

Name: _____

Year 7 PE

Learning from Home Booklet

Term 3 - Weeks 2 & 3

This booklet has lessons you can follow to complete some PE work at home.

Follow your normal timetable and complete each lesson when you would normally have PDHPE.

If you can, join the Year 7 PDHPE Google Classroom (if you haven't already) – r2yy54u

Your PDHPE teacher will regularly post work on the Google Classroom as well, which is similar to the work in the booklet. If you are able to, take a photo of your completed work and email it to your teacher to check.

If you can – comment on the Google Classroom how you went after completing the set activities. This will allow you to connect with your classroom teacher and peers.

PRACTICAL LESSON #1

This lesson, you will be focusing on 'Balance' in Gymnastics. Ensure that you take note of the key coaching points as this will assist you with refining your skills.

Activity 1:

Balance Holds - Easy

This series of Activity Cards concentrates on BALANCING. We are going to begin with a few easy balances. Follow the pictures and Key Coaching Points (KCP) for each balance. Try to hold each balance for 10 seconds before moving on to the next set.



Tuck Hold

KCP: Start in a tuck position. Hold each knee with one hand. Slowly lift toes off the ground to balance.



Kneeling Scale

KCP: Kneel on hands and knees. Lift one leg out behind. Leg should be straight, Hips flat, not tilted.



Stork Stand

KCP: Stand on one leg. Arms out and held straight. Lift one leg, bend knee and point toe to knee.



Side Hold

KCP: Start in a Star shape. Slowly lift one leg to balance. Try not to tip forwards, keep tummy (core) tight.

What are we learning?

Balance underpins everything we do. It provides our body with the stability to do everyday tasks like standing, sitting upright and walking. These static balances also improve body control and core strength.

Resources

Static balance holds should be done on a flat surface. As some of these require sitting or kneeling on the floor, a soft matted or grass surface is recommended.

Activity 2:

Balance Holds - Harder

Well done if you have been able to hold all the balances on the first card for more than 10 seconds. Here are a few harder balances to try. Remember to use your tummy muscles (core) to hold balances still. Follow the Key Coaching Points (KCP) to achieve the correct posture in each balance.



V sit, straddle hold

KCP: Start in a tuck sit position. Push your legs out straight into a straddle shape. Balance only on your bottom, not lower back.



Kneeling scale, no hands

KCP: Start in the Kneeling Scale position. Slowly lift one hand off the floor. Once balanced try both hands off the floor.



Arabesque

KCP: Stand with arms out to side. Lift one leg out behind, keeping it straight. Lean forward so back is horizontal. Try not to twist hips, keep back flat.



Shoulder Stand

KCP: From tuck, rock back to shoulders. Lift feet and hips, pushing toes to the sky. Support hips with your hands, elbows close to your body.

What are we learning?

Balance underpins everything we do. It provides our body with the stability to do everyday tasks like standing, sitting upright and walking. These static balances also improve body control and core strength.

Resources

Static balance holds should be done on a flat surface. As some of these require sitting or kneeling on the floor, a soft matted or grass surface is recommended.

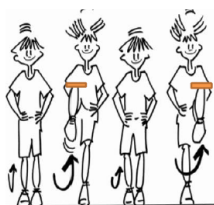
Activity 3:

There are parts of this activity that will ask you to complete the set skills with pieces of equipment/resources. Most of these can be found around your home (Please see below for some suggestions).

Balance with an Object

In this balance activity we are going to balance an object on different parts of our body. We will also see if we can move with the object still balancing.

1. Balance the object on your head. Walk slowly around the space, balancing the object. If it falls put it back on and try again. Remember, chin up and look forward.
2. Balance the object on your elbow. First hold bent arm out to the side like a wing. Balance object on the end. Now try same balance with hand holding your shoulder and object balanced on top of your elbow. Can you flick the object off and catch it??
3. Balance the object on your knee. Bend your knee up so that it is at hip height. Try both knees.
4. Now balance the object on your toe. Lift your toe slowly off the floor.
5. Try balancing on your tummy while walking in crab shape or on your back in bear shape.
6. What other parts of your body could you balance your object on?



What are we learning?

Balancing an object will teach core stability, body awareness and good posture. It can also be used to learn the names of different body parts.

Resources

You will need a flat area for this activity. The object you choose to balance should be small and soft. E.g. bean bag, small stuffed toy, pair of socks, dish washing sponge. You might wish to try balancing different objects e.g. heavy vs light.

Activity 4:

Balance Holds – Different Body Parts

In this activity we are going to balance on different parts of our body. Practice all of the balances shown. Then try some more of your own.

1. Two knees
2. Two feet, one hand
3. Back
4. One elbow, one knee
5. Two hands

This activity could be played as a game with music, similar to "FREEZE". Move around the space in different ways. When the music stops, the coach (parent, teacher) calls out the body parts and gymnasts make a balance.



What are we learning?

Balancing on different body parts will teach core stability, body awareness and good posture. It can also be used to learn the names of different body parts.

Resources

This activity will need some space and a matted or grass area. If you wish to use it as a game, some fun, fast music will be used as well as someone to control the music and to call the actions.

PRACTICAL LESSON #2

This lesson, you will be focusing on 'Jumping and Landing' in Gymnastics. Ensure that you take note of the key coaching points as this will assist you with refining your skills.

Activity 1:

Learning to Land

In this series of Activity Cards we are going to concentrate on jumping and landing in the right way. In gymnastics we often call the landing position a **MOTORBIKE LANDING** – because the shape looks like sitting on a motorbike.

Practice this landing position before moving on.

CHALLENGE - practice landing on different surfaces and from a small height.

KEY COACHING POINTS:

- ✓ Land softly on the floor or mat with heels pressed down, feet slightly apart.
- ✓ Bend knees and tighten core to control the landing - do not allow your knees to bend fully into a squat position.
- ✓ Keep chest and head up to prevent your body tipping forwards.
- ✓ Arms should be straight out in front, just below shoulder height.



What are we learning?

Before we start our jumping, we need to learn how to **land safely**. Why ?? Safe landing is important for a few reasons – if we do not cushion our land by bending our knees, we can do damage to our knees and back. It is also teaching our body to take the force of the activity before the landing and preventing falling forwards.

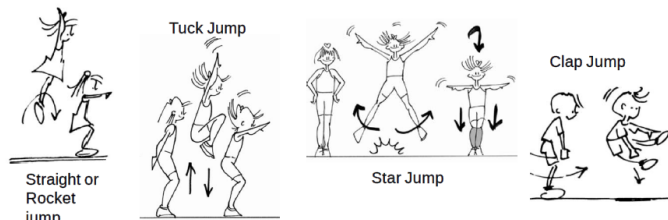
Resources

Look out for a few different surfaces to land on e.g. soft carpet, hard floor, grass, sand. Look for **low heights** to jump from before landing e.g. outside step, firm pillow, small logs, bathroom step. (not chairs or tables, they are too high!)

Activity 2:

Let's Jump!

Now you have practiced your landing position, it is time to do some jumping. We are going to start with jumping in different shapes. Look closely at the pictures to see the shape of the body in the air. Start each jump with your arms straight and just behind your back. Swing your arms, keeping them straight, to your ears to give you a good lift in the jump. Then **ALWAYS** land in the **MOTORBIKE LANDING** position.



What are we learning?

Learning fundamental body shapes is important in gymnastics. Learning these shapes as we jump from standing is a good first step before jumping in shapes from a box or mini tramp.

Resources

Jumping and landing from standing is best done on a soft surface like carpet, mats or grass.

Activity 3:

Jump in Different Directions

In this activity we are going to explore jumping in different directions. Follow the Key Coaching Points (KCP) and pictures for each Action.



Jump In and Out
KCP: Jump forwards into a space and then jump forwards out of the space. Turn around and repeat, Jump In and Out.



Jump Forwards and then Backwards
KCP: Jump over a line forwards. Without turning jump backwards over the line.



Jump from side to side
KCP: Jump sideways (from left to right) over a line or into a hoop and land in Motorbike position. Jump back the other way (from right to left)

What are we learning?

Learning different directions is important for younger children. You could use these jumps in different directions as a warm up game, calling the action each time. eg. Jump forwards, jump right, jump left, jump backwards, jump right

Resources

Jumping and landing from standing is best done on a soft surface like carpet, mats or grass. For this activity you will need to define a small space for activity one. Use a hoop, small piece of material, draw a circle with chalk. For the other 2 activities draw or place a line on the ground. Use chalk, a small rope or cord.

