

## Sample [Physical Education] Learning Plan

### Big Idea/ Topic

Why is balance important?  
How are some ways that you can transfer your weight?

### Standard Alignment

**PE1.1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.**

- a. Demonstrates basic movement patterns while changing directions and levels in general and personal space. Examples: Maintains balance while moving first backward and then forwards after a cue from the teacher. Change levels to maneuver through an obstacle course.
- b. Demonstrates non-locomotor skills. Examples: Moves while curling, twisting, and swaying. Shows balance while performing a scale during an educational gymnastics activity.

**PE1.2: Demonstrates an understanding of movement concepts, principals, strategies, and tactics as they apply to the learning and performance of physical activities.**

- Demonstrates knowledge of basic non-locomotor skills. Examples: Students curl, twist, or bend when prompted. Students design a combination of non-locomotor skills

**PE1.3: Participates regularly in physical activity.**

- a. Improves skills while participating in enjoyable activities.
- b. Participates in physical activity most days of the week.

#### Connection Standards

**ELAGSE1RL2:** Retell stories, including key details, and demonstrate an understanding of their central message or lesson

**ELAGSE1SL5:** Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.

**ELAGSE1RL2:** Retell stories, including key details, and demonstrate an understanding of their central message or lesson.

### Instructional Design

**\*This lesson has a flexible timeline and will cross over several days.**

**This lesson is intended to reach students in a virtual setting, whether plugged or unplugged. See the bottom of the lesson for a list of unplugged supplies.**

**Part 1:** Introduction Before starting the lesson, show your students the 2010 Artistic Gymnastics World Championships Highlight Video on YouTube - <https://youtu.be/9LqavkNec2Q> It can also be found in the

resources for this lesson. Talk with the students about what they saw on the video. What balances did they see? What types of weight transfer did they see?

**\*Unplugged variation** – Students read the Gymnastics Facts sheet below, and/or have them complete the Gymnastics Brainstorm sheet below.

**Part 2:** In a live or recorded session, have the students get ready with a **warm-up activity**. You can do your own recording or select from the following three versions:

- Wheel Decide Exercises - <https://tinyurl.com/yd69yt8u>
- Five Minute Warm-Up for Kids - <https://youtu.be/H1zuAsoGpl4>
- Cosmic Kids Yoga Adventure - <https://youtu.be/02E1468SdHg>

**\*Unplugged variation** - see below for 25 Ways To Move At Home from the American Heart Association.

**Part 3: Balances & Animal Movements** - Use the animal movements included and/or create your own. Have students try each skill twice, then try it again to see if they improve.

- Gymnastic Body Shape Handout
- Gymnastics Animal Movements <https://tinyurl.com/animalwalks>
- **\*Unplugged variation** - print out the Animal Movement Card. ( See below) There are balance handouts and animal walks handout below for the students.

**Part 4: Stunts and Tricks** - Create your own. Have students try each skill twice, then try it again to see if they improve. Please make sure to review the safety guidelines with them.

**\*Unplugged variation** - There is a handout below with some basic tumbling, and body shape challenges.

#### **Part 5: Sample Assessments**

- Have students create a video/podcast demonstrating how to perform at least three different tricks.
- My Gymnastic Routine – worksheet below.

#### **Unplugged Supplies:**

- Gymnastics Fact Sheet
- Gymnastics Brainstorm Sheet
- Rolls Worksheet
- Body Shapes Sheet
- My Gymnastics Routine Sheet

### **Evidence of Student Success**

Have students create a video/podcast demonstrating how to perform at least three different tricks.  
My Gymnastic Routine

## Student Learning Supports

### Ideas for Differentiation:

Our goal is for all students to be actively engaged. Below are changes to the lesson to help achieve that goal for students who need additional support. *Note: Be careful using these lessons for all students. If students can complete the activities on their own, it would be best to let them do this independently.*

- Consider allowing students to go through the activities at their own pace without pressuring them to move onto the next skill until they are ready.
- If some of the activities are too easy for a student, encourage them to change the speed or make the activity more challenging.

### Opportunities for Extension:

- Create their own highlight video to showcase what they can do. Share their videos with other students if you have permission.
- Have students find Olympic Gymnastics films.

