



# IT'S TIME TO MOVE!

Teaching children how to move, and move well, is fundamental - fundamental to a physically active life; fundamental to developing learning potential; and fundamental to developing emotional and social skills that are of huge value for all aspects of life.

Gymnastics Australia [GA] has developed the LaunchPad program to give your kids the opportunity to practise, develop and, most importantly, enjoy moving through a wide-range of activities to help them develop physically, socially and cognitively.

The essence of LaunchPad encapsulates the following values:

<b>Active</b>	Movement is central to what LaunchPad is all about. Get the ball rolling, set things in motion, get under way - it's time to move!
<b>Inspire</b>	Motivation plays a key role. We want kids to like to move. We want kids to want to move. Keeping LaunchPad fresh and fun is an important part of the program.
<b>Lifelong</b>	Helping to make physical activity a long-lasting habit is the best way people can reap the benefits of a healthy childhood full of movement.
<b>Foundation</b>	As a base, confidence and competence in fundamental movement is going to set the foundation for future sporting success or lifelong, active and healthy participation in physical activity.

LaunchPad's programs rely on safe and enjoyable activities that challenge participants relative to their developmental stage. LaunchPad has three programs to cater for all children 0 - 12 years: KinderGym, GymFun and Gymskills.

## LAUNCHPAD LESSON PLANS

All of the Lesson Plans in the LaunchPad programs have been developed by coaches and teachers, for coaches and teachers. The activities are structured to become more complex as the lessons progress, challenging participants but still keeping the fun in mind! The games and activities in GymFun are safe and encourage kids to work with others, cooperate and build self-esteem.

You can follow a whole lesson or just use parts according to the available time. Plenty of the activities can be done in the classroom as a quick and motivating energiser.

### Reading a LaunchPad Lesson Plan:

<b>Body Focus</b>	The lesson's key Dominant Movement Pattern (DMPs are the building blocks of all skills)
<b>Brain Focus</b>	Maximise the learning potential through movement to enhance brain development
<b>Warm-up</b>	Get the body and brain ready for action with fun and inclusive activities
<b>Challenges</b>	Quick movement activities to engage the brain for its next challenge. Fun to use any time!
<b>Main Skill</b>	Skill development led by the teacher or coach, with key coaching and safety points
<b>Circuit</b>	Use the LaunchPad Activity Cards to help manage the six-station circuits
<b>Cool Down</b>	Re-focus and reflect

**And now, it's time to move!**



# GYMFUN RELEASE ONE: UNIT PLAN

## Theme: 'Schoolympics'

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<b>Gear</b>	Bench, bar, wall	Bench, box, hoops, obstacles	Ropes, mats, boxes, benches, music	Mats, balls, wedge, bench, box	Bench, cones, boxes, low bars	Music, hoops, balls, bean bags, ropes	Music	Pool noodles, bean bags, rope, balloons
<b>Body Focus</b>	Statics	Spring & landing	Spring, agility, landing	Rotation	Locomotion, swing	Hand apparatus	Revision	Schoolympics!
<b>Brain Focus</b>	Kinaesthetic awareness	Crossing the midline, concentration	Rhythm	Vestibular stimulation	Prepositions, rhythm, kinaesthetic awareness	Visual tracking, cross patterning	Memory	FUN
<b>Warm-Up</b>	Take a dive	The Olympians are Coming!	Movement to music	Tunnel ball variations	Skiier, goalie, diver	Hoop group	Opening Ceremony Rehearsal	Marching in National Teams
<b>Challenge</b>	Limb circles	Gotcha!	Counting to three	Butterfly rolls,	Hand taps	Finger & thumb swap	Nose & ear swap	National Letter
<b>Main Skill</b>	Synchro swimming	On your bike	Partner jumps in a game	Partner ball pass to roll back	Different ways to travel	Bean bag activities	Counter balances	Opening Ceremony
<b>Circuit</b>	1. Partner mirror 2. Front support clock hands 3. Hanging shapes 4. Counter balances 5. Bench balances 6. Walk feet up wall	1. You've won gold! 2. Jump off a small box 3. Bunny hops over a bench 4. Jump back & land 5. Hoop step in & out 6. Equestrian hurdles	1. Long jump 2. Olympic Rings hopscotch 3. Equestrian obstacle course 4. Kayaking slalom 5. Rope skipping 6. Jump back to land & roll back	1. Log roll with partner 2. Ball rolls on body 3. Bunny hops over bench 4. Forward roll down a wedge 5. Jump turns with partner 6. Jump back to land & roll back	1. Over & under - front supports 2. Under-monkey walks 3. Along - giraffe walks on bench 4. Through - hoop pass 5. Around - bunny hops around con 6. On & off - jumps	1. Hoop combo 2. Ball bounce combo 3. Ball pass 4. Rope skipping 5. Throw hand to hand 6. Hoop step in & out	1. Movement to music 2. Log rolls with partner 3. Counter balances 4. Static shapes sequence 5. Partner jumps 6. Finish pose with whole class	1. Long jump 2. Badminton 3. Swimming 4. Synchro diving 5. Javelin 6. Equestrian show jumping
<b>Cool Down</b>	Citius Altius Fortius	Paralympic Balloon Volleyball	Stretch it out	Citius Altius Fortius	Balloon Badminton	Stretch it out	Body words	Award Ceremony

### SUPPORTING RESOURCES

#### GymMix

This resource is a fantastic teaching tool for further ideas and lesson suggestions. Reference numbers listed after circuit skills in the lesson plans (for example "3.2") refer to the GymMix resource.

#### GymAbility GymMix

This resource is for clubs and schools to assist in the inclusion of participants with or without disabilities in fun and safe movement based programs.

#### LaunchPad: D.I.Y.

This is an online Lesson Plan Builder that allows you to construct your own lessons!

Resources are available via [www.launch-pad.org.au](http://www.launch-pad.org.au)



#### LESSON NO:

GymFun 1

#### THEME:

Schoolympics

#### TIME:

30 mins

#### SPACE:

Large clear area

#### EQUIPMENT:

Bench  
Bar  
Wall

#### BODY FOCUS:

Static shapes

#### BRAIN FOCUS:

Kinaesthetic awareness

#### WARM UP: 5 minutes

##### Take a Dive

The class move in different ways around a designated area, covering as much space as possible. "Freeze" on a signal, form groups, sized as directed and perform the given dive shapes. Increase the degree of difficulty as you go by having less body parts in contact with the floor.

- Tuck



- Pike



- Rocket



- Swallow dive



- Star



#### CHALLENGES: 2 minutes

- Stand on one leg; circle one ankle and both wrists. Swap legs.
- Stand on one foot, draw a circle with the big toe on your other foot while also writing your name in the air with your hand - Brain Challenge!
- Big arm circles forward, then backward. Now one arm forward, one backward.

#### MAIN SKILL: Teacher Directed 8 minutes

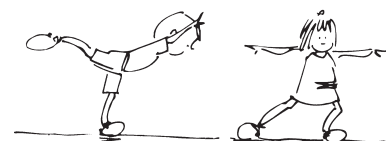
##### Synchronised Swimming Routine

Arrange class with enough room for all to lie on back. Go through the shapes above in a set order and repeat to create a synchronised swimming routine.

Gymmix 1.2

Children add their own shape to start and finish routine to add a flourish.

Perform to music as an option.

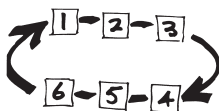


#### COACHING AND SAFETY POINTS:

- Shoulders over wrists in supports.
- Stomach lifted.
- Hold shapes for four counts each.
- Ensure enough space for all.

**CIRCUIT: 10 Minutes**

Paired students split evenly between stations. Move around in the determined direction after completing the activity.



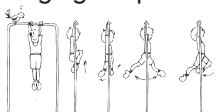
**1. Partner Mirror**



**2. Front support clock hands 2.16**



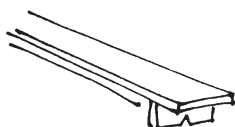
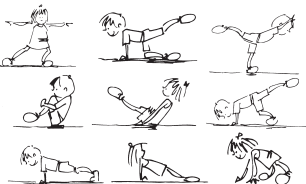
**3. Hanging Shapes 3.1**



**4. Counter balances 1.3**



**5. Bench balances**



**6. Walk feet up the wall 3.2**



**COACHING AND SAFETY POINTS:**

1. Face partner and copy their actions like a mirror. Swap leaders.

2. In pairs, one person is the big hand, one the small hand. Make different times while maintaining front support shape.

3. Use a low bar. Arms straight.

4. Start with arms bent and lean out together until arms and bodies are straight. Hold partner's hands in monkey grip.



5. Try balances on a low, wide bench. Balance a bean bag at the same time.

6. Hands flat on ground, bottoms towards the wall. Walk feet up to 45 degrees, count toes in a different language.

**COOL DOWN: 5 Minutes**

**Citius Altius Fortius** (Faster, Higher, Stronger)

Hold each position as directed:

- **Faster:** Lie on stomach with arms in a stretched position; gently raise head, arms and legs up to hold a "superkid" position. Hold then relax.
- **Higher:** Balance on one foot with the other knee lifted, arms stretched straight overhead, "highjumpkid" style. Hop on the spot and balance.
- **Stronger:** Stand with legs in a high, wide squat, arms bent up, with hands at shoulder height, "weightlifterkid" style. Hold for the count of 3.



