

**Resources:**

Tambourine, spots

**Objectives:**

WALT – We are learning to travel around a space and freeze without bumping or touching anyone else.

WILF – What I’m looking for is for you to look for the spaces and watch out for other moving into your space.

TIB – This is because in gymnastic it is important to always use the space safely.

# Upper Foundation

## Lesson 1

Activities	Coaching Points
<p><b>Warm Up:</b> Active – Travelling in general space  <b>Touch the floor, wall &amp; air</b> (tambourine, spots)            Pupils begin by travelling slowly around the space without bumping into anyone (use spots to help with spacing). Use a general stop command for pupils to freeze. Gradually increase speed through warm up with pupils finishing with a steady run.            Pupils return to steady walking pace including a touch command ‘can you touch the floor, can you touch the walls &amp; can you touch the air (arms out to the side turning in the space)            Variations:</p> <ul style="list-style-type: none"> <li>• Change direction, level, pathways, method of travel</li> </ul>	<p><b>Time</b>            Different speed            Stop/Go            Quickly/Slowly  <b>Space</b>            Introduction to            General space            Personal space            Spatial relationships</p>
<p><b>Activity 1:</b> Space – Travelling in general space  <b>Space eater</b>            Pupils begin by travelling slowly around the space with arms stretched out at their sides trying not to bump into anybody else. If pupil touches another pupil they have to freeze for 5 seconds. Use stop command to freeze pupils. Slowly increase speed to a steady jog. With arms out slowly decreases the space available to pupils.            Variation:</p> <ul style="list-style-type: none"> <li>• Repeat activity but with arms down by pupils side.</li> </ul>	<p><b>Space</b>            Introduction to            General space            Personal space            Spatial relationships</p>
<p><b>Q.</b> How much easier is it not to bump into anyone with your arms down by your side. Why is that?</p>	
<p><b>Activity 2:</b> Weight – Tense, strong bodies            Strong like a statue            Travelling slowly around space not bumping into anyone else, upon signal pupils must freeze like a statue. Gradually increase speed and repeat testing how strong (very still) their bodies are.            Variation:</p> <ul style="list-style-type: none"> <li>• Upon freeze command pupils extend their bodies</li> </ul>	<p><b>Weight</b>            Strong, tense muscles            Pointed toes            Stretched fingers            Head up            Extended body parts</p>
<p><b>Q.</b> What does your body feel like inside when you make it strong?</p>	

<p><b>Activity 3:</b> Space – General and personal space  <b>Stand up/sit down</b>          Pupils begin by going for a walk around the space, stretching their arms out making sure they can't touch anyone else. Upon command pupils sit down in a space.          Variations:</p> <ul style="list-style-type: none"> <li>• Increase speed</li> <li>• Changing direction and pathway</li> </ul>	<p><b>Space</b>          Introduction to          General space          Personal space          Spatial relationships</p>
<p>Pupils learn how to take the mats out and do so carefully, one at a time</p>	
<p><b>Activity 4:</b> General space with apparatus  <b>Mat Freeze</b>          Pupils begin by moving in and out of the mats with stepping on them and with bumping into anyone else. Upon signal pupils freeze like a statue          Variations:</p> <ul style="list-style-type: none"> <li>• Upon signal pupils freeze like a statue with one foot on a mat.</li> <li>• Upon signal pupils freeze like a statue with two feet on the mat.</li> <li>• Without signal pupils run in and out and sometimes stop like a statue for 5 seconds on a mat and then run off again</li> </ul>	<p><b>Space</b>          General and personal space  <b>Time</b>          Different speed          Stop/Go  <b>Weight</b>          Strong, tense muscles  <b>Flow</b>          Joining movements          Moving, stopping and moving</p>
<p>Pupils learn how to put mats away carefully</p>	
<p><b>Cool Up:</b> Time          Using signal to control the speed of pupils standing and sitting</p>	
<p><b>Success Criteria (I can...)</b>          1. Travel around not bumping into anybody.          2. Freeze my body and make it strong.          3. Travel around not bumping into anybody then freeze my body and make it strong and the travel again.</p>	<p><b>Main Coaching Points</b>          General space          Changing speeds          Strong bodies          Joining movements</p>
<p><b>Evaluation</b></p>	<p>Points for next lesson</p>