## Engaging Families

25 Ways to Move (American Red Cross)

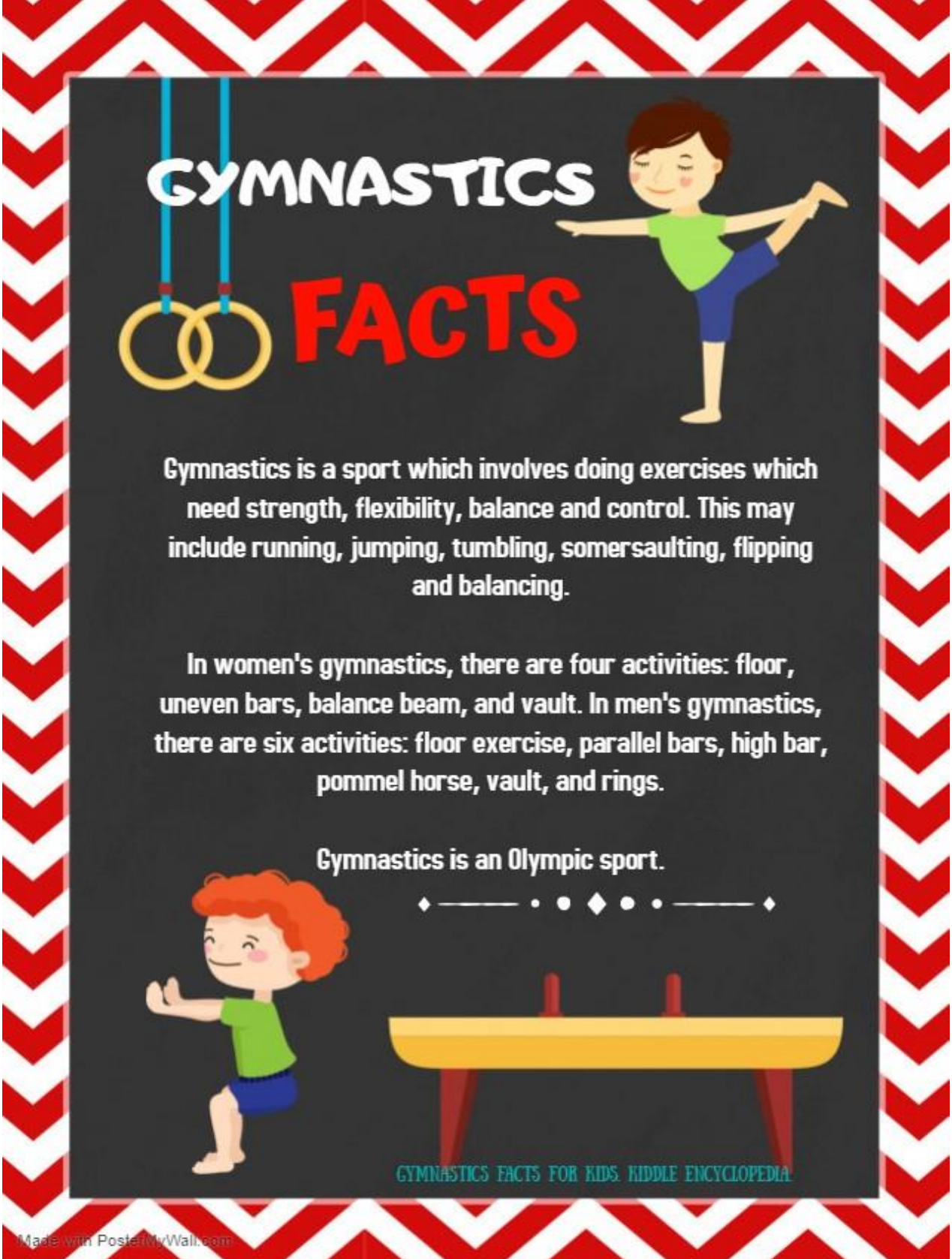
<https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic>

Rolls Worksheet

Body Shapes Sheet

*\*\*All activities and resources should be previewed before student use. Adjustments should be implemented to provide for individual abilities, needs, and safety.*

## Gymnastics Fact Sheet



The poster features a dark grey central panel with a red and white chevron border. At the top left, there are two yellow rings on blue ropes. To the right, a cartoon girl in a green shirt and blue pants is performing a handstand. Below the rings, the word 'GYMNASTICS' is written in white, and 'FACTS' is written in large red letters. The text describes the sport, lists activities for men and women, and states it is an Olympic sport. At the bottom left, a cartoon boy is shown next to a yellow pommel horse. The footer includes the text 'GYMNASTICS FACTS FOR KIDS. KIDDLE ENCYCLOPEDIA' and a small logo for PosterMyWall.com.

# GYMNASTICS FACTS

Gymnastics is a sport which involves doing exercises which need strength, flexibility, balance and control. This may include running, jumping, tumbling, somersaulting, flipping and balancing.

In women's gymnastics, there are four activities: floor, uneven bars, balance beam, and vault. In men's gymnastics, there are six activities: floor exercise, parallel bars, high bar, pommel horse, vault, and rings.

Gymnastics is an Olympic sport.