#### LESSON NO:

GymFun 2

#### THEME:

Schoolympics

#### TIME:

30 mins

#### SPACE:

Large clear area

#### EQUIPMENT:

Bench  
Low box  
Hoops  
Obstacles

#### BODY FOCUS:

Spring  
Landings

#### BRAIN FOCUS:

Crossing the midline  
Concentration

#### WARM UP: 5 minutes

##### 'The Olympians Are Coming!' (a la "Captain's coming")

Children are spread out. Set the directions to move using the medal places: Gold; Silver; Bronze. In between running, call other cues for action:

- Cycling - motorbike landing shape



- High jump - stretched hopping position
- Rowing - sitting on the ground rowing
- Fencing - 'en garde' position
- Basketball - jump shot



#### CHALLENGES: 2 minutes

##### • Gotcha!

Stand facing a partner, with right palm held out. Left pointer finger is held over the top of your partner's palm. On the teacher's call, try to capture your partner's finger while not having your finger caught.

Swap hands.

From 'Thinking on your Feet' by Jean Blaydes

#### MAIN SKILL: Teacher Directed 8 minutes

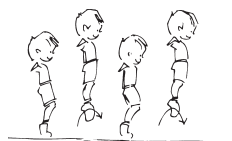
##### On your bike - landing positions

Ask children to stand as if they are sitting on an imaginary bicycle.



Perform a variety of jumps to land on your bike.

##### • Rocket



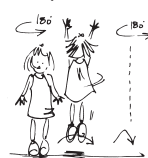
##### • Tuck



##### • Star



##### • Jump half turn



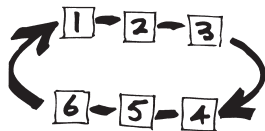
#### COACHING AND SAFETY POINTS:

- Feet under hips
- Knees slightly bent
- Arms out in front
- Hold the position
- Try silent landings



**CIRCUIT: 10 Minutes**

Students split evenly between stations. Move around in the determined direction after completing the activity.



**1. You've won gold! 1.6**



**2. Jump off a small box 1.7**



**3. Bunny hops over a bench 1.9**



**4. Jump back and land 2.6**



**5. Hoop step in and out 2.18**



**6. Equestrian hurdles 1.7**



**COACHING AND SAFETY POINTS:**

1. Four jumps on the spot. Hold landing on the last jump. Choose which shape to make in the air from sample shape cards.
2. Jump up to land close to box; bend knees on landing.
3. Knees together, arms straight, hips high, spring legs over the bench from side to side. Keep clear of person in front.
4. Jump up to land close to box; bend knees on landing.
5. Hold hoop at side, swing under body to step feet into hoop. Swing out and step out.
6. Set up a small number of low hurdles, gallop through the circuit and leap over the obstacles.

**COOL DOWN: 5 minutes**

**Paralympic Partner Balloon Volleyball**

- Arrange students with one balloon between two.
- Partners tap the balloon back and forward, keeping the balloon up in the air using dominant and non-dominant sides of the body.
- While continuing to play, as directed they lose the use of: right hand, right eye, right leg. How did it feel?
- Repeat, progressively losing use of the left side.

Inspired by game from 'Thinking on your Feet' by Jean Blaydes



**LESSON NO:**  
GymFun 3

**THEME:**  
Schoolympics

**TIME:**  
30 mins

**SPACE:**  
Large clear area

**EQUIPMENT:**  
Boxes  
Skipping ropes  
Mats

**BODY FOCUS:**  
Spring /Landings  
Agility  
**BRAIN FOCUS:**  
Rhythm  
Brain body links

### WARM UP: 5 minutes

#### The Opening Ceremony Rehearsal!

Perform a sequence to a piece of popular music, with a strong 4/4 beat. (This routine will be repeated in week 7). Add in any of the following steps in sets of eight. Build up one skill at a time, then repeat before adding on the next skill.

#### 1. Marching on the spot 1.16



#### 2. Heel taps forward



#### 3. Side touches



#### 4. Knee lifts 5.15



#### 5. Jumping jacks 4.10



#### 6. Grapevine 2.15



### CHALLENGES: 2 minutes

#### Counting to three

- Partners face each other. Take turns to count one number each '1', '2', '3'. Easy!
- Next time, add a clap instead of '1', then say, '2', '3'.
- Then swap a bob for '2', say '3'
- Finally swap a jump for '3': Clap, bob, jump.
- Which pattern is the easiest?

### MAIN SKILL: Teacher Directed 8 minutes

#### Partner Jumps in a Game

Pairs stand one behind the other in two concentric circles. On command, perform tasks as directed. Be the first pair to finish!

- Swap - pairs swap spots
- Under - outsider crawls between legs of insider

- Over - insider squats, outsider leap frogs over
- Around - insider holds arms up, outsider runs around them
- Partner Rocket - assisted straight jump



- Partner Tuck 1.10 - assisted tuck jump



- Partner Star 2.10 - assisted star jump

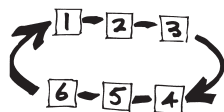


### COACHING AND SAFETY POINTS:

- For all assisted jumps: The outsider holds the waist of the insider as he/she jumps and makes the directed shape.
- Partner rocket - straight
- Partner tuck - tuck, with head straight
- Partner star - stretched star shape

**CIRCUIT: 10 Minutes**

Students split evenly between stations. Move around in the determined direction after completing the activity.



**1. Long jump**



**2. Olympic Rings hopscotch 3.13**



**3. Equestrian Obstacle Course**



**4. Kayaking slalom 2.8**



**5. Rope Skipping 1.18**



**6. Jump back to land and roll back 2.12**



**COACHING AND SAFETY POINTS:**

1. Stand with feet together behind a line. Swing arms, bend knees and jump as far forward as possible. Bend knees on landing. Add obstacles to increase difficulty.
2. Set up hoops or draw chalk hopscotch grid. Hop through. Repeat on other leg.
3. Set up a set of low benches and boxes to jump on, off and over.
4. Children run the course, dodging cones.
5. Single rope each, skipping two feet together with a jump-bounce-jump-bounce rhythm. Start with swings under forward and back before turning the rope all the way over.
6. Jump backwards off a small box to land on feet, roll back to absorb forces, arms above head.

**COOL DOWN: 5 Minutes**

**Stretch it out**

- Children spread out in the area.
- Hold gentle stretch positions and count down slowly from 10 (to set-up a definite time frame).

• Pike sit



• Angry cat



• Happy cat



• Cobra



• Child pose



• Kneel.







**LESSON NO:**

GymFun 4

**THEME:**

Schoolympics

**TIME:**

30 mins

**SPACE:**

Large clear area

**EQUIPMENT:**

Matting  
Balls  
Wedge  
Bench or box top

**BODY FOCUS:**

Rotation

**BRAIN FOCUS:**

Vestibular stimulation

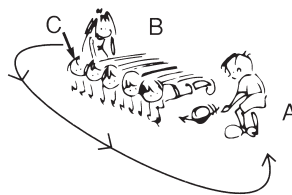
**WARM UP:** 5 minutes

**Tunnel Ball Variations**

Arrange lines of 6 - 8 children, one ball per group.  
Play tunnel ball: ball is rolled under the line of children from the front to back of the line. The back person grabs the ball and runs to the front, the rest of the line shuffles back. Repeat until the leader returns to the front.

Variation 1: Stand close behind each other, legs in star shape.

Variation 2: All lie side by side on stomachs. Push up to front support and hold. Log roll to shuffle back.



**CHALLENGES:** 2 minutes

• **Butterfly rolls**

Children sit back to back in pairs, with legs in a butterfly (soles together, knees apart). On "GO", all roll around in a circle towards the right until back to the start. Repeat rolling to the left.

