

**Physical/Health Objectives:**

Be able to perform animal walks  
To balance body weight in variety of positions  
To manage body weight in gymnastics activities

**Equipment:**

Poly spots, one beanbag per student, floor mats – no shoes, pedometers

**Social Objectives:**

Respect for personal space and others  
Cooperate in game activities  
Follow instructions

**Testing:**

None

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**I. Warm-up Activities**

Enter gym - walk in line to circle spots and sit down criss-cross applesauce. Put on pedometers  
What is bone that we are focused on this week? Where is it located? (frontal & dorsal side of the body). What is its purpose?  
European Running (5 minutes)  
Stretches  
Curl-ups (10)  
Push-ups (5) (in pairs)

**II. Skill Development Activities**

**Tumbling and Inverted Balances: only practice the forward roll 4-5 times per student.**

Forward roll to a walkout: perform the forward roll, except walk out to a standing position. The key to the walkout is to develop enough momentum to allow a return to the feet. The leg that first absorbs the weight is bent while the other leg is kept straight.

**Backward curl**

Do in three stages (This is a lead up to a backward roll. We will not be teaching the backward roll at all. No child should be expected to roll over if it is too difficult. The student needs to decide what they will try and what they won't with these activities).

- 1<sup>st</sup> stage: begin in a sitting position, with the knees drawn up to the chest and the chin tucked. The hands are clasped and placed behind the head with the elbows held out as far as possible. Gently roll backward until the weight is on the elbows. Roll back to starting position.
- 2<sup>nd</sup> stage: perform the same action as before, but place the hands alongside the head on the mat while rolling back. The fingers are pointed in the direction of the roll, with palms down on the mat. (good cue: point your thumbs toward your ears and keep your elbows close to your body).
- 3<sup>rd</sup> stage: perform the same action as in stage two, but start in a crouched position on the feet with the back facing the direction of the roll. Momentum is secured by sitting down quickly and bringing the knees to the chest.

**Individual stunts**

Reach-under: take a position with the feet pointed ahead (spaced about 2 feet apart) and toes against a line or a floor board. Place a beanbag two boards in front of, and midway between, the feet. Without changing the position of the feet, reach one hand behind and between the legs to pick up the beanbag. Now pick up with the other hand. Repeat, moving the beanbag a board farther away each time.

**III. Lily Pads**

Place the gymnastic mats around the gym in a circle with 10-15 feet in between each mat. These are the lily pads. On the teacher's signal the students begin jumping counter-clockwise around the gym like frogs. When the student arrives at an unoccupied mat, (s)he will perform a forward roll with the following cues: "frog, look through, push." (see below) or a log roll, or a side roll, or a backward curl. Try for at least one forward roll and one backward curl.

Frog: Frog position with hands right in front of your feet. (strong arms)

Look through: Lift your gluteus maximus in the air and look between your legs behind you. Place your chin on your chest.

Push: Push with your legs and roll on to the upper back to complete a forward roll.

After completing a forward roll the student jumps to the next mat and performs another type of roll or curl.

**IV. IV. Closure Activities**

Walk (2-3 minutes total).

Have them sit on their individual spots.

What skills were you trying to improve today?

What should you remember about your posture when balancing with these skills?

What kinds of animals did you mimic today?

What bone did we learn about today? Where is it located? What is its purpose?

Line up at the door by designated leaders.