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@MrTatro\_PE

# K-2 EDUCATIONAL GYMNASTICS

## Learning Progressions



Rob Tatro

Hillside School

Needham Public Schools

# Routine is **NOT** the enemy!

*Socks and Shoes*

*Warm-up*

*Lesson FOCUS*

*Explore Time*

*Socks and Shoes*

- Kindergarten Warm Up is the same every class except that we add a new animal to the game.
- First and Second grade Warm-Up almost always incorporates some sort of review of what we did last class.

KINDERGARTEN

# Body Support Spinners

 → **Foot**

 → **Knee**

 → **Hand**

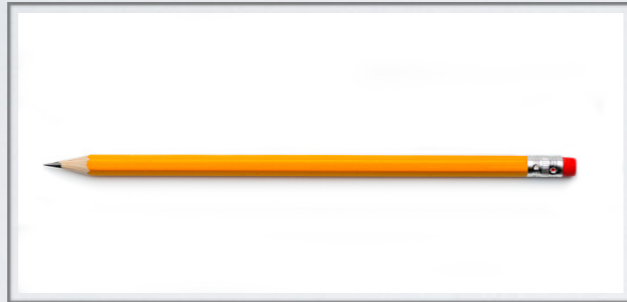
 → **Bottom**

 → **Elbow**

 → **Head**

- 
- **Strong and still balances**
  - **Count to 3 gymnastics**

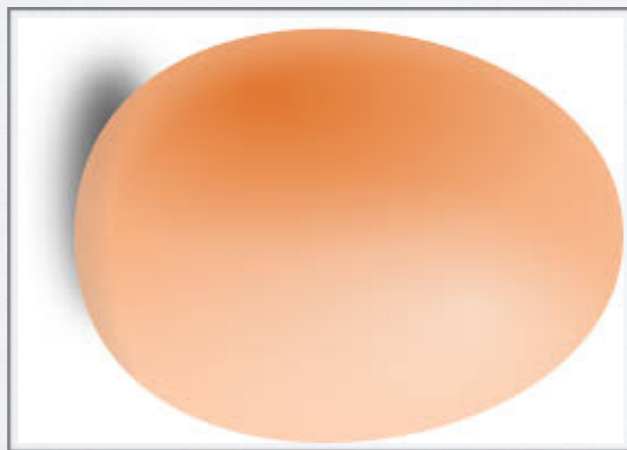
# Sideways Rolling



→ **Pencil Roll**



→ **Log Roll**





→ **Egg Roll**


# Body Bowling

Fun way for students to transfer their sideways rolls from an incline mat to the floor.

