

Lesson 5 of 6

EDUCATIONAL GYMNASTICS

EQUIPMENT

Mats » music and music player » equipment for routine development, if applicable

RELATED RESOURCES

- Pinterest, www.pinterest.com/
- Ever Active Schools, www.everactive.org



Safety First!

“Safety Guidelines for Physical Activity in Alberta Schools”, Alberta Centre for Injury Control and Research (ACICR, 2013) pages 21-22, 33-35 and 57-63.



Activity

Activity

Basic Skills	
Application of Basic Skills	A(10-30) 12

ESSENTIAL QUESTION

How can educational gymnastics contribute to the development of physical literacy through innovation: creating, generating and apply new ideas or concepts?

WARM UP

PINTEREST FITNESS WORKOUT

Print enough copies of the Cardio Workout @ www.pinterest.com/pin/559783428655046237/ and ask students to get into their pairs or groups that they will be creating a routine with. Those students who prefer to perform individually can join with a group for the warm-up activity. Once students complete the warm-up, they can move onto the routine development. To register for a Pinterest account visit www.pinterest.com/.

Clues that students are achieving the outcome...

“Students will apply the basic skills in combination with each other with personal proficiency in a variety of gymnastic experiences individually, with a partner, or in a group; e.g., educational, rhythmic and artistic” *K-12 Physical Education Program of Studies, Alberta Learning, 2000*

- Students can work together to choreograph a routine that includes all of the required movement concepts



MAIN LESSON**ROUTINE DEVELOPMENT PROJECT**

Students will be developing their routines during this lesson. Routines can be created and performed individually, in pairs or in groups. The elements required in the routine include: three rolls or rotations, three balances (beginning, middle and end), three locomotor skills and three jumps. Timing and creativity will also be assessed. Encourage everyone in each group to communicate how they see themselves contributing to the group routine. Ask students to get an understanding of what each member can do and what they are comfortable with. Remind everyone that they will be performing next class. Caution groups about what happens if one person is not here when your group has to perform. Be prepared to perform anyway with one less person or get one person from another group to fill in when it is your turn to perform. Consider working with people you know will contribute as much as yourself. Inform students that each routine will be recorded for assessment, but will be deleted if the individual/group wishes once the assessment is completed. Near the end of class, invite groups to perform their routine for one other group and receive constructive feedback about all the assessment areas on the assessment sheet. They can then finalize any changes needed for their routine.

COOL DOWN**GROUP STRETCH**

Each group member must lead a stretch for their own group at the end of class today before clean up of mats and equipment. Discuss any issues that may effect assessment or performance next class.