Activity 4:

Jump and Turn

In this activity we are going to explore jumping and turning. We will only use straight jumps (rocket jumps) in this activity. We are going to use the numbers on a clock face to make it easier to understand how far to turn. Follow the Key Coaching Points (KCP) and pictures for each Action



Jump ¼ turns

KCP: Start by standing tall like a soldier. If you are standing in the middle of a pretend clock face you start facing the 12. Jump ¼ turn to face the 3, ¼ turn to face the 6, ¼ turn to face the 9 and ¼ turn to face the 12 where you started.



Jump ½ turns

KCP: Start again tall like a soldier, facing the 12. Jump turning to face the 6, ½ the circle. This is a ½ turn jump. Don't forget to always land in Motorbike position and use your arms for lift.

What are we learning?

Learning different directions is important for younger children. In this activity we are going to learn the concept of ¼ and ½ of a circle. To make it easier, use the numbers on a clock face to determine how far around the circle to jump.

Resources

Jumping and landing from standing is best done on a soft surface like carpet, mats or grass. For this activity you will need to mark out the ¼ numbers on a clock face. Use chalk or numbers on card. Mark our 12, 3, 6 and 9 plus the middle where the gymnast will stand.

Activity 5:

There are parts of this activity that will ask you to complete the set skills with pieces of equipment/resources. Most of these can be found around your home (Please see below for some suggestions).

Jump and Land using Equipment

In this activity we are going to explore jumping using different pieces of equipment. Refer to Resources for what will be required. Follow the Key Coaching Points (KCP) and pictures for each Action.



Jump from a small height

KCP: Start by standing tall like a soldier on the block. Jump forwards, using an arm swing for height and land in Motorbike position – chest and head up, knees bent, heels flat.

Jump using a skipping rope
KCP: Start with the rope behind your body. Swing arms high above your head and jump over the rope as it hits the floor in front of your body.



Jump over small obstacles

KCP: Jump in a tuck shape over low obstacles. Jump with **2 feet together** and always land in Motorbike position. *Put obstacles together in a line for a challenge.*



What are we learning?

Learning to jump and land using different heights and pieces of equipment will consolidate the jump and land actions learning in this series. Make sure the height is safe for the ability and age of the gymnast. Start low and raise the height of boxes and obstacles used as their skills progress.

Resources

Low height box – use spotting boxes in gym, small logs, house hold step, play equipment in playground. Skipping rope – ask child to stand on middle of the rope. Handles should be at shoulder height. Small obstacles – make jumps from brooms and tins, pillows or cushions, soft toys, small logs and straight sticks found outside.

PRACTICAL LESSON #3

This lesson, you will be focusing on 'Front support and Back Support'. Ensure that you take note of the key coaching points as this will assist you with refining your skills.

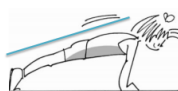
Activity 1:

Learning the correct support shapes

FRONT SUPPORT

KEY COACHING POINTS:

- Start in Angry Cat position on hands and knees.
- Hips should be directly above your knees and shoulders above your hands.
- Push one leg out straight, toes supporting your leg. Then push other leg out straight.
- You should now have a straight line between your shoulders and toes – no dip in back or bottom too high.
- To maintain the shape, hold tummy (core) tight and squeeze bottom.



REAR OR BACK SUPPORT

KEY COACHING POINTS:

- Sit with legs out and hands next to hips with fingers pointing towards toes.
- Push hips up to form a straight line again between shoulders and feet.
- Keep core and bottom tight.



What are we learning?

SUPPORT SHAPES are fundamental skills in gymnastics. If a gymnast can hold a good front and rear support shape, they are ready to move onto harder skills like hand stands. These supports should form the basis of any GfA program.

Resources

You will only need a flat surface for learning these support shapes.

Activity 2:

Front to Rear Support Activities

Now we have learned how to make good support shapes, we are going to learn how to start in one support shape and move into another.



FRONT SUPPORT TO REAR SUPPORT WALK THROUGH

KCP: Start in Front Support. Slowly start to walk feet through your hands, keeping in a tuck shape.

Try not to take your hands off the floor. Keep walking through until you are in a Rear support shape. Try to walk back to front support again.

