



Gymnastics: Under the Sea

Balancing



Aim

- To perform and improve upon balances on different parts of the body.

Success Criteria

- I can create different shapes with my body and hold them still.
- I can evaluate the work of others and give appropriate feedback.
- I understand how to improve the quality of my balances.
- I can compose and perform a sequence on apparatus.

Let's Get Ready




Under the Sea



Our new unit is called **Under the Sea**. In this unit, we will be looking at some of the items that are found under the sea and some of the creatures that live there.

In each lesson, we will be practising different gymnastic skills.



Discuss your ideas with a partner.

Gymnastic Skills



Some of the skills that we will be practising are:

jumping

balancing

rolling

travelling

Can you think of some rolls and jumps that you might have practised before?



Let's Get Moving



Warm-Up: Pirate Party



Imagine you are onboard a pirate ship! Travel around the space as if you are a pirate. Listen out for your instructions.

- **Climb the rigging:** Move your arms and legs as if you are climbing a tall ladder.
- **Wash the decks:** Crouch down low and pretend to wash the floor. Move your arms from side to side.
- **Shark attack:** Lie on the floor with one arm in the air.
- **Rats on board:** Sit on the floor hugging your knees, with your feet off the floor.
- **Land ahoy!** Put one hand above your eyes as if you have spotted land. Point with the other hand to show your fellow pirates where it is. Swap hands.





Anchors

Here is a picture of an object you might find under the sea. It is called an anchor.

What is an anchor used for?

When a ship wants to stop, the anchor is thrown into the water and it sticks on the seabed.



Try some different **anchor** balances and choose one that you would like to use later in the lesson.

For your **anchor** balance, you are going to stand on one leg.



What could you do with the anchor with your arms?
What is an interesting thing you could do with the anchor?

Rocks

There are lots of rocks under the sea. Some have a large base which keeps them stable.

For your **rock** balances, you are

Try some different **rock** balances and choose one that you would like to use later in the lesson.



Shells



The shells that you find on the beach have been washed up by the sea. Shells

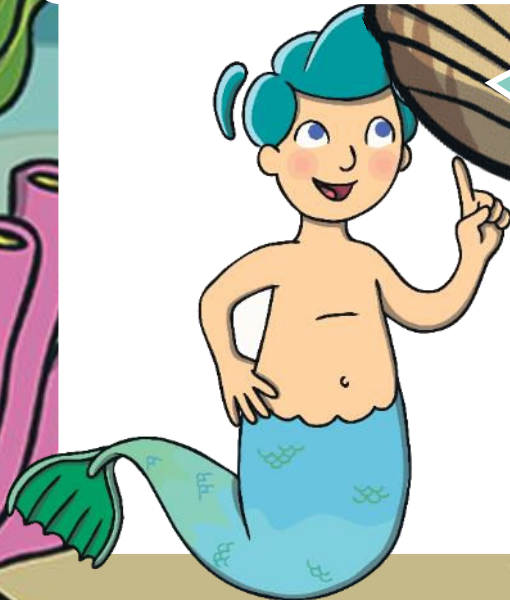


Try some different **shell** balances and choose one that you like best to use in the lesson.

hands and feet

or

knees – you can use your hands on the floor to help support you.



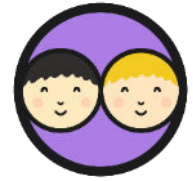
Improve and Develop

You have chosen three balances.



A **shell** balance

Improve It



For a good quality balance:

- Tense your muscles and try your best to hold your balance as **still** as possible.
- **Stretch** your body as much as you can.
- **Stay** in position for a few seconds so that your partner can see your body shape.

