

DATE 11-~~17~~⁷-17

CLASS 1st

UNIT Gymnastics

Goal: Standard 1: The physically literate individual demonstrates competency in a variety of motor skills & movement patterns

Practice new jumps - star jump, tuck jump, double hook jumps

Pre-Class Set-up: space out dot spots around the wrestling room
- give enough space so students don't jump on top of each other.

22 dot spots, 4 noodles, 2 balance beams, 8 mini hurdles, 2 bosu balls

time	activity	organization	cues
1 min	Warm up jumps	everyone is jumping on a dot spot	for height, for speed, side to side
2 min - 3 min	Star jump	" "	Squat down & explode ↑ make the shape of a star. land on 2 feet & stand up w/ a "Tada".
2 min - 3 min	Tuck jump	" "	stand up tall & jump for height. when feet come off the ground you "tuck" your knees to chest & then bring both feet down for landing
2 min - 3 min	Double Hook	" "	opposite of "Tuck Jump" Jump for height but send feet back up to your bottom to touch & then come back down.
5 minutes 10	jump stations	students are in groups of 5-6. They move around to 4 different stations where they jump over objects using the new jumps.	Make sure they practice using the star, tuck, & double hook
Tag & Bump free time	Stick in the mud	∴	play stickle in the mud until everyone has a turn, then free time

