

Curriculum area	Topic	Year	Session Number	Skill
Gymnastics	Gymnastics	5/6	#2	Jumps & Vaults from heights

Equipment

- Benches
- Vaults
- Mats
- Cones
- Springboards

Learning Objective

- To be able to perform balances and jumps from different pieces of apparatus
- To perform jumps from apparatus safely

Success Criteria

- I can land safely with bent knees and balance
- I can show control when jumping from equipment
- I can use my arms to help generate height and stability

Key words

- Finish
- Control

Preparation Ideas/Warm Up

Island Hop Tag

Spread mats around the space, with gaps in between. The mats are the islands, with the floor being lava/water we cannot go in to.

Pick 2-3 taggers. Their job is simple, tag as many people as possible. The rest of the class need to jump between the islands, looking to avoid being tagged. If you are tagged, stand still with your hand in the air. To get back in, someone needs to give you a hi5

Skill Development

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 medium-high 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, have a bench flipped upside down. The children must walk across the bench, keeping their balance, before climbing up the vault and jumping off onto the mats below.

Progression:

>Increase the size of the vaults from medium to high sized.

>Completing different jumps from the vault. These can include star jumps, tuck jumps, half turn jumps, straddle jumps. Allow the children to be creative but ensure that they are landing on two feet and still

>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 lie on the stomach and pull themselves up the high vault, complete a balance at the top of the vault before jumping off

>Can the children complete a roll or balance after landing, ensuring they perform those on the mat, to create a mini routine. They can then mix them together and perform a jump, roll and balance in a mini routine

Creative Application

Creative Jumps Combinations

Set up a springboard along with a short vault. The children are to run up to the spring board, bounce and perform a straddle (as they would have on the bench in year3/4) across the vault to the other side (almost like a cartwheel). When they land, can they then perform a balance and roll in a mini routine.

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.
- When bouncing on the springboard, get the children to bounce with two feet together, bouncing as if they were on a trampoline.

Key Questions

- Can we name a safety rule when using the benches and vaults?
- How does jumping from a higher vault change the way we need to land, compared to if we were using a short vault?
- When performing a routine combining our skills, what do we need to make sure the routine does? - Flows

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