

GYMNASTICS SKILLS

KEY INFORMATION



AGE GROUP: Years 7 & 8 **GENDER SPECIFICATIONS:** Male and Female **NUMBER IN A TEAM:** 10 participants. 5 for each gender group

EQUIPMENT stopwatch x 1, skipping rope x 1, hula hoop x 2 gym mat x 1, 1 score sheet and pen per participant

DESCRIPTION

The participants will need to work in pairs. Two pairs will start on the skipping activity and then rotate round together. All the other stations will start with one pair. The team event will take place at the end when everyone has completed all 4 activities.

The teacher is in charge of timing, everyone starts and finishes at the same time. Participant 1 has 1 minute to complete the activity whilst participant 2 counts his/ her score. The pair then change over.

The participation area is to be organised into 4 stations of one activity

Skipping with a rope. How many skips can you do in one minute ?

Hula hoop. How many times can you hula hoop in one minute? If you drop the hula hoop don't count that one but do carry on

Flipping crabs—how many times can you flip from crab to scorpion, and scorpion to crab in one minute?

Plank taps —how many plank shoulder taps can you do in one minute?

Team hula—2 teams of 5. The teacher can decide how these teams are set up. Stand in a line and hold hands. Start with the hoop at one end. Each person has to step through the hoop and pass it onto the next person. How many times can you pass the hoop down the line (without breaking the chain) and back again in one minute. 1 score = 5 people through the hoop



HONESTY

Be honest when you count your scores.



TEAMWORK

Great cooperation brings in results!



Ellesmere Port School Sport Partnership



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DIAGRAMS



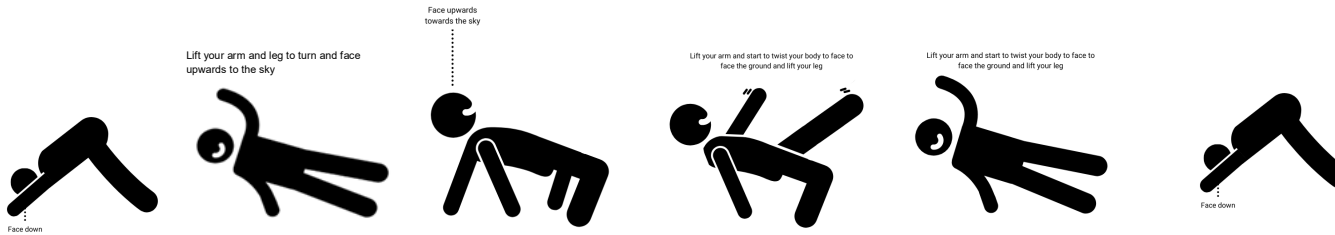
1. Skipping



2 Hula hoop



3. Plank taps



4. flipping crabs



5. Team Hula



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INCLUSIVE:

Adapt activities according to ability. Here are some suggestions:

Skipping: step over the rope; ask someone to turn the rope for you

Hula hoop: use a different body part e.g. arm: how many times can you step through hoop

Plank taps; how many times can you tap your shoulder in a sitting position

Flipping crabs: lie straight and roll across the floor; how many full circles can you do in a wheelchair

Team Hula; Use some rope tied as a loop to pass over a wheelchair user; use a scarf to make the link if children don't want to hold hands

RISK ASSESSMENT:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.



GYMNASTICS SKILLS YEARS 5 & 6 TEAM SCORE SHEET



SCHOOL						
PUPIL NAME	TASK 1	TASK 2	TASK 3	TASK 4	TEAM TASK	TOTAL SCORE
TEAM 1						
TEAM 2						
★ OVERALL SCORE						



GYMNASTICS SKILLS YEARS 7 & 8 DATA COLLECTION



	Total number of girls taking part	Number of ethnic minority pupils	Number of SEND pupils	Number of School Games Makers helping out	Number of teachers involved
Year 7					
Year 8					

	Total number of boys taking part	Number of ethnic minority pupils	Number of SEND pupils	Number of School Games Makers helping out	Number of teachers involved
Year 7					
Year 8					

