

	Subject: Gymnastics Analysis, Coaching and Evaluation Lesson: Group Sequence	Year:	Group:	Total No.:	M:	F:
		Ability:	Period:	SEN:		
		Duration:	w/c			

Objectives: To be able to combine their own and others' sequences and to adapt both to produce a new one, taking account of their own strengths and weaknesses and those of their partners To be able to create a group sequence lasting between 1 and 1.5 minutes, showing a clear develop analysis, evaluation and understanding skills of group relationships and other compositional principles
To be able to observe and analyse their own sequence using the digital camera and use this information to influence and improve their own work.

Key Aspect of Transfers of Skills and Analysis	Throughout every aspect of this sessions:
	- Discuss, evaluate and analyse the different skills, phases, actions and techniques found in the activities that are accurately replicated, explored, communicated and performed at their maximum
	- Identify the similarities and the teaching points found in each of these skills, movement phases, actions and techniques and constantly give positive coaching and feedback points - Constantly develop skills and practices that enable skills, knowledge, analysis and evaluation and develop analysis, evaluation and understanding skills of phases of movement and actions / kills to be used to enhance performances

Activity	Description	Objectives	Teaching Points	Evaluation / Performance	Differentiation and Creativity
Student Warm Up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Observe pupils performances	⌚ Ask students how they could make warm up easy / harder / intense
Student Stretches	Students arranged in a circle. Students lead through series of stretches	To develop analysis, evaluation and understanding skills of the importance of stretching at the start of the session. To be able to analyse, evaluate, coach and demonstrate stretches relevant to Gymnastics	- Hold stretches for 8 seconds. - No bouncing.	Q & A on benefits of stretching and their warm ups	⬆️ Get pupils to incorporate stretching with Objects that are to be used within the lesson
Group Sequence	- Pairs teach last lesson's sequence to another pair.	To be able to combine their own and others' sequences and to adapt both to produce a new one, taking account of their own strengths and weaknesses and those of their partners To be able to create a group sequence lasting between 1 and 1.5 minutes, showing a clear develop analysis, evaluation and understanding skills of group relationships and other compositional principles	- Incorporate all types of skills previously enhanced, learnt and developed - Develop and enhance their previous work - Instruct pupils accurately - Perform the steps, phases, rolls, movements, balances and skills correctly with precision and fluency	M/C - Identify strengths and weaknesses in individuals <i>Listen to pupils feedback and evaluation regarding the strengths weaknesses of the movements</i>	⬇️ Limit the time of the sequence ⬆️ Allow students to perform their sequence / routine to music ✎ - Pupils discuss as a whole group their Strengths & Weaknesses and how they are going to improve Cr – Pupils devise a practice which enables them to incorporate suitable moves for their own ability
	- 4's perform the 2 sequences one after the other.		- Create, refine and enhance perform - Work as a group to perform a final sequence		
	- 4's refine/reorder the sequence, taking into account the various compositional principles and extend the sequence to 1.5 minutes.				
	- Performance and videoing – viewing of video.	To be able to observe and analyse their own sequence using the digital camera and use this information to influence and improve their own work.	- Perform sequence accurately - Observe quietly - View performances - Correct and suitable / positive feedback		- Listen to the pupils peer feedback, analysis and evaluation
Cool Down	The 2 students chosen to lead the cool down do so	To develop analysis, evaluation and understanding skills of why you Cool Down and do rhythmical movement after exercise	- listen to and follow instructions of those leading the cool down - complete exercises and stretch	Q & A on the teaching points and objectives of the skill, activity and lesson	⬆️ Ask pupils questions why a Cool down is essential after exercise

Informed Choices and Lifestyle	Describe the importance of having qualified Gymnastics coaches and highlight the Gymnastics coaching courses available in the region along with seminars for aspiring / emerging Gymnast Describe the importance of having qualified Gymnastics referees and highlight the referee courses available in the region along with seminars for aspiring / emerging Gymnast and referees												
Equipment	Floor mats, Criteria/marketing sheets, Boxes, Horses, Benches, Beams, Crash Mats, Digital camcorder and TV, Peer evaluation sheet												
ICT	Assessment	Citizenship	Peer Evaluation	Literacy	Numeracy	Pupil planning							
Analysis of perf.	Evaluation	Feedback	Q & A	Mathematics	Art	English	Science	Technology					

Comments / Notes: