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Warm-up Teaching Assignment  
**Gymnastics**

**Objectives:**

- To increase core temperature, to physically prepare students for a gymnastics lesson in a fun, progressive and safe manner.
- Gymnastics application: cognitive awareness of posture, balance, anticipation, personal space and overall gym space.
- Introduction to some gymnastics skills/movements

**Required Equipment:**

- Bean bags (36-40)
- Pinnies (6)
- Music- CD/tape player
- Cones (10)

**Teaching Styles:**

- Command and Self Discovery

**Warm-up Formats:** Teacher led, minor games, fitness blasts, general fitness, aerobic, partner

**Management:** - Explain game rules

- line up along line > # off students 1-5 > (student led)
- each person grabs a bean bag and goes into coned area.
- # 1's grab a pinnie
- increase size of playing area with increase in speed of movement.
- to change taggers have the next # up raise hand
- when partnered up, one partner "places" bean bag in box

**Instructions/Warm-up:**

#1's are taggers first. They where the pinnies. They remain taggers until the music stops. Bean bag is placed of head. Can not hold the bean bag. If bag is dropped or tagged by a tagger- must "leave" the game zone and perform a task (see tagged movements) before returning to play.

- Progressions:*
1. Walking - bean bag on head
  2. Jogging - bean bag on head
  3. Walking/hopping - bean bag between legs
  4. Hoping on one foot/ alternating feet - bean bag on head
  5. running - bean bag any way /no hands
  6. With a partner - one bean bag touching both partners. no hands.

*Tagged Movements/ or dropped bean bag movements:*

- students choose/ perform 5 repetitions from one of the choices below:
- Star jumps, tuck jumps, touch toes jumping, 180/360 degree rotations, push-ups, sit-ups, or burpee's (demonstration of each one will be performed by a student who feels competent at the skill)

**Learning domains:**

**Cognitive:** awareness of space, how to evade taggers. Problem solve to discover how to move more quickly while not dropping bean bag.

**Personal/Social responsibility:** when partnered off, communication, compromise, team work skills are tested.

**Physical:** posture, balance, strength, aerobic work

Diagram:

