

Year 7 – Gymnastic Fundamental skills

Lesson outcomes and key concepts:

- For students to understand fundamental shapes and the reasons why they are key within gymnastics. How are shapes used in skills? Spot the shape.
- To incorporate these shapes into jumps and balances.
- To improve coordination using the fine and gross motor skills as above, with or without hand held apparatus and to understand how they progress onto further skills.
- To learn the preparation to fundamental skills.

Sequences:

- Create a routines comprising of 10 elements including at least 1 skill from each box.
- Create a partner/trio sequence giving mirror imagery with the same criteria as above.
- Create small group routines with 10+ elements using their imagination to create sequences. Incorporate music to set tempo and emotional movements whilst transitioning from one skill to the next.
- To include hand apparatus within the sequence.

Prep / Skill	Coaching points	Equipment
Basic shapes: Straight, Star, Tuck, Straddle, Pike, Wolf, Dish, Arch, Back support, Front support, landing shape	See images:	Mats
Balances: 1 foot balance, T-balance, Y-balance, Arabesque	See images:	Mats
Jumps: Straight, Star, Tuck, Straddle, Pike, ½ turn, Full turn	Follow guild lines from basic shapes. Click link for videos:	Mats
Travel: ● Walking on toes ● Jumping ● Hopping ● Hop scotch ● Skipping ● Bunny jumps	● Straight legs, pointed toes, arms in high V position, head up. ● Legs together, chest up, using arms to enhance height/distance, using landing shape. ● Flat feet when landing, pressing through ankles and toe, using free leg to kick and arms to pump, head up. ● Jumping from 2 feet to 1 foot, using arms to balance working alternate legs. ● Step – hop – step – hop, use hoping drill to help. ● In a crouched position with knees and feet	Mats

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• Spider walks • Log roll • Teddy bear roll	together, flat hands. Move hands forward – jumping feet in back to a crouched position. • On hands and feet. Hands flat with legs straight in a straddled position. Rebounding from one foot to the other pressing through the ankles and toes. Attempt in a static position and then attempt whilst travelling. • Considering the straight shape, practice down an incline or on a flat surface. • In a straddle, holding under knees, lean to preferred shoulder, across back to other should to sit up. Attempt back to back with partner Click link for videos:	
Handheld apparatus skills: • Circling a beanbag around body – core, head, legs. • As above with partner • Don't drop the beanbag! • Throw and catch a beanbag/hoop • Jump in and out of hoop	• Try in different positions, stood up, on knees, sat sat down, lying down. • In groups, each player has a beanbag on their head. Leader shouts a command, shape / movement. If the beanbag falls, they are out • Facing, back to back, sat down. Alone or with partner. Try at different heights. • Considering the straight shape and	Mats Beanbags Mats Hoops

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	rebounding techniques. Try multiple hoops.	
	Click link for videos:	
Flexibility: • Japana • Pike fold • Splits • Bridge	• Sitting in straddle, place chest to the floor keeping arms straight and above head • Sitting in a pike, stretching forward placing hands next to feet. Looking at toes. • Stretch lunges first. Keeping back knee on the floor, slide front foot out. Use hands for balance but if flat in split, lift arms to a high V position. Keep hips square with. bellybutton facing forward. • Lying on back with hands under shoulders and heels to bottom. Lift stomach up, extending arms and legs. Looking at hands, encourage the shoulder to press over hands. Click link for images:	
Acrobatic Skills: • Forward Roll • Backward roll • Handstand • Cartwheel		Mats