## 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](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](https://tinyurl.com/yd69yt8u)
- Five Minute Warm-Up for Kids - [https://youtu.be/H1zuAsoGpi4](https://youtu.be/H1zuAsoGpi4)

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

**Part 3:** Balances & Animal Movements - Use the aminal 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](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

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**Evidence of Student Success**

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

My Gymnastics Routine

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**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

| 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

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.
Show What You Know

Gymnastics

Draw a picture or write in each circle below.

name

date

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Animal Walks

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

**Key Points**
- Extend legs straight
- Head down

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

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

**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 cut 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.

*HOW TO DO A CARTWHEEL*
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

- 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

write or draw your routine below

Balance
Animal Walk
Roll
Balance
Animal Walk
Roll or Weight Transfer