

Curriculum area	Topic	Year	Session Number	Skill
Gymnastics	Gymnastics	3/4	#2	Jumps & vaults session

Equipment

- Mats
- Cones
- Benches
- Vaults
- Hoops

Learning Objective

- To be able to perform balances and jumps from different pieces of apparatus
- To be able to follow instructions and maintain safety in the lesson

Success Criteria

- I can take off and land safely with bent knees
- I can show control when jumping from equipment
- I can travel over apparatus safely

Key words

- Take-off
- Landing
- Safety

Preparation Ideas/Warm Up

Rainbow Rock, Paper Scissors

Depending on the size of the class, you may want to set up multiple games of this. Set up a rainbow shape of hula hoops, with minimal space between each. There are two teams that will be set up on either side of the rainbow. When go is called, the person at the front of each queue will jump through the hoops until they reach the person from the other team. When they meet, they complete a game of rock paper scissors.

The winner will continue around the rainbow, whilst the loser joins the back of their queue. If your team loses the head to head, the next person at the front of the queue needs to be ready to go straight away. The aim of the game is to make it all the way around the rainbow, winning multiple games of rock paper scissors. If you make it all the way around, your team is awarded a point.

Ensure that the children are jumping through the hoops with two feet at all times, bending their knees and swinging their arms.

Skill Development

Bench work

Split the class up into groups of 4-5 children per group. To begin with we are going to start where we left off last week (see balance session). Get the children to complete the same task as where they

finished last weeks session, looking to improve in the time they have for this task.

Vault and Bench work

Safety rules:

- >Land safe and on your feet
- >Only one person at a time on the bench and vaults
- >Make sure the mats are clear before jumping
- >No running across the benches

There will be different vaults set up for different ability groups in the class. If you have a variety of sizes, I would suggest starting each group on small-medium sized vaults. Set up a bench with the vault at the end and a mat placed underneath the vault for the children to land on.

To begin with, allow the children to walk to the end of the bench. When they reach the vault, climb on and jump off. To begin with, just allow the children to complete a normal pencil jump off.

Progression:

- >Flip the bench upside down and have the children balance across the narrow beam before reaching the vaults
- >Increase the size of the vaults from small to medium sized.

Creative Application

We are now going to combine balances and jumps together using the vaults. These progressions can be:

- >Completing different types of jumps (star, tuck, backwards, half turn jump). Allow the children to be creative, making sure they land on their feet, and still.
- >Completing an arabesque in the middle of the bench, before reaching the vault
- >Completing a body part balance on top of the vault
- >Completing a body part balance after you land your jump on the mat
- >Place the bench on the vault (you can use the clips at the end of the bench and connect them to the legs of the vault to create a ramp). Ask the children to walk along the bench, on top of the vault.

We can also mix and match these jumps and balances to create a small routine using the vaults and benches.

Teaching points

- Before jumping, bend the knees and swing the arms. This will create balance and momentum when jumping
- When landing, ensure they land with bent knees. Again, this will increase balance when landing
- When they land, we want to land still and with balance. Can they pose to finish by creating a pencil shape.

Key Questions

- Can we name a safety rule when using the benches and vaults?
- How can we ensure we land still and with balance?
- Can we name a type of jump we can perform from the vault?

National curriculum links:

- Use jumping in isolation and combination
- Developing control and balance through gymnastics
- Comparing their performance against previous attempts, looking for improvements to their personal best

Social and environmental skills:

- Developing focus and listening by following instructions and safety rules
- Showing bravery if jumping from a higher vault
- Developing confidence to try new jumps
- Showing creativity in the jumps and combinations they can perform