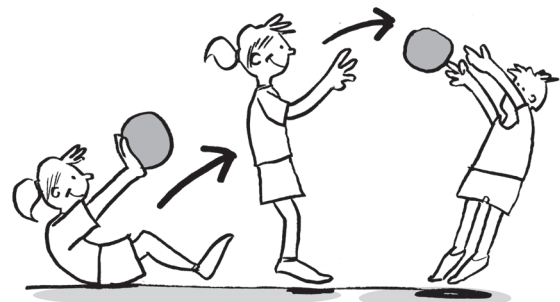


**MAIN SKILL:** Teacher Directed 8 minutes

**Partner Ball Pass to Roll Back**

Arrange children in a line facing their partner, one ball held between two. Taking in turns, one grips the ball and rolls in a tuck shape back and forward to stand. The partner helps by reaching for the ball as they stand up. Now the second child has their turn to roll with the ball.

Take a step back from each other, repeat and add a jump and throw as they stand up.

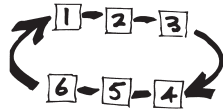


**COACHING AND SAFETY POINTS:**

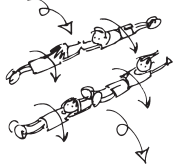
- Use light, medium sized balls
- Tight tuck in roll
- Knees slightly apart in "cowboy tuck"
- Stretch forward to stand up
- Ensure enough space for all

**CIRCUIT: 10 Minutes**

Students split evenly between stations. Move around in the determined direction after completing the activity.



**1. Log roll with partner 1.14**



**2. Ball rolls on body**



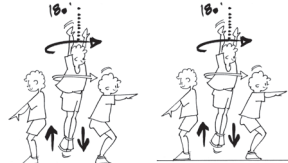
**3. Bunny hops over bench 1.9**



**4. Forward roll down a wedge 2.13**



**5. Jump turns at same time as partner 3.8**



**6. Jump back to land then roll back 2.12**



**COACHING AND SAFETY POINTS:**

1. Partners lie head to head, holding hands stretched above their heads. Roll in a straight line.
2. Roll ball along body parts: legs, arms, back.
3. Knees together, arms straight, hips high. Keep clear of person in front.
4. Squat on the top of a wedge, hands on the mat. Tuck head to look between legs, roll down the wedge.
5. In pairs, practise jump half turns at the same time as each other. Take off and land together.
6. Jump backwards off a small box to land on feet, roll back to absorb forces, arms above head.

**COOL DOWN: 5 Minutes**

**Citius Altius Fortius** (Faster, Higher, Stronger)

Hold each position as directed:

- **Faster:** Lie on stomach with arms in a stretched position; gently raise head, arms and legs up to hold a "superkid" position. Hold then relax.
- **Higher:** Balance on one foot with the other knee lifted, arms stretched straight overhead, "highjumpkid" style. Hop on the spot and balance.
- **Stronger:** Stand with legs in a high, wide squat, arms bent up, with hands at shoulder height, "weightlifterkid" style. Hold for the count of 3.



#### LESSON NO:

GymFun 5

#### THEME:

Schoolympics

#### TIME:

30 mins

#### SPACE:

Large clear area

#### EQUIPMENT:

Bench  
Cones  
Boxes  
Low bars

#### BODY FOCUS:

Locomotion  
Swing

#### BRAIN FOCUS:

Prepositions  
Kinaesthetic awareness

#### WARM UP: 5 minutes

##### Skier, Soccer Goal Keeper, Platform Diver (Stone, Bridge, Tree)

Arrange children in relay teams of four or five.

1. First person runs 3m and bobs down, head tucked in: like a ski-jumper skiing down a ramp.



2. Second person runs out, leaps over the ski-jumper, continues a few metres and makes a star shape: soccer goal keeper.

3. The third person runs over the ski-jumper, under the goal keeper, continues a few metres, then holds a rocket shape, arms out: platform diver.



4. The remaining team members travel over, under, around, under, over and back to the line. The skier then goes under, around, under. The soccer goal keeper goes around the platform diver, who then runs back to complete the course. Swap places within the team and repeat.

#### CHALLENGES: 2 minutes

##### • Hand taps counting and with alphabet

Face partner, hands out, palms up. Take turns to tap your partner's hands, right to right, left to left while counting in a steady beat. Count in time with the taps: 1st person: '1', '2'. 2nd: '3', '4' and so on.

As an extra challenge, try saying the alphabet or skip counting in 2s or 3s and keeping the tapping rhythm.

Celebrate your best scores.

From 'Thinking on your Feet' by Jean Blaydes

#### MAIN SKILL: Teacher Directed 8 minutes

##### Different Ways to Travel

Arrange children in pairs along a line. The first person from each pair travels in the directed way across the space and returns to tag their partner. This second partner takes their turn while the first person rests. Change the way to move each time the first person goes.

##### • Athletics: run



##### • Swimming: carefully jog backwards, swim arms in circles

##### • Equestrian: gallop sideways



##### • Gymnastics: leap



##### • Rowing: crab walk (try in groups of four)

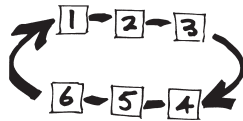


#### COACHING AND SAFETY POINTS:

- One person per pair travels at a time
- For the crab walk, on hands and feet, stomach up. Lift hips high and walk forward, sideways or backwards. In pairs, hold ankles of the person behind.
- Leap: take off one leg and land on the other; like going over a puddle.
- Ensure enough space for the 'run-off'.

**CIRCUIT: 10 Minutes**

Students split evenly between stations. Move around in the determined direction after completing the activity. Work with a partner of a similar size.



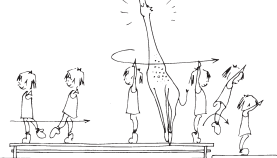
1. Over and under - partner front support 1.1



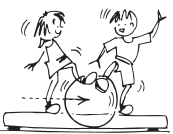
2. Under - monkey walks on bars 4.16



3. Along - giraffe walks on bench 3.14



4. Through - hoop pass on bench 1.21



5. Around - bunny hops around cones 2.7



6. On and off - kangaroo jumps 1.7



**COACHING AND SAFETY POINTS:**

1. One person holds a strong front support, shoulders over hands, stomach lifted. Their partner places hands on shoulder blades and bunny hops over then crawls back under. Start with person holding an angry cat shape and progress to front support.
2. Start at one end of the low bar, hanging with bent knees. Move hands along the bar to travel from one end to the other. Land in motorbike position.
3. Start at one end of a bench or low beam. Walk on toes to the other end and jump off. Try walking sideways or backwards.
4. Children stand on a bench or box top. Step body through a hoop and pass from one person to the other without using hands.
5. Set up a small line of cones about one metre apart. Children bunny hop around the cones: hands - feet, hands - feet. Bottoms high. Weight on flat hands.
6. Step up onto a box and jump off with two feet together. Bend knees on landing. Use arms to give extra lift.

**COOL DOWN: 5 minutes**

**Balloon Badminton**

- In pairs, children tap a balloon between themselves, staying in a small area.
- Count the number of taps without letting the balloon drop.
- As an extra challenge, increase the number of points for each tap - 2 points each tap for example.
- Celebrate your best scores.

**LESSON NO:**

GymFun 6

**THEME:**

Schoolympics

**TIME:**

30 mins

**SPACE:**

Large clear area

**EQUIPMENT:**

Music  
Hoops  
Balls  
Bean bags  
Skipping ropes

**BODY FOCUS:**

Hand apparatus

**BRAIN FOCUS:**

Visual tracking  
Cross patterning  
Endorphins

**WARM UP:** 5 minutes**Hoop Group**

With music playing, children move around a space where hoops are scattered. Use less hoops than there are children. Indicate which way to move as the music plays. When it stops, children jump into the nearest hoop. Take away hoops every time they move around to encourage more and more children to squash into the hoops. Celebrate the record number in one hoop!



From 'Thinking on your Feet' by Jean Blaydes

**CHALLENGES:** 2 minutes**Finger and thumb swap**

Children hold up the right thumb and point the left index finger. Swap and swap again. How fast can you go?

From 'Thinking on your Feet' by Jean Blaydes

**MAIN SKILL:** Teacher Directed 8 minutes**Bean Bag Activities**

Children spread out in the space, one bean bag each. As directed they practise these skills:

- Balance the bean bag on different body parts
- Bean bag on head, sit down and stand back up
- Balance the bean bag and move around the space

- Throw and catch with two hands; add a clap; add a turn
- Catch the bean bag on different body parts

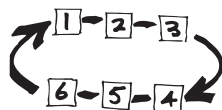
**COACHING AND SAFETY POINTS:**

- Keep eyes on the bean bag
- Ask the children to find different ways to balance the bean bag on their bodies
- What is the best way to move to keep the bean bag from falling?
- Start with small throws
- Ensure enough space for all



**CIRCUIT: 10 Minutes**

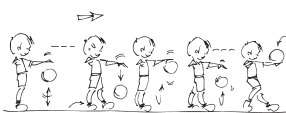
Students split evenly between stations. Move around in the determined direction after completing the activity.



