

Resources:

- Signal instrument

Year 3

Lesson 1

Ability:	Beginner	Intermediate	Advanced
		x	
Session	FoM	FMS	FSS
Focus:	Agility	Traveling	Gymnastics

Learning Objectives	Activities	Points to Note	Evaluation	
Pupils should learn: Acquiring and Developing <ul style="list-style-type: none"> • Experiment with curling and traveling actions. • Perform linking actions smoothly Selecting and Applying <ul style="list-style-type: none"> • To plan a short sequence of traveling, jumping and curling Improving and Evaluating <ul style="list-style-type: none"> • Identify coaching points for curling. • Feedback to others about improving their curling technique. Knowledge & Understanding	Warm Up: Traveling, curling <ul style="list-style-type: none"> • Travel around hall in different ways making self small upon command. • Progress to rolling from small position into traveling position 	Focus on smooth linking movements		
	Main Activities: Traveling, curling - floorwork <ul style="list-style-type: none"> • Traveling over floor in curled up position - change mode of traveling on signal. • Different challenges - tummy down, tummy up. • Can you jump from two feet to reach as high as possible. Can you jump and show a curled body shape in the air. • Increase to form sequence with start, travel, jump (curl), land, sink and curl. 	Coaching points curling <ul style="list-style-type: none"> • Body tightly together • Pull in small body parts Coaching pts. For jumping <ul style="list-style-type: none"> • Heads up • Back straight • Knees to chest 		
	Gymnastics <ul style="list-style-type: none"> • Create and perform a short sequence on the floor • Use a combination of levels to develop their sequence. 	Cool down: Curling, travelling From a curled-up position find different ways of getting back on feet.		
Resources for next week				