

Gymnastics



Lesson Focus: to practice a variety of animal walks, simple stunts and body positions from a home base.

Educational

What you'll need

- Mats for home base.
- Overhead projection for visuals (in toolkit) are optional.
- Music and music player are optional.

Skills to review and demonstrate

Animal Walk Stunts:

Knee balance, forward balance, pike sit/stand, partner toe to toe get up, knee lift stand, straddle sit/stand, tuck, see saw, front support/push up, single knee scale, prone, partner scale, one hand/foot support, stork stand, partner push up, wheelbarrow, rear support, front scale/airplane, partner chair sit, partner log roll, side support, knee scale, wring the dishrag, three-legged walk.

Returning to home base after practicing each walk or stunt.

Getting started

Line students up at one end of the mat for animal walks, or assign a group to a mat to practice the stunts.



Student performance objectives

Psychomotor: Students will perform animal walks, body positions, balances and stunts in proper form 80% of the time.

Cognitive: Students can describe "base of support" 80 % of the time.



[Watch the Video](#)

Gym or small space
activity for grades

3-5

Begin the action

Name and demonstrate an animal walk. The image may also be projected on the wall for visual reference. Signal the students to focus for the next skill.

Helpful hints

Explain that not everyone will be able to do all of the walks or stunts perfectly. We will all try our best have fun and enjoy the lesson.

Remind the students that the faster they return to home base and focus, the more walks and stunts they will be able to do during the class period.

Recap

What does "base of support" mean?

Challenge
Let's see if we can hold the stork stand for ten seconds or the single knee scale etc.

National standards

Standards 1&2: Animal Walks; Stunts and partner stunts.

Standard 3: Fully participates in all the activities.

Standard 4&5: Participates responsibly and cooperates with peers; Enjoys a challenge.