Top Tip

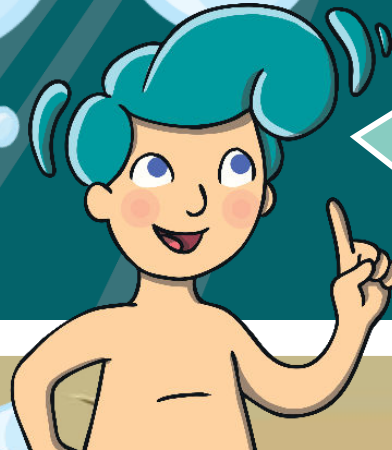
Focus your eyes on one thing to help you stay still.

Still

Stretch

Stay

Now, you are going to show your three balances to a partner and they are going to give you some feedback.



On to Apparatus



On the apparatus, you are going to create a short sequence.

In your sequence, you will have the three different balances that you have practised.

You will link your balances with some travelling movements.

Think about the travelling movements that we used in our warm-up activity to help you.

Balance



Travel



Balance



Travel



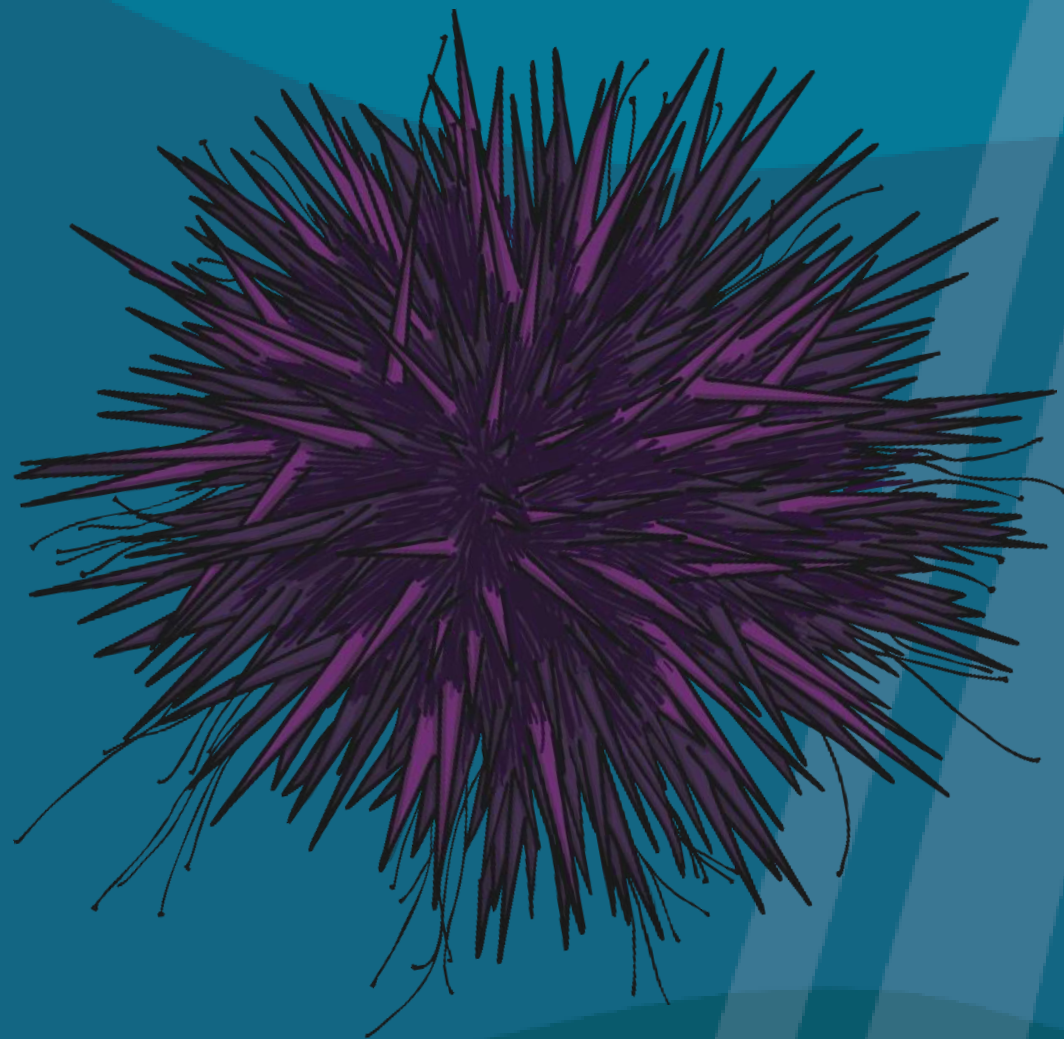
Balance

Can you stay in position for a few seconds?
Can you hold it without wobbling?