FRONT SUPPORT TO REAR SUPPORT TURNS
KCP: Lift one hand off the floor and rotate arm over your head, following with your whole body. **Make sure you keep your core tight and don't "sag", keep tummy up.** Once in Rear Support, move hands so that your fingers are pointing towards toes.



What are we learning?

SUPPORT SHAPES are fundamental skills in gymnastics. If a gymnast can hold a good front and rear support shape, they are ready to move onto harder skills like hand stands. These supports should form the basis of any GfA program.

Resources

You will only need a flat surface for learning these support activities.

Activity 3:

Front to Rear Support Activities



FRONT SUPPORT SHAPE ON ELBOWS (PLANK)

This "Plank" activity is a great activity to build up core strength. **KCP:** Start in a Front Support shape. Bend arms one at a time and balance on forearms. Keep tummy (core) tight and squeeze bottom. Avoid a "saggy" tummy or too much arch in back.

CHALLENGE- You could try to hold a bean bag or other soft object between your ankles.

SPRING FROM FRONT SUPPORT TO FRONT SUPPORT STRADDLE

KCP: Start in Front support shape. Lift hips and "spring" legs out into a straddle shape. Try this several times, without losing the Front Support Shape.

CHALLENGE- Try this activity with your feet raised on a low step or block.



What are we learning?

SUPPORT SHAPES are fundamental skills in gymnastics. If a gymnast can hold a good front and rear support shape, they are ready to move onto harder skills like hand stands. These supports should form the basis of any GfA program.

Resources

It is best to do these activities on a flat, soft surface like carpet or grass. For the first activity you might use a bean bag, small stuffed toy or pillow for the Challenge. For the second activity you could find a small step or stable block for the Challenge e.g. big book, piece of wood, small stool.

Activity 4:

There is a section of this activity that will ask you to work with a partner (Green Heading – Support Walk with a Partner). This can be anyone in your household including a sibling or a parent. Challenge yourself and see if you can complete the support walk with a partner successfully.

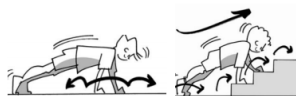
Front to Rear Support Activities

In the following activities we are going to be moving while holding the support shapes.

FRONT and REAR SUPPORT CLOCKS

KCP: Start in either front or rear support. Move your hands in a big arc while keeping your feet in the same place on the floor. (like a windscreen wiper motion)

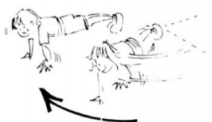
Remember to keep your tummy (core) tight.



FRONT SUPPORT WALKING

KCP: try moving forwards while holding a strong Front Support Shape.

CHALLENGE - try to walk up a slope in front support.



SUPPORT WALK WITH A PARTNER

For this activity you will need a partner.

KCP: One person will walk in a CRAB shape and the other in REAR Support. This one is a bit tricky but give it a go! Don't go too fast with this one.



What are we learning?

SUPPORT SHAPES are fundamental skills in gymnastics. If a gymnast can hold a good front and rear support shape, they are ready to move onto harder skills like hand stands.

Moving in support shapes will improve core and arm strength – but should only be done once a gymnast is holding a good support shape.

Resources

Try these activities on a soft surface like carpet or grass. For the second activity you could find a grassy slope or mattress supported to make a slope. You will need a willing partner for the third activity.

Activity 5:

Side Support Activities

In the following activities we are going to use a **SIDE SUPPORT** shape.

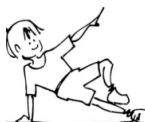
Side support uses the same core muscles and is a good activity to add to any program for conditioning.

Start in **SIDE SUPPORT** with one elbow on the floor and one knee bent.

As you become more stable in **SIDE SUPPORT** you can use just one hand on the floor for support and move to both legs straight.

Some modifications:

1. Bounce a ball whilst in **SIDE SUPPORT**.
2. Hold in **SIDE SUPPORT** and move legs in a scissor action



What are we learning?

SIDE SUPPORT is another support shape that will help to improve core strength. Because the balance support is only on one arm and leg, it uses a lot of strength to hold the shape. Remember to always use both sides of the body in training activities.

Resources

Try these activities on a soft surface like carpet or grass. For a Challenge you could use a small ball to bounce.