**1. Hoop Combination 1.21**



**2. Ball bounce combination 1.20**



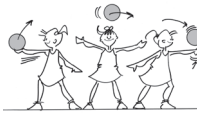
**3. Ball pass - step back on catch 2.17**



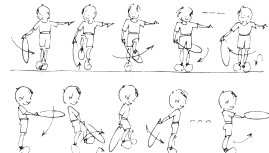
**4. Rope skipping 1.18**



**5. Throw hand to hand 2.20**



**6. Hoop step in and out 2.18**



**COACHING AND SAFETY POINTS:**

1. Hoop is to be flat either vertically or horizontally
2. Push the ball with finger tips. Bounce it just beyond the front foot. Watch where you're going!
3. One ball between two. Throw to a partner. Take a step back for each catch. Celebrate the longest throws.
4. Single rope each, skipping two feet together with a jump-bounce-jump-bounce rhythm. Start with swings under forward and back before turning the rope all the way over.
5. Keep watching the ball or bean bag as it is thrown from one hand to the other. Make the throws bigger.
6. Swing the hoop with an even rhythm. Keep chest upright as you step in and out.

**COOL DOWN: 5 minutes**

Children spread out in the area.

Hold gentle stretch positions and count down slowly from 10 (to set-up a definite time frame).

- Pike sit



- Angry cat



- Happy cat



- Cobra



- Child pose



- Kneel.



**LESSON NO:**

GymFun 7

**THEME:**

Schoolympics

**TIME:**

30 mins

**SPACE:**

Large clear area

**EQUIPMENT:**

Music

**BODY FOCUS:**

Revision

Opening Ceremony preparation

**BRAIN FOCUS:**

Memory

Concentration

**WARM UP:** 5 minutes

**The Opening Ceremony Performance!**

Movement to Music (GF 3)

Repeat the sequence from week three. Build up one skill at a time, then repeat before adding on the next skill. Set a formation for the routine.

- Marching on the spot 1.16



- Heel taps forward



- Side touches



- Knee lifts 5.15



- Jumping jacks 4.10



- Grapevine 2.15


**CHALLENGES:** 2 minutes

- **Nose and Ear swap**

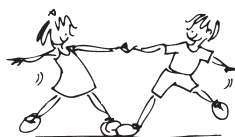
Touch your nose with your right hand and your left ear with the left hand. Swap: left hand on nose, right hand on right ear. Close your eyes and try again.

- **Cross swap**

Touch your nose with your right hand and your right ear with your left hand. Swap hands and ear.

From 'Thinking on your Feet' by Jean Blaydes

**MAIN SKILL:** Teacher Directed 8 minutes

**Counter Balances 1.3, 2.3 and variations (GF 1)**


- Instruct children on the first simple counter balances - where both partners take some weight of the other and neither can balance without the other.
- Then have children invent their own counter balances.

- If one child is bigger than their partner, they need to adjust how far back they lean to find balance.
- When facing each other, hold hands in monkey grip.


**COACHING AND SAFETY POINTS:**

- Keep tight body throughout.
- Start with arms bent and bodies close; extend slowly until arms are straight.
- Return to bent arms to finish.
- Talk to each other to exit at the same time.

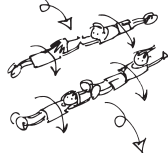
**CIRCUIT: 10 Minutes**

Combine skills from previous sessions to create an Opening Ceremony performance fit for an Olympic Games. The class will work in one large group, with each child working with a partner. The number references the relevant lesson plan.

**1. Movement to Music routine GF3**



**2. Log rolls with a partner GF4**



**3. Counter Balances GF1**



**4. Static shapes sequence GF1**



**5. Partner Jumps GF3**

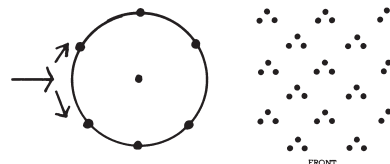


**6. Finish pose with whole class**



**COACHING AND SAFETY POINTS:**

- Arrange the class into clear a formation for each section of the routine. Try lines, concentric circles, smaller groups



- Direct the class to put the pieces of the routine together.
- Practise.

**COOL DOWN: 5 minutes**

**Body Words**

Spell out the word OLYMPICS with bodies. Practise in small groups with easy letters like: T, L, Y, O.

Divide the class into small teams to represent a nominated country each for next week. Ask the children to dress in that nation's colours. Perhaps they could research the country and make a national flag for the Opening Ceremony.





**LESSON NO:**

GymFun 8

**THEME:**

Schoolympics

**TIME:**

30 mins

**SPACE:**

Large clear area

**EQUIPMENT:**

Balloons  
Racket  
Goggles Flippers  
Shower cap  
Pool noodles  
Boxes

**BODY FOCUS:**

SCHOOLYMPICS!

**BRAIN FOCUS:**

FUN!

**MARCHING IN NATIONAL TEAMS:** 3 minutes

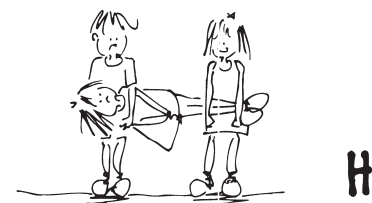
In their nominated 'national' teams, have the children march around the space. Aim for an even rhythm when marching. Can they all use the same leg at the same time?



**CHALLENGES:** 2 minutes

• **National Letter**

Have each 'national' team make the first letter of their country's name with their bodies.

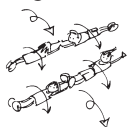


**OPENING CEREMONY:** Teacher Directed 5 minutes

Perform the Opening Ceremony routine as learnt in the last session. Find an audience to applaud your efforts.

1. Movement to music routine

2. Log rolls with partner



3. Counter balances



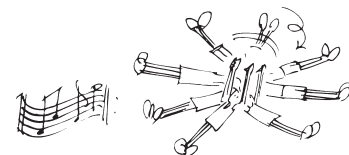
4. Static shapes sequence



5. Partner jumps



6. Finish pose with whole class



**COACHING AND SAFETY POINTS:**

Have a quick run through before the audience arrive.

Enjoy!



#### **SCHOOLYMPIC GAMES: 15 Minutes**

Set up the Schoolympic activities and have the children rotate through. Record the results for the award ceremony.

1. Long jump
2. Badminton
3. Swimming
4. Synchronised Diving
5. Javelin
6. Equestrian Show Jumping

#### **COACHING AND SAFETY POINTS:**

1. Standing long jump with a balloon between your legs. Harder than you think to jump and land without dropping the balloon.
2. Balance a shuttle cock on a racket and run four laps of a bench without dropping the shuttle cock. Could use a bean bag on a fly swat.
3. In relay teams with a set of: goggles, flippers and shower cap per team. One at a time, put on the swimming gear, run around a cone and back to the line to pass the gear to the next person.
4. Hang on a bar with your partner, perform identical hang shapes at the same time: rocket, tuck, star, pike, rocket, drop to land.
5. Stand behind a line and throw a pool noodle as far as possible. Record your best throw.
6. Set up a circuit of low obstacles. Using a broom stick or pool noodle, gallop through the circuit.

#### **AWARD CEREMONY: 5 minutes**

Hand out LaunchPad certificates to all children. Make special mention of great achievements.







# IT'S TIME TO MOVE!

Teaching children how to move, and move well, is fundamental - fundamental to a physically active life; fundamental to developing learning potential; and fundamental to developing emotional and social skills that are of huge value for all aspects of life.

Gymnastics Australia [GA] has developed the LaunchPad program to give your kids the opportunity to practise, develop and, most importantly, enjoy moving through a wide-range of activities to help them develop physically, socially and cognitively.

The essence of LaunchPad encapsulates the following values:

<b>Active</b>	Movement is central to what LaunchPad is all about. Get the ball rolling, set things in motion, get under way - it's time to move!
<b>Inspire</b>	Motivation plays a key role. We want kids to like to move. We want kids to want to move. Keeping LaunchPad fresh and fun is an important part of the program.
<b>Lifelong</b>	Helping to make physical activity a long-lasting habit is the best way people can reap the benefits of a healthy childhood full of movement.
<b>Foundation</b>	As a base, confidence and competence in fundamental movement is going to set the foundation for future sporting success or lifelong, active and healthy participation in physical activity.

LaunchPad's programs rely on safe and enjoyable activities that challenge participants relative to their developmental stage. LaunchPad has three programs to cater for all children 0 - 12 years: KinderGym, GymFun and Gymskills.

## LAUNCHPAD LESSON PLANS

All of the Lesson Plans in the LaunchPad programs have been developed by coaches and teachers, for coaches and teachers. The activities are structured to become more complex as the lessons progress, challenging participants but still keeping the fun in mind! The games and activities in GymFun are safe and encourage kids to work with others, cooperate and build self-esteem.