Still

Stretch

Stay



Curl up your body like a sea urchin.

Let's Review



Quality Balances



What have you learnt today about **quality** balances?

With your partner, talk about the important things to think about when trying to balance.

Use our key words to help you.

Still

Stretch

Stay

Try to:

- hold your balance **still**;
- **stretch** your body while you are balancing;
- **stay** in position for a few seconds.

Star Rating

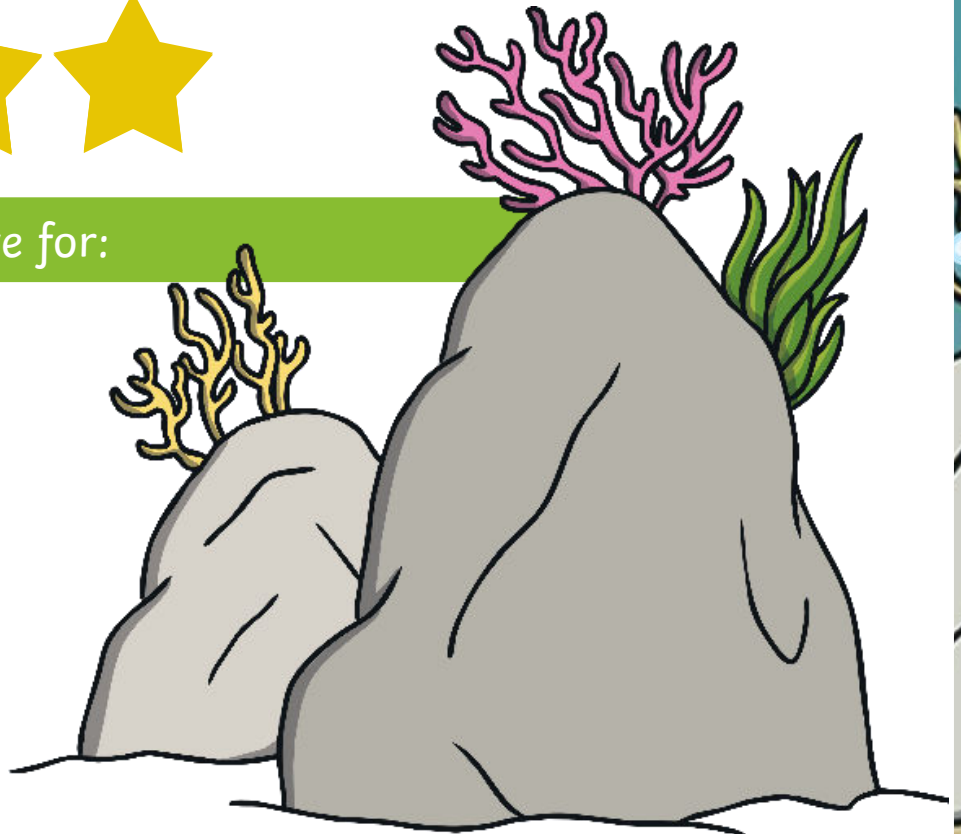


Did you perform **quality** balances today?



Give yourself a score out of five for:

- your anchor balance;
- your rock balance;
- and your shell balance.



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An underwater scene with a sandy bottom, green seaweed on the left, and yellow coral on the right. Sunlight rays filter down from the surface, and numerous white bubbles of various sizes float throughout the water. The Twinkl logo is centered in the water.

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