

This lesson can be adapted to include an entire month of gymnastics activity. Please remember to use equipment that is appropriate for young children, and make lessons safe and fun at all times! Most activities should last between 5 – 7 minutes. Stations should be positive and ability appropriate.



Go For the Gold!

Sample Lesson Plan from www.Flippingeducation.com

You select ideas from each area to create your lesson plan for the week

Warm-up ideas to try: Use star shapes to stand on

Torch Run (on track around room) holding upside down small cone or short ribbon on a stick, take turns holding torch

Olympic March in

Teamwork activities (partner stretches, etc) row your boat, etc.

Count stretching in different languages, Spanish, German, Chinese??

Talk about what sports are in the Olympics and act them out

Many more ideas are included

Music

"Olympic March" from 16 Days to Glory:

The 1984 Summer Olympics by Paramount

"Friendship March" from We all Live Together Volume 1 by Greg & Steve

Many more ideas are included

Introduce New Skill (explained at the end of the lesson)

There are 4 New Skills with descriptions included so every week there is something to try and talk about at home.

1. Learning to Balance

When introducing a new skill please be brief, demonstrate, explain and let everyone try in their individual spaces. Do not spend a lot of time sitting and watching. Keep the kids moving! Review the skill at the end of class

Circuit of Movement *Each lesson will have obstacle course options*

Olympic Obstacle of the week – Track and field, Swimming/Diving, Soccer, Basketball, Baseball, Gymnastics (every week) Tennis,

Track and Field Obstacle: (sample)

1. Long jump station, 2. run and jump over hurdles (small cones with speed bumps on top) 3. High Jump station (bounce bounce on springboard and roll on top of a block), 4. Softball throw (toss a bean bag as far as you can) 5. Running long jump (run and jump into resi pit, pit – feet first or onto a 4" mat), 6. jump through hoops in a row 7. Roll down incline mat sideways

Vaulting (Divide skills into 2-groups week 1-2 and week 3-4)

Teach run and jump (Hurdle)

1. Hurdle into hoops and jump out
2. Safety Fall (roll forward) from jump off blocks, land two feet and roll
3. Tape 5 hoops together in an Olympic Ring pattern, jump through them all
4. Use Velcro strips to make a running track pattern or run down runway

Using equipment correctly is a very important. Please remember to use equipment that is shoulder height or lower for young children.

Bars (Divide skills into 2-groups week 1-2 and week 3-4)

1. Hang and kick legs peddle bicycle legs, hold tuck, pike, straddle
2. Kick things off the bar – bean bags, beanie babies
3. Swing and jump backward. Land on pictures of gold, silver, bronze medals or numbers 1,2,3
4. Chin ups with feet on a block, lift your chin to bar 3 times if you are 3

We include many under the bar activities and then stations for on top of the bar to choose from

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Balance Beam (Divide skills into 2-groups week 1-2 and week 3-4)

1. Introduce different locomotor walks across, spotting end of beam with gold star at end, high 5 the star
2. Walk across low beam with medal on neck, put on cone at the end
3. Step over medals on beam walking forward, sideways, or jump over

We usually include 6-8 different stations to create your lesson

Floor Exercise Week 1 – 4 (Developing strong floor basics will strengthen skills on the other events, each skill should be broken down into pieces to work on, then assemble the whole skill. The teacher should stand where she can assist as see all children)

Each skill will have stations from which to choose and challenge

Forward Roll Stations

1. Lay off top of incline mat, reach forward to floor and roll off top
2. Sit on folded panel mat, practice standing up without hands and high 5 the wall or teacher with hands

Back Roll Stations

1. Rock & roll in a tuck to sit then stand
2. Practice hand positions

Handstand Stations

1. Broken leg walk on hands and 1 foot down Velcro line
2. Hands on floor bar- make running feet in place to work on shoulders over hands

Cartwheel Stations

1. Hula Hoop on floor, hands in middle. Do side bunny hops around it
2. Hands on a low beam, jump over and back side to side

Manipulative Activities

Balloons and rackets – tennis
Playground Balls and rainbows – soccer

Games (Can be included as a re-grouping activity when needed)

These are just some of the ideas this month

1. Feather between toes and try not to drop it to the other side of room
2. Egg on a spoon and walk to the other side of the room. Count how many the whole class can get to the other side.
3. Make a shuttle run with several kids at each end, run down runway – high 5 the next one, they run back down, high 5 the next, etc. Time it and see how long it takes. Try it again and see if they can do it faster. The whole team wins.

Remember all games should show be fun and exciting and winning should not be the reason for playing. When playing games make all children the winner!

Cognitive Activities (Use when kids are waiting for turns)

Matching game of Nation's flags (print from internet and laminate)\
Print off Different Sports icons and match them up.
Make flashcards of different Poses from magazines or clip art – use the TA DA stretch

Many more ideas included

Transitions

Simply walking backwards to the other side of the room
Hop from country to country to leave an event
Have a parade of athletes waving flags (or ribbons) to the next event

Dismissal Ideas

USA, USA, USA Yeah! Do a cheer and high 5 each other

Many more ideas included

Lesson Explanation

Each week we have lessons that are used to further advance your child's experiences in gymnastics. Along the way, we also try to incorporate a strong sense of self worth and heightened self-esteem. The children must work cooperatively with other students and all of their experiences will strengthen their bodies. During this month we will be using the Olympic theme and discussing different aspects of the Olympic Games along with gymnastics activities. Thanks for letting your child "Go for the Gold" with us!

Parent Handout Ideas

The following notes are to help you create a weekly handout that will give parents some curriculum details and Olympic facts so they feel part of the games as well.

Ideas to include in each handout:

Olympic Fact

Skill Covered this week and what it helps develop

Fitness tip to try at home

Book to share with their child at home

Select the ones that you like for each week and build your lesson on it.

All these things are explained in the lesson plan each month

Olympic Facts: (select one or two each week to share)

Example of facts(Many are listed)

The Olympic Rings on the flag represent the 5 original continents. The colors of the rings are Blue, black, red, yellow and green. All countries participating have at least one of these colors in their flag

Skill of the Week Ideas for Handout (One is selected each week with description for parent handout. Each week has a new one. Here's one example)

Balancing Fun – Balancing on the Beam requires coordination, concentration and core strength. We first try the balances on the floor, then on a line on the floor. Next we try them on a low beam. Learning to balance on one leg is tricky, first pick a spot to look at. Then slowly lift up one leg. How long can you balance there? Some of the balances we work on are called Scale, Vsit, and Knee Scale. If it works well, try balancing on the other leg. Try some at home.

Books to read at home with your child (include one book each week)

Many age appropriate books and authors are listed here to include in your handouts

Suggested equipment and resources: We list the equipment companies Coloring Pages and Great Olympic Websites *Listed for your information*

www.flippingeducation.com