You can follow a whole lesson or just use parts according to the available time. Plenty of the activities can be done in the classroom as a quick and motivating energiser.

### Reading a LaunchPad Lesson Plan:

<b>Body Focus</b>	The lesson's key Dominant Movement Pattern (DMPs are the building blocks of all skills)
<b>Brain Focus</b>	Maximise the learning potential through movement to enhance brain development
<b>Warm-up</b>	Get the body and brain ready for action with fun and inclusive activities
<b>Challenges</b>	Quick movement activities to engage the brain for its next challenge. Fun to use any time!
<b>Main Skill</b>	Skill development led by the teacher or coach, with key coaching and safety points
<b>Circuit</b>	Use the LaunchPad Activity Cards to help manage the six-station circuits
<b>Cool Down</b>	Re-focus and reflect

**And now, it's time to move!**



# GYMSKILLS RELEASE ONE: UNIT PLAN

## Theme: 'Schoolympics'

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<b>Gear</b>	Bench, bar, wall	Mats, box, wedge, balls	Ropes, mats, boxes, benches, music	Mats, balls, hoops, wedge, bench, box	Hoops, mats, bench, bar, balloons	Music, hoops, balls	Music	Pool noodles, bean bags, rope, balloons
<b>Body Focus</b>	Statics	Spring & landing	Spring, agility, landing	Rotation	Locomotion, swing	Hand apparatus	Revision	Schoolympics!
<b>Brain Focus</b>	Kinaesthetic awareness	Crossing the midline, concentration	Rhythm	Vestibular stimulation	Prepositions, rhythm, spatial awareness	Visual tracking, cross patterning	Memory	FUN
<b>Warm-Up</b>	Olympic Village	The Olympians are Coming!	Movement to music	Tunnel ball variations	Skier, diver, gymnast	Hoop group	Opening Ceremony Rehearsal	Marching in National Teams
<b>Challenge</b>	Limb circles	Gotcha!	Counting to three	Butterfly rolls, rock n roll	Hand taps	Finger & thumb swap	Nose & ear swap	National Emblems
<b>Main Skill</b>	Synchro swimming	3 ways to land	Figure skating game	Turns & round - abouts	Do the locomotion	Hoop activities	Partner balances	Opening Ceremony
<b>Circuit</b>	1. Lift the plank 2. Partner front support 3. Partner hang shapes 4. Counter balances 5. Partner bench switch 6. Walk feet up wall	1. Synchro Jumps 2. Jump off box & catch ball 3. Bunny hops over a bench 4. Safety forward roll 5. Single rope skipping 6. Karate air time	1. Triple jump 2. Chain jumping 3. Equestrian obstacle course 4. Kayaking slalom 5. Amputee Course 6. Cross over rope skipping	1. Log roll conveyor belt 2. Hanging monkey walks partner swap 3. Mini cartwheels 4. Forward roll with ball 5. Jump full turn with partner 6. Egg roll	1. Through - hoop 2. Under-hanging Simon says 3. Along - bench 4. With - rolls with partner 5. Around - hoop spins 6. Over - cartwheel over bench	1. Blind tennis 2. Shapes & pass ball or hoop 3. Ball pass 4. Hoop hand rotations 5. Two ball juggle 6. Rope skipping in pairs	1. Movement to music 2. Partner front supports 3. Partner jumps 4. Static shapes with ball or hoop 5. Synchro forward rolls 6. Group balance	1. Pole Vault 2. Rowing 3. Weightlifting 4. Shot put 5. Basketball 6. Tennis
<b>Cool Down</b>	Citius Altius Fortius	Paralympic Balloon Volleyball	Stretch it out	Citius Altius Fortius	Balloon Badminton	Stretch it out	Body words	Award Ceremony

### SUPPORTING RESOURCES

#### GymMix

This resource is a fantastic teaching tool for further ideas and lesson suggestions. Reference numbers listed after circuit skills in the lesson plans (for example "3.2") refer to the GymMix resource.

#### GymAbility GymMix

This resource is for clubs and schools to assist in the inclusion of participants with or without disabilities in fun and safe movement based programs.

#### LaunchPad: D.I.Y.

This is an online Lesson Plan Builder that allows you to construct your own lessons!

Resources are available via [www.launch-pad.org.au](http://www.launch-pad.org.au)



#### LESSON NO:

Gymskills 1

#### THEME:

Schoolympics

#### TIME:

30 mins

#### SPACE:

Large clear area

#### EQUIPMENT:

Bench  
Bar  
Wall

#### BODY FOCUS:

Static shapes

#### BRAIN FOCUS:

Kinaesthetic awareness

#### WARM UP: 5 minutes

##### Olympic Village

The children move in different ways around a designated area, covering as much space as possible. "Freeze" on a signal, form groups, sized as directed. Children then use all bodies to create the given shapes you might find around an Olympic Village. Consider the shape when giving group numbers.

##### Examples:

- Olympic Torch
- Olympic flame and Cauldron
- Flag pole
- Athletic Stadium
- High Jump frame
- Various sporting equipment (hockey stick, pole vault pole and frame/mat, gymnastics beam/uneven bars/rings)

#### CHALLENGES: 2 minutes

- Stand on one leg; circle one ankle and both wrists, bend knee up and down. Swap legs.
- Stand on one foot, draw a circle with the big toe on your other foot while also writing your name in the air with your hand - Brain Challenge!
- Big arm circles forward, then backward. Now one arm forward, one backward.

#### MAIN SKILL: Teacher Directed 8 minutes

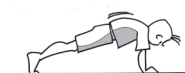
##### Partner Synchronised Swimming Routine

Go through basic shapes with the class as a whole

##### • Angry cat



##### • Front support



##### • Shoulder stand



##### • Back support



##### • Tuck



##### • Star



##### • Pike



##### • Rocket



Class forms pairs or trios; they choose five shapes and practise them in sequence to create a synchronised swimming routine. Add music for authenticity.

Children add their own shapes to start and finish routine to add a flourish.

As an additional activity, play 'Sporting Statues'.

Children work in small groups and take turns and hold a frozen sporting position. The child must hold the position until the others guess the sport.

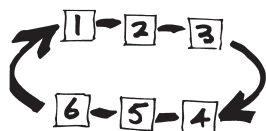
How many sports can you think of that use music?

#### COACHING AND SAFETY POINTS:

- Shoulders over wrists in supports
- Tension through limbs
- Stomach lifted
- Hold shapes for four counts each
- Ensure enough space for all

**CIRCUIT: 10 Minutes**

Students split evenly between stations. Move around in the determined direction after completing the activity.



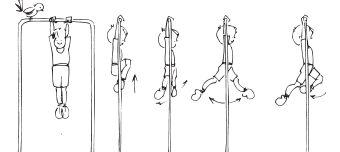
**1. Lift the plank 1.1**



**2. Partner front support shapes 3.4**



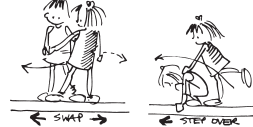
**3. Hang shapes with partner 3.1**



**4. Counter balances 2.3**



**5. Partner bench switch**



**6. Walk feet up the wall 3.2**



**COACHING AND SAFETY POINTS:**

1. In threes, take turns to lift one person's feet off the ground while they lie on their back. The 'plank' must tuck hips under and hold tight shape. Lift only to knee height.
2. Arms shoulder width apart; weight directly over base of support. Make up other partner balances using front support shapes.
3. Partners hang side by side and perform tuck, star, pike, rocket hangs
4. Work out different ways to balance where each partner has equal weight. Start close and slowly move to a balanced position with arms straight.
5. Partners approach each other from opposite ends of the bench. When they reach the middle, swap places while staying on the bench.
6. Back to wall, walk feet up to 45 degrees. Push out of shoulders, feet together, count toes in a different language.

**COOL DOWN: 5 Minutes**

**Citius Altius Fortius** (Faster, Higher, Stronger)

Hold each position as directed:

- **Citius:** Crouch down with one foot in front of the other, finger tips on the floor in front, like a sprint start "speedykid" style.
- **Altius:** Stand on one foot with the other leg raised up, knee bent, arms raised loosely overhead, "karatekid" style. Hop to swap legs and balance.
- **Fortius:** Balance on two hands and two feet in a wide front support, "wrestlingkid" style. Hold for the count of 10.



#### LESSON NO:

Gymskills 2

#### THEME:

Schoolympics

#### TIME:

30 mins

#### SPACE:

Large clear area

#### EQUIPMENT:

Mats or grass  
Small box  
Wedge  
Balls

#### BODY FOCUS:

Spring and Landing

#### BRAIN FOCUS:

Crossing the midline  
Concentration

#### WARM UP: 5 minutes

##### 'The Olympians Are Coming!' (a la "Captain's coming")

Children are spread out. Set the directions of where to move using the five continents of the world: Europe, Asia, Americas, Africa, Australia.

In between running, call other cues for action:

- Cycling - motorbike landing shape;



- High jump - stretched hopping position;
- Rowing - sitting on the ground rowing;
- Fencing - en garde position;
- Basketball - jump shot;
- Equestrian - gallop on the spot;
- Karate - high kicks

#### CHALLENGES: 2 minutes

##### • Gotcha!

Stand in a circle with right palm held out. Left pointer finger is held over the top of the palm on your left. On the teacher's call, try to capture your neighbour's finger while not having your finger caught.

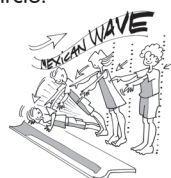
- Try with hands across your body
- Swap hands

From 'Thinking on your Feet' by Jean Blaydes

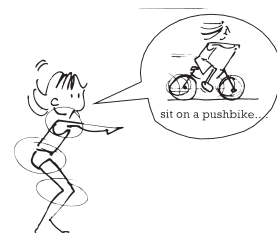
#### MAIN SKILL: Teacher Directed 8 minutes

##### 3 ways to land

1. Prone: Children kneel in a circle, facing in. Slowly fall forward to land on outstretched arms, finish lying on the ground. Try one after the other in a wave around the circle.



2. On your bike: Children stand as if they are sitting on an imaginary bicycle. Land from variety of jump shapes.



3. Roll back: Hold a tuck shape and roll back and forward. Try from a rocket jump, land then roll back. No hands on the ground.



Which Olympic sports require landing skills? Think broadly, there are quite a few!

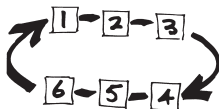
#### COACHING AND SAFETY POINTS:

1. Absorb forces sequentially: fingers, wrists, elbows, shoulders; turn face to one side
2. Feet under hips, knees bent, arms out in front
3. Knees apart, chin in



**CIRCUIT: 10 Minutes**

In pairs, students split evenly between stations. Move around in the determined direction after completing the activity or remain for a set time and move on a signal.



**1. Synchronised "trampoline" jumps 1.6**



**2. Jump back off a small box, catch a ball and roll back 2.12**



**3. Bunny hops over a bench 1.9**



**4. Safety forward roll 2.14**



**5. Single rope skipping: 1, 2 feet 3.16**



**6. Karate air time 1.6**



**COACHING AND SAFETY POINTS:**

1. Six different jumps performed in unison, side by side on the ground
2. Jump up to land on feet close to box; catch ball thrown by partner while in the air, bend knees on landing then continue to roll back to absorb forces
3. Knees together, arms straight, hips high. Keep clear of person in front.
4. Step forward on one leg, tuck same shoulder and head under to roll forward over shoulder
5. One rope each, skip with jumps and hops
6. Make various karate shapes in the air to land back on two feet

**COOL DOWN: 5 Minutes**

**Paralympic Partner Balloon Volleyball:**

- Arrange students with one balloon between two.
- Partners tap the balloon back and forward, keeping the balloon up in the air using dominant and non-dominant sides of the body.
- While continuing to play, as directed, they lose the use of: right hand, right eye, right leg. How did it feel?
- Repeat, progressively losing use of the left side.

Inspired by game from 'Thinking on your Feet' by Jean Blaydes

**LESSON NO:**

Gymskills 3

**THEME:**

Schoolympics

**TIME:**

30 mins

**SPACE:**

Large clear area

**EQUIPMENT:**

Skipping ropes  
Mats  
Boxes  
Benches  
Music

**BODY FOCUS:**

Spring  
Landings  
Agility

**BRAIN FOCUS:**

Rhythm

**WARM UP:** 5 minutes

**Opening Ceremony Rehearsal**
**Movement to Music**

Perform a sequence to a piece of popular music with a strong 4/4 beat. This routine will be repeated in week 7. Add in any of the following steps in sets of eight. Build up one skill at a time, then repeat before adding on the next skill.

- Marching on the spot 1.16



- Heel taps forward



- Side touches



- Knee lifts 5.15



- Jumping jacks 4.10



- Grapevine 2.15



- Easy walks 4.17



- Leg curls 6.17


**CHALLENGES:** 2 minutes

- **Counting to three**

Partners face each other. Take turns to count one number each 1, 2, 3. Easy!

Next time, add a clap instead of '1', then say, '2' '3'.

Then swap a bob for '2', say '3'

Finally swap a jump for '3': Clap, bob, jump.

Which pattern is the easiest?

**MAIN SKILL:** Teacher Directed 8 minutes

**Figure Skating Game**

Pairs stand one behind the other in two concentric circles. Try to perform the activities suggested as seamlessly as a figure skating pair! On command, perform tasks as directed. Be the first to finish!

- Swap - pairs swap spots
- Under - outsider crawls between legs of insider

- Over - insider squats, outsider leap frogs over
- Around - insider holds arms up, outsider runs around them
- Double Rocket - assisted straight jump



- Double Tuck 1.10 - assisted tuck jump
- Double Star 2.10 - assisted star jump
- Partner Jump half turn 4.8 - assisted jump half turn



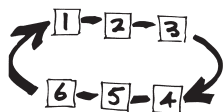
Can you think of Olympic sports that rely on cooperation with another person or people?

**COACHING AND SAFETY POINTS:**

- For all double jumps: The outsider holds the waist of the insider as they both jump together in the directed shape
- Double rocket - straight
- Double tuck - tuck, with head straight
- Double star - stretched star shape
- Partner jump half turn - only the insider turns, outsider catches hands to land

**CIRCUIT: 10 Minutes**

Students split evenly between stations. Move around in the determined direction after completing the activity. Work in groups of at least three.



1. Triple Jump 6.10



2. Chain jumping 1.6



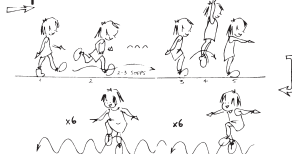
3. Equestrian obstacle course 6.5



4. Kakaying Slalom 2.8



5. Amputee course 3.13



6. Cross over rope skipping 5.19



**COACHING AND SAFETY POINTS:**

1. In threes, the two bases hold the flyer under the arm and at wrist; all run together for three steps. Then flyer takes off to leap through the air, arms held strong in a 'T'; bases lift flyer above their heads with straight arms. Lower gently. Swap places.
2. In a line, one behind the other, holding waists. All jump together from A to B.
3. Set up a set of low benches and boxes to jump on, off and over.
4. Children run the course, dodging cones. Change way and direction of moving.
5. Children go through a set of obstacles on one leg (hopping).
6. Single rope each, straight jumps with an even rhythm then try crossing rope at front or back of skip.

**COOL DOWN: 5 Minutes**

**Stretch it out**

Children spread out in the area. Hold gentle stretch positions and count down slowly from 10 (to set-up a definite time frame).

- Pike sit



- Angry cat / Happy cat



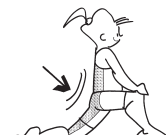
- Cobra



- Child pose



- Kneel.



**LESSON NO:**

Gymskills 4

**THEME:**

Schoolympics

**TIME:**

30 mins

**SPACE:**

Large clear area

**EQUIPMENT:**

Matting  
Balls & Hoops  
Wedge  
Bench  
Boxes

**BODY FOCUS:**

Rotation

**BRAIN FOCUS:**

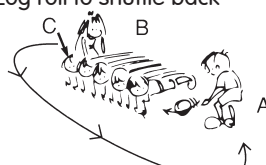
Vestibular stimulation

**WARM UP:** 5 minutes

**Tunnel Ball Variations**

Arrange lines of 6 - 8 children, one ball per group. Play tunnel ball: ball is rolled under the line of children from the front to back of the line. The back person grabs the ball and runs to the front, the rest of the line shuffles back. Repeat until the leader returns to the front.

1. All lie side by side on stomachs. Push up to front support and hold. Log roll to shuffle back



2. Sitting in a pike sit, side by side, lift legs as ball rolls past.



**CHALLENGES:** 2 minutes

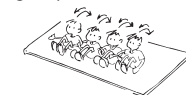
• **Butterfly Rolls**

Children sit back to back in threes, with legs in a butterfly (soles together, knees apart). On 'GO', all roll around in a circle towards the right until back to the start. Repeat rolling to the left.



• **Rock 'n' Roll**

In a tight tuck shape, rock and roll to stand up. Do them in time with the rest of the group. Stretch hands forward to stand.

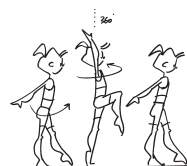


**MAIN SKILL:** Teacher Directed 8 minutes

**Turns and Roundabouts**

Children spread out evenly. As directed perform a range of turning skills:

- Turn on one foot 4.2



- Jump half turn and jump full turn 3.8



- Spin on back 4.18



Is it easier to turn in a small shape or in a wide shape?

