, synchronized sequences with partner Modifications – no bench, mats not elevated, basic jumps only	

Gymnastics 7 – Lesson 3

Gymnastics Jumps and Landings Rolls	Outcomes 7.1 Continue focus on safety 7.2 Perform correct techniques for basic gymnastics skills. Example: rolls, cartwheels, handstands
Equipment Mats	
Assessment	Key concepts
Warm-Up – with music <ol style="list-style-type: none">Flash Cards (variety of jumps and turns) – 1/4, 1/2, 3/4, 360, tuck, straddle, seat kicker, star Students run and stop when music stops to do a type of jump – teacher raises flash cardDebrief with students – jumps and landing technique, safety Lesson <ol style="list-style-type: none">Review rolls learned in elementary – egg, forward, backward, log, pencil, shoulder and SAFETYSAFETY – go through progressions in small groupsForward Roll – review checklist (techniques) Model with demo.<ul style="list-style-type: none">Practice forward rolls with peer coaching in groups using checklistTwo groups – 2 “L” shape lines of mats down middle of gym with Flash Cards. See diagram Sequence – 2 lines Example: Seat Kicker, FR, 3 steps, 360, FR, 3 steps, tuck jump, 1/4, prone fall, burpee Cool Down	
Extensions – straddle roll, forward roll to squat and stand – no hands, stand on one leg – roll and come to standing on the other leg, dive roll Modifications – beanbag under chin, roll down incline or off folded mat	

Gymnastics 7 – Lesson 4

Game/activity	Outcome	
Equipment		
Description	Key concepts	
Extension/modifications		

Games / Activities Template

Game/activity	Outcome	
Equipment		
Description	Key concepts	
Extension/modifications		

Games / Activities Template

Game/activity	Outcome	
Equipment		
Description	Key concepts	
Extension/modifications		