

Sir Ellis Kadoorie Secondary School (WK)
Gymnastic Lesson Plan

Subject: PE (general)

Class: S1-S3

Topic: Gymnastic & Cheering

2 Period (70 mins)


Students knowledge :

1. Students know very little about gymnastic
2. Students watch Cheering performance in sports day

Teaching purpose :

1. Students learn the basic skills of gymnastic
2. Students can protect themselves while practicing gymnastic
3. Students apply some gymnastic skills to Cheering performance

Teaching content :

Teaching point	Content/ activities	Time
Motivation	<p>Ask the students if they watched Sports day cheering performance and HK games cheering competition. Mini game 1: Freeze, Hold for 5s</p>  <p>For the skill focus, Improves pairs counter balancing, coordination, teamwork</p> <p>Mini game 2: Sit on others together, Hold for 5s</p>	5'



For the skill focus, Improves coordination, teamwork

Development

Warm up (specific)

15'



Balance with one leg



Balance with hip



Side support



Animal walk: Seal, Frog



Trust fall

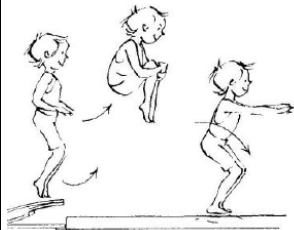
Introduce different type of gymnastic skills

Let the students try different gymnastic skills

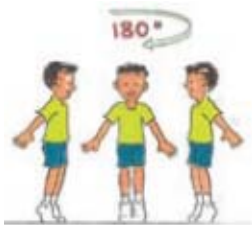
15'



Jump on mats



Jump on springboard



Rotation 90, 180, 270. 360



Log roll

Maintain core stability and roll as one unit.



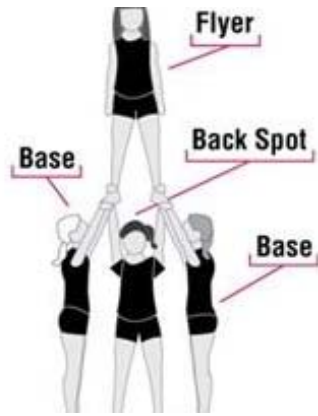
Forward safety roll

Main theme

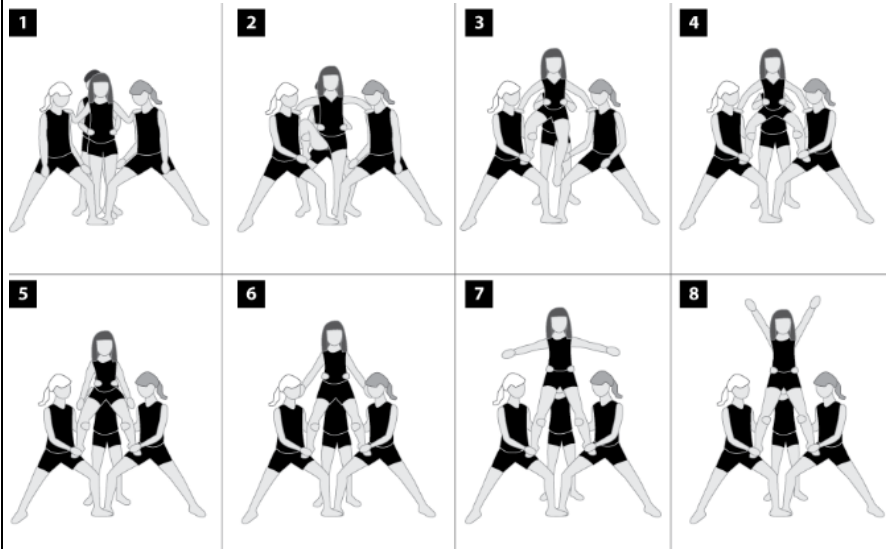


Basic pyramid

20



Introduce the role in a group



Introduction the basic stunt and try

Group and class work:

To choose a stunt or balancing pose and show to all class

5

Cool down:

Stretch

5