Try turning in tuck, stretch, star and see which is the easiest way to turn.

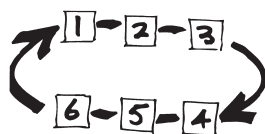
Which Olympic sports might you see rotation?

**COACHING AND SAFETY POINTS:**

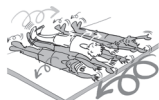
- In jumps, land with bent knees.
- Keep body tight for maximum efficiency.
- Ensure enough space for all.

**CIRCUIT: 10 Minutes**

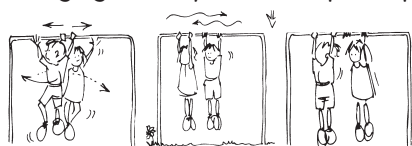
Students split evenly between stations. Move around in the determined direction after completing the activity. Work in groups of four.



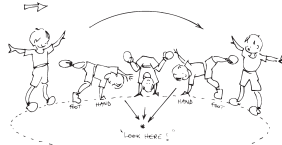
1. Log roll conveyor belt in groups 1.14



2. Hanging monkey walks swap with partner 4.16



3. Mini-cartwheels around a circle 4.13



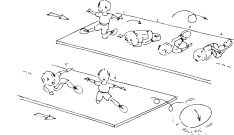
4. Forward roll with ball 3.11



5. Jump full turn with partner 4.8



6. Egg roll 4.12



**COACHING AND SAFETY POINTS:**

1. Three children lie side by side like sardines. The fourth person lies over the top of the group and is moved along as the conveyor belt log rolls down the mat. Try different ways to be rolled.
2. Partners hang at opposite ends of a bar. Walk hand over hand along the bar and pass your partner without falling off. Do not wrap legs around your partner!
3. Stand on a circular line like a netball goal circle, with stomach facing the inside of the circle. Perform a mini cartwheel around the circle by placing hand-hand-foot-foot on the line.
4. Roll a ball down the mat and perform a forward roll. Catch the ball at the end of the roll. Time the two rolls for a perfect finish.
5. One partner behind the other. The flyer completes a jump full turn with the help of their partner. The base should hold around the waist for take-off and landing.
6. Start kneeling in a tuck shape, keep a rounded back and roll over to one side. Keep rolling to land back on knees. Vary the start and finish position.

**COOL DOWN: 5 Minutes**

**Citius Altius Fortius** (Faster, Higher, Stronger)

Hold each position as directed:

- **Citius:** Crouch down with one foot in front of the other, finger tips on the floor in front, like a sprint start "speedykid" style.
- **Altius:** Stand on one foot with the other leg raised up, knee bent, arms raised loosely overhead, "karatekid" style. Hop to swap legs and balance.
- **Fortius:** Balance on two hands and two feet in a wide front support, "wrestlingkid" style. Hold for the count of 10.



### LESSON NO:

Gymskills 5

### THEME:

Schoolympics

### TIME:

30 mins

### SPACE:

Large clear area

### EQUIPMENT:

Hoops  
Mats  
Bench  
Bar  
Balloons

### BODY FOCUS:

Locomotion / Swing

### BRAIN FOCUS:

Prepositions  
Rhythm  
Spatial awareness

### WARM UP: 5 minutes

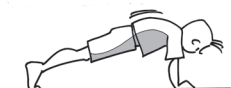
#### Skier, Gymnast, Platform Diver

Arrange children in relay teams of four or five.

1. First person runs 3m and bobs down, head tucked in: like a ski-jumper skiing down a ramp.



2. Second person runs out, leaps over the ski-jumper, continues a few metres and holds front support: gymnast on floor.



3. The third person runs over the ski-jumper, under the gymnast, continues a few metres, then holds a rocket shape, arms out: platform diver.



4. The remaining team members travel over, under, around, under, over and back to the line. The skier then goes under, around, under. The gymnast goes around the platform diver, who then runs back to complete the course. Swap places within the team and repeat.

### CHALLENGES: 2 minutes

#### • Hand taps with counting in threes; spelling

Face partner, hands out, palms up. Take turns to tap your partner's hands, right to right, left to left while counting in a steady beat. Count intune with the taps: 1st person: '1', '2'. 2nd: '3', '4' and so on.

Try skip counting in 2s, 3s.

Try spelling out the alphabet or words

From 'Thinking on your Feet' by Jean Blaydes

### MAIN SKILL: Teacher Directed 8 minutes

#### 'C'mon Baby, do the locomotion!'

Arrange children in pairs along a line. Children will travel in different ways across the space and back to their partner. Try these sports:

- Athletics: run



- Swimming: carefully jog backwards, swim arms in circle

- Equestrian: gallop sideways



- Gymnastics: leap



- Rowing: crab walk (try in groups of four)



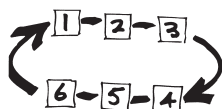
Can you think of other Olympic sports that use a form of locomotion? (There are a lot!)

### COACHING AND SAFETY POINTS:

- One person per pair travels at a time
- For the crab walk, on hands and feet, stomach up. Lift hips high and walk forward, sideways or backwards. In pairs, hold ankles of the person behind.
- Leap: take off one leg and land on the other; like going over a puddle

**CIRCUIT: 10 Minutes**

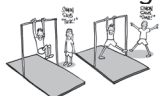
Students split evenly between stations. Move around in the determined direction after completing the activity.



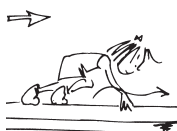
**1. Through - hoop 2.7**



**2. Under - hanging Simon Says 4.1**



**3. Along - bench travels 4.15**



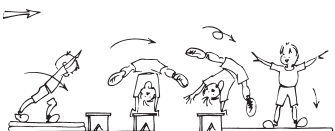
**4. With - rolls with partner 3.11**



**5. Around - spin hoop around body parts 6.2**



**6. Over - cartwheel over a bench 5.13**



**COACHING AND SAFETY POINTS:**

1. One partner holds a hoop vertically while their partner bunny hops through.
2. Hanging under a bar above head height. Partner plays 'Simon Says' with different shapes for their partner to make in hang: tuck, pike star or letters of the alphabet.
3. Start at one end of a bench or low beam. Try different ways to move along the bench: walk, jump, leap, crawl, turn.
4. Perform a forward roll with your partner in perfect time with each other. Agree on a start and finish shape.
5. With one hoop each, try spinning it on hands, neck, leg, tummy, upper arms, thighs, foot.
6. Mini-cartwheel over a low bench or box. Keep arms straight and legs wide. Remember hand-hand-foot-foot.

**COOL DOWN: 5 Minutes**

**Balloon Badminton**

- In pairs, children tap a balloon between themselves, staying in a small area.
- Count the number of taps without letting the balloon drop.
- Celebrate your best scores.
- Try in groups of fours for 'doubles'.
- Change the scoring system by making each tap a multiple of 2, 4, 6 for example.



#### LESSON NO:

Gymskills 6

#### THEME:

Schoolympics

#### TIME:

30 mins

#### SPACE:

Large clear area

#### EQUIPMENT:

Music  
Hoops  
Balls

#### BODY FOCUS:

Hand Apparatus

#### BRAIN FOCUS:

Visual tracking  
Cross patterning  
Endorphins

#### WARM UP: 5 minutes

##### Hoop Group

Arrange children in a space with hoops scattered around the area. Use less hoops than there are children. Indicate which way to move as the music plays. When it stops, children jump into the nearest hoop. Take away hoops every time they move around to encourage more and more children to squash into the hoops. Celebrate the record number in one hoop!



From 'Thinking on your Feet' by Jean Blaydes

#### CHALLENGES: 2 minutes

##### • Finger and thumb swap

Children hold up the right thumb and point the left index finger. Swap and swap again. How fast can you go?

From 'Thinking on your Feet' by Jean Blaydes

#### MAIN SKILL: Teacher Directed 8 minutes

##### Hoop Activities

Arrange children in two lines, standing opposite a partner about 2m apart. One hoop each. Direct the group to try each of the following hoop skills:

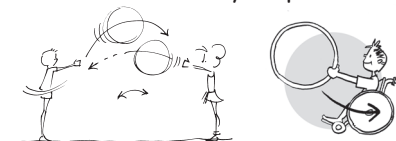
- Spin the hoop on the ground in front; switch to the next hoop to the right. Return to original hoop.



- Push roll hoop towards partner. Catch the opposite hoop. Try with other hand.



- Swing and throw to partner. Both use right hand, then both use left. Catch your partner's hoop.



