## Reception Gymnastics Lesson 2 (Pirates)

### Learning objective:
1. Recap the 5 positions
2. Introduce and explore balancing
3. Introduce and explore simple rolls

### Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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</table>
| Recap and Quickly practise the positions from Lesson 1 | 3-5 mins | 7 mins Extend:  
- Give a time limit that children can stay safe in the hoop (you can do this by class as a progression or give as a challenge to selected children). |
| **Land Ahoy** | | |
| Scatter a number of hoops around the hall these are boats. A number of pirates will be chosen to patrol the sea’s. The non pirates must move around the area and keep away from the pirates. They may enter the ships where they are safe from the pirates. Whilst in a ship they must perform and hold one of the gymnastic positions. | | |
| **Introduce Balancing** | | |
| What is a balance? How long do we hold it for? Ask the children to work in pairs and explore different balances and mirror each other. | | |
| **Wanted Dead or Alive** | | |
| In groups of 5 in a single file line(ship), the boats will move around the area. The child at the front is the 'Captain' and will choose the way the boat travels(different movements, directions, levels). When a siren is called the the Ships must freeze and all perform a balance (again the captain’s choice). After each time the boat stops the captain will go to the back of the ship and a new captain will lead. If the boat can not hold they balance they will be put in prison and will have to balance for the whole of the next go before ‘escaping’ | 10 mins Extend:  
- Successful pairs can progress to balancing as a pair. Can we balance with a piece of equipment on us? E.g. beanbag/cone  
- Make successful boats also carry treasure (beanbags etc) and make them balance the treasure on their bodies. |
| **Introduce Rolls** - Introduce and demonstrate the Pencil and Egg roll Pencil: Rolling sideways in the straight position Egg: Rolling in the tuck position Get the children to practice in pairs and peer assess. | 5 mins Support:  
- Give teams balances with differing difficulties. Give examples of simple balances they can focus on. |
| **Progress:**  
- **Wanted Dead or Alive 2** | 10 mins | |
| Similar to previous however 1 boat is now a army ship and when the siren is called this time the children on this boat will become cannon balls and will roll towards the other boats. Each time the siren is called change which boat is the Army boat. Each child can roll for 5 seconds (counted by the teacher) if they reach another ship SAFELY then that ship goes to prison for one go! | | |

### Plenary

Refresh learning objectives.

Questions:  
What is a balance? What is a roll? Which 2 did we do? Who can demonstrate?

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