

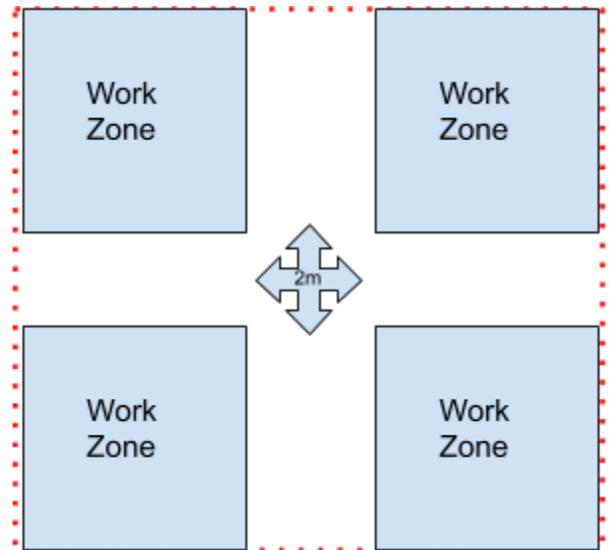
Example Gymnastics Lesson Enforcing Social Distancing

Layout:

The children will work in a group of 4
They will have a designated square split into 4 equal sized work zones with 2m separating them. Only one child is allowed in 1 work zone at any one time. The child must not leave their work zone unless instructed to do so by an adult.

Indoor lessons may mean a reduction in class numbers and timings to accommodate children's learning as the work space will be compromised when compared to outdoor learning (See graphic 1).

Mats can be placed in each square if available but must be cleaned between classes and children encouraged to wash hands before and after the session.



Graphic 1

Creating a gymnastics routine

Aim: To work collaboratively in a group to create a gymnastics routine (performance) incorporating balance, jumps, travelling and rolls.

Learner development: creativity, communication, teamwork, balance, agility, coordination, and confidence

Warm Up (10 minutes)

The coach says a number and the children must perform a balance with the same number of body parts touching the floor. For example "2" the child balances with 1 hand and 1 foot in contact with the ground. In between balances the children will perform dynamic gymnastic elements. This may be jumping jacks, skipping, jogging on the spot etc. The coach then introduces the aims of the session.

Main Activity (20 minutes)

The children work in their group of 4.

Each child must come up with an individual balance that they can hold for between 5-10 seconds. They can use any body parts to help. Once all 4 children have their own balance they teach the others how to perform it. This structure is then applied to jumps, rolls and travelling. Once the children have practiced each skill they then need to agree which elements they would like to use to create a gymnastics sequence.

Cool Down (5 minutes)

The coach offers children the opportunity to reflect on their learning through questions regarding the aims of the session and what the children believe they have learnt. The children and coach then work together to lead the class through a series of stretches of key muscles used in the session.