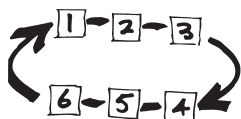
Which Olympic sports require throwing and/or catching skills?

#### COACHING AND SAFETY POINTS:

- Keep the hoop upright. Try moving past two hoops then catch. Can you go all the way around the hoops and back to your own?
- Hoop vertical and pointing straight at your partner. Index finger along the top of the hoop - push the hoop and point to your partner.
- Swing hoop beside you. At the front of the swing, release gently and throw to your partner. Start with one hoop between two and progress to passing two hoops at the same time.

**CIRCUIT: 10 Minutes**

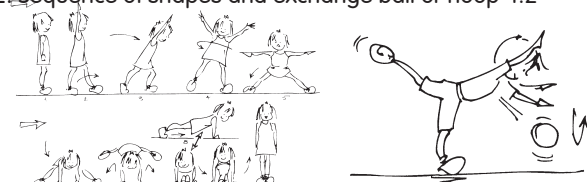
Students split evenly between stations. Move around in the determined direction after completing the activity. Work with a partner.



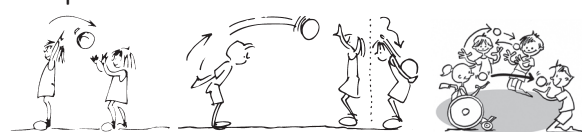
**1. Blind Tennis 6.19**



**2. Sequence of shapes and exchange ball or hoop 4.2**



**3. Ball pass 4.20**



**4. Hoop hand rotations 6.20**



**5. Two ball juggle 3.20**



**6. Rope skipping in pairs 4.21**



**COACHING AND SAFETY POINTS:**

1. Roll a ball to your partner over a short distance. Can you catch it? Try using a noisy ball.
2. Practise a sequence of five shapes from week one. Add a ball or hoop each and perform with the added equipment. Swap hoops or balls at some stage in the sequence.
3. Start about one metre apart. Throw a ball to your partner. Take a step back for every successful catch. Try under arm and overarm throws. Celebrate the longest throws.
4. Spin a hoop on an outstretched hand, in front of your body. Fingers together, thumb up. Make the hoop spin in a flat plane. Try spinning out to the side.
5. Two small balls per person. Throw under and across the body so the ball goes in a triangle up to the forehead and down. Throw in an even rhythm before attempting to catch.
6. One rope between two. Skip together in the same rope. Come up with other ways to skip two in one rope.

**COOL DOWN: 5 Minutes**

**Stretch it out**

Children spread out in the area. Hold gentle stretch positions and count down slowly from 10 (to set-up a definite time frame).

- Pike sit



- Angry cat / Happy cat



- Cobra



- Child pose



- Kneel.



**LESSON NO:**

Gymskills 7

**THEME:**

Schoolympics

**TIME:**

30 mins

**SPACE:**

Large clear area

**EQUIPMENT:**

Music

**BODY FOCUS:**

Revision

Partner Balance

Opening Ceremony preparation

**BRAIN FOCUS:**

Memory / Concentration

**WARM UP:** 5 minutes

**Opening Ceremony Rehearsal**

Movement to Music (GS3)

Repeat the sequence from week three. Build up one skill at a time, then repeat before adding on the next skill. Set a formation for the routine.

- Marching on the spot 1.16



- Heel taps forward



- Side touches



- Knee lifts 5.15



- Jumping jacks 4.10



- Grapevine 2.15



- Easy walks 4.17



- Leg curls 6.17


**CHALLENGES:** 2 minutes

- **Nose and Ear swap**

Touch your nose with your right hand and your left ear with the left hand. Swap: left hand on nose, right hand on right ear. Close your eyes.

- **Cross swap**

Touch your nose with your right hand and your right ear with your left hand. Swap hands and ear.

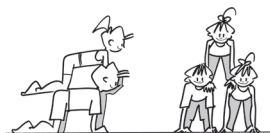
From 'Thinking on your Feet' by Jean Blaydes

**MAIN SKILL:** Teacher Directed 8 minutes

**Partner Balances (GS1)**

Arrange the children into groups of four. Children can assist others in their group if not performing the skill themselves.

- Trio Table 1.4



- Partner front support 3.4



- Group front support 1.1


**COACHING AND SAFETY POINTS:**

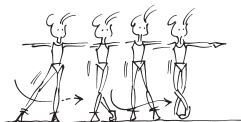
- Match partners appropriately with larger person as the base.
- When weight bearing, use gravity to help: shoulders over hands and hips over knees.
- Make flat back shape when being balanced on.
- Flyer places weight over base's hips and shoulders.



**CIRCUIT: 10 Minutes**

Combine skills from previous sessions to create an Opening Ceremony performance fit for an Olympic Games. The class can work in four small groups or one large group, with each child working with a partner. The number references the relevant lesson plan.

1. Movement to Music routine GS3



2. Partner front support GS1



3. Partner Jumps GS3



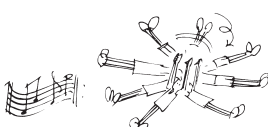
4. Static shapes sequence with hoop or ball GS6



5. Synchronised forward rolls GS5

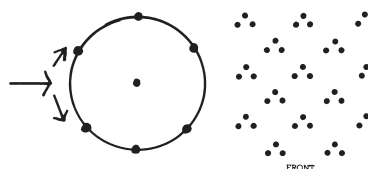


6. Group Balance



**COACHING AND SAFETY POINTS:**

- Arrange the class into clear a formation for each section of the routine. Try lines, concentric circles, smaller groups:



- Direct the class or have a student leader to put the pieces of the routine together.
- Have everyone connected in the Group Balance
- Practise.

**COOL DOWN: 5 Minutes**

**Body Words**

- Spell out the word OLYMPICS with bodies. Practise with small groups and easy letters like: T, L, Y, O.
- Divide the class into small teams to represent a nominated country each for next week. Have the children dress in that nation's colours. Perhaps they could research the country and make a national flag for the Opening Ceremony.





**LESSON NO:**

Gymskills 8

**THEME:**

Schoolympics

**TIME:**

30 mins

**SPACE:**

Large clear area

**EQUIPMENT:**

Pool noodles  
Ice cream lids  
Paddle  
Bean bags  
Balloons  
Rope

**BODY FOCUS:**

SCHOOLYMPICS!

**BRAIN FOCUS:**

FUN!

**MARCHING IN NATIONAL TEAMS:** 3 minutes

In their nominated 'national' teams, have the children march around the space. Aim for an even rhythm when marching.

Can they all use the same leg at the same time?



**CHALLENGES:** 2 minutes

• **National Emblems**

Have each 'national' team make a shape of a national icon with their bodies.

EG: Australia - kangaroo

France - Eiffel Tower

China - Great Wall

**OPENING CEREMONY:** Teacher Directed 5 minutes

Perform the Opening Ceremony routine as learnt in the last session. Find an audience to applaud your efforts.

1. Movement to music routine GS3

2. Partner front support GS1



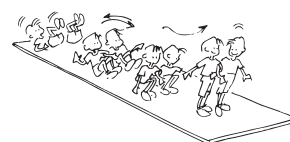
3. Partner jumps GS3



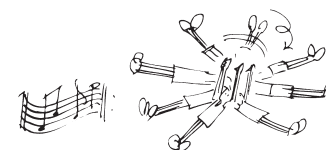
4. Static shapes sequence with hoop or ball GS6



5. Synchronised forward rolls GS5



6. Group balance



**COACHING AND SAFETY POINTS:**

- Have a quick run through before the audience arrives.



### **SCHOOLYMPIC GAMES:** 5 Minutes

Set up the Schoolympic activities and have the children rotate through. Record the results for the award ceremony

1. Pole Vault

2. Rowing

3. Weightlifting

4. Shot Put

5. Basketball

6. Tennis

### **COACHING AND SAFETY POINTS:**

1. Lay down broom sticks or pool noodles like a ladder, leading up to a small box. Run along (tip toe style) stepping in between each pole, without touching them. Jump onto the box without using hands. Move the poles closer together or further apart. This could be a timed event with 5 sec added for touching the poles.
2. Sit on an ice cream lid or scooter board and push yourself backwards with legs. Add a rowing action with the arms.
3. Using a kayak paddle or modified broom stick as the weight lifting bar, balance as many bean bags as you can on the paddles, then lift it up over your head and hold for 3 seconds, without the blocks dropping off.
4. Throw a round balloon with a small weight inside it, from standing on a bench.
5. Hang on the bars with a ball between your feet. After a small swing, release the ball and try to get it to land in a hoop on the ground.
6. Partners tap a balloon over a rope (net) to each other. Try to make your partner miss for one point. First to four points wins.

### **AWARD CEREMONY:** 5 Minutes

Hand out LaunchPad certificates to all children. Make special mention of great achievements.