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GYMNASTICS FACTS FOR KIDS. KIDDLE ENCYCLOPEDIA

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## Animal Walks

### Frog Jump



#### Key Points

- Squat down like a frog
- Jump as high as you can
- Repeat this across the room

### Bear Walk



#### Key Points

- Extend legs straight
- Head down

### Crab Walk



#### Key Points

- Bottom up for level stomach as the child is able
- Feet under knees

### Caterpillar Crawl



#### Key Points

- Start in downward dog
- Walk hands out to plank
- Walk feet up to downward dog

### Kangaroo Jump



#### Key Points

- Feet together
- Hands to chest
- Small jumps with both feet
- Jumps with hands stationary

# Rolls Worksheet

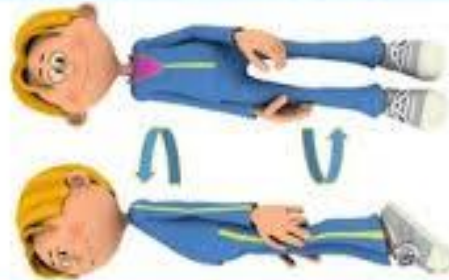
## EGG ROLL

- ✗ LAY SIDEWAYS AND GRAB YOUR KNEES WITH YOUR HANDS AND PULL YOUR SELF INTO A TIGHT BALL
- ✗ STAY IN A BALL AND ROLL SIDEWAYS DOWN THE MAT
- ✗ READJUST YOUR BODY IF YOU ROLL OFF THE MAT



## LOG ROLL

- ✗ LAY SIDEWAYS WITH YOUR ARMS BY YOUR SIDES
- ✗ KEEP YOUR BODY TIGHT AND STRAIGHT
- ✗ ROLL SIDEWAYS ALL THE WAY DOWN THE MAT
- ✗ READJUST YOUR BODY IF YOU ROLL OFF THE MAT



## FORWARD ROLL

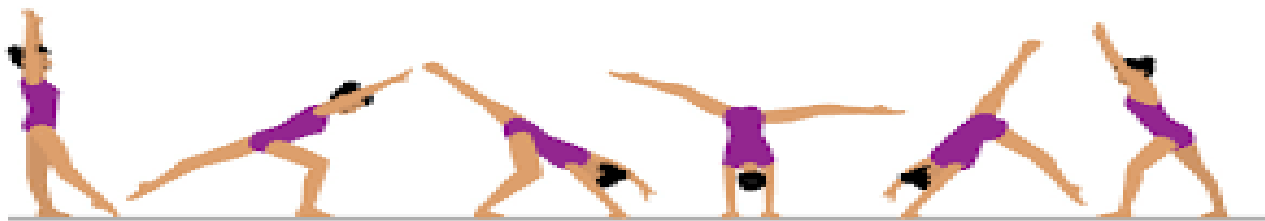
- ✗ START IN A FULL SQUAT WITH YOUR HANDS OUT IN FRONT
- ✗ TUCK YOUR CHIN INTO YOUR CHEST
- ✗ PUSH WITH YOUR LEGS AND PLACE YOUR HANDS DOWN ON THE MAT FIRST
- ✗ ROLL ON THE BACK PART OF YOUR HEAD AND STAY IN A TIGHT BALL GRABBING YOUR KNEES AS YOU ROLL
- ✗ LET YOUR MOMENTUM CARRY YOU BACK TO YOUR FEET



## pencil Roll



- Lie on mat facing up
- Tuck arms tight
- Lift arms above head
- Put hands together
- Roll shoulders and keep rolling



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## HOW TO DO A CARTWHEEL

# Body Shapes



## Body Shapes



Ta-Da



Pike



Lunge



Tuck



Donkey Kick



Candlestick



Push-up



Table



Arabesque



Hollow



Straddle



Headstand



Arch



Handstand



Bridge



Freeze



Slide



Flamingo



V-Sit



Rest



## Tumbling Safety Reminders

# TUMBLING safety reminders



**ALWAYS**  
WARM UP AND  
STRETCH

ONLY DO SKILLS  
THAT YOU ARE  
COMFORTABLE  
DOING

ONLY  
PRACTICE  
ON PADDED  
FLOORS

MAKE SURE  
AN ADULT  
IS WATCHING

MAKE SURE  
YOU HAVE  
ENOUGH  
SPACE

FOLLOW  
INSTRUCTIONS

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## My Gymnastic Routine

# My Gymnastic Routine



**write or draw your routine below**

**Balance**

**Animal Walk**

**Roll**


**Balance**

**Animal Walk**

**Roll or Weight Transfer**

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Animal Movement Card

<p><b>WADDLE</b> like a</p>  <p><b>PENGUIN</b></p>	<p><b>JUMP</b> like a</p>  <p><b>SEA HORSE</b></p>
<p><b>CRAWL</b> like a</p>  <p><b>CRAB</b></p>	<p><b>BARK</b> like a</p>  <p><b>SEAL</b></p>
<p><b>TWIRL</b> like a</p>  <p><b>DOLPHIN</b></p>	<p><b>ROLL</b> like a</p>  <p><b>SEA URCHIN</b></p>
<p><b>SWIM</b> like a</p>  <p><b>FISH</b></p>	<p><b>CHOMP</b> like a</p>  <p><b>SHARK</b></p>
<p><b>BODYSURF</b> like a</p>  <p><b>MANATEE</b></p>	<p><b>POKE YOUR HEAD</b> like a</p>  <p><b>TURTLE</b></p>