## Rolling Sideways

 = Pencil Roll

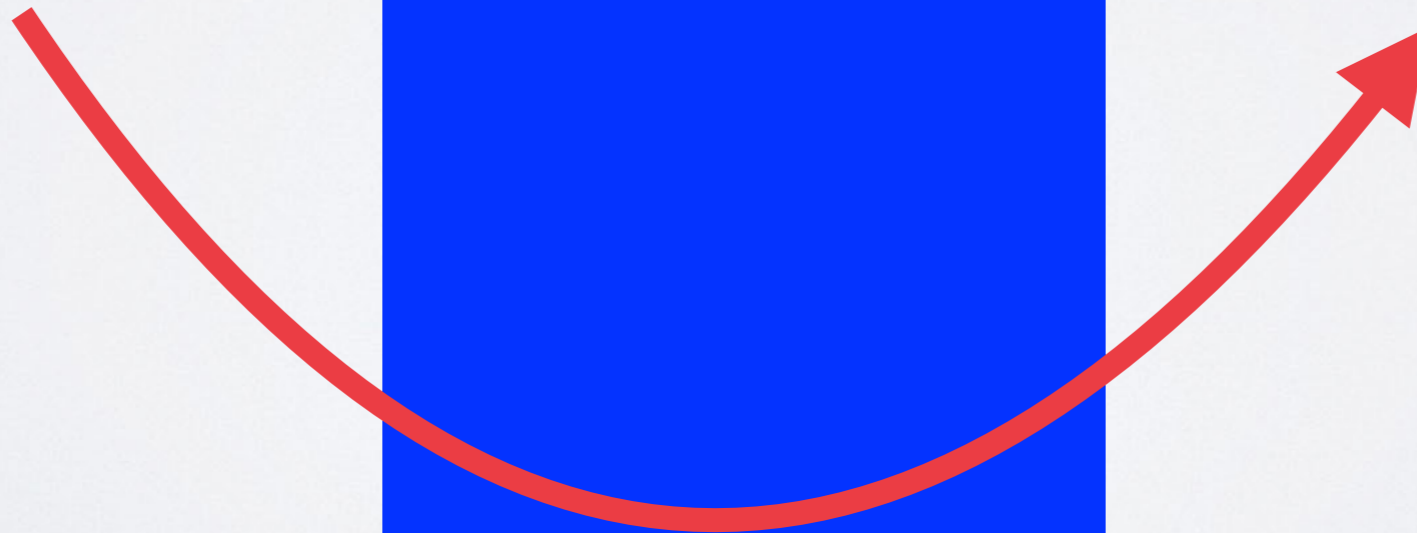
 = Log Roll

 = Egg Roll



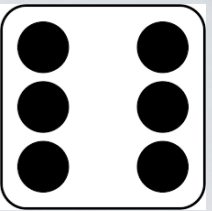
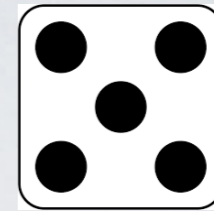
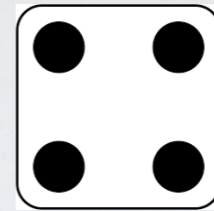
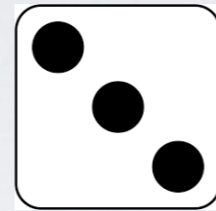
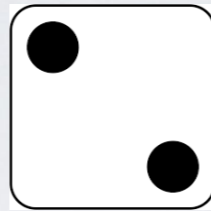
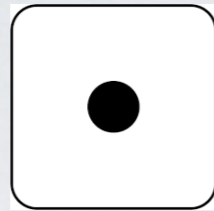
1ST GRADE

# Donkey Kicks





# Dicey Balances



**Which  
body part?**

Hand

Foot

Elbow

Knee

Bottom

Head

**How many  
bases of  
support?**

One

Two

Three

Four

Roller's  
Choice

Roll  
Again

**What kind  
of shape?**

Straight

Curved

Wide

Narrow

Twisted

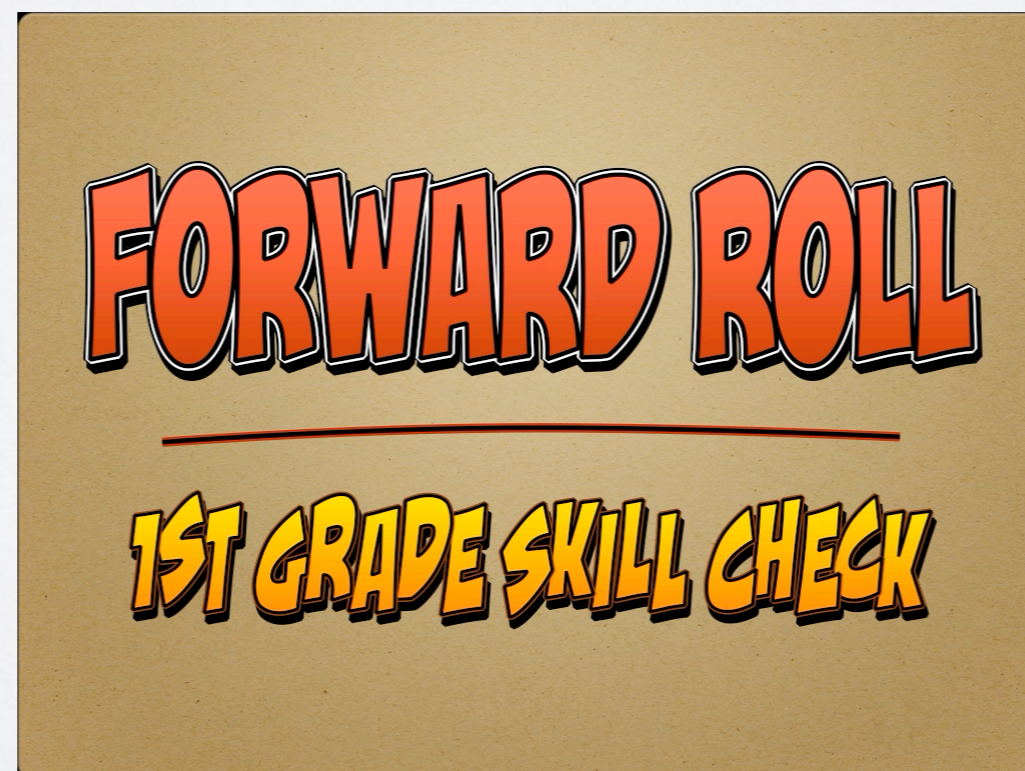
Roll  
Again

# Forward Roll

Shape Standard (SI.E9.2)

Rolls in different directions with either a narrow or curled body shape.

Demonstrates the ability to roll in a forward direction using proper skill cues.



# Elevator

Which floor can you jump up too?



**5th Floor**

**4th Floor**

**3rd Floor**

**2nd Floor**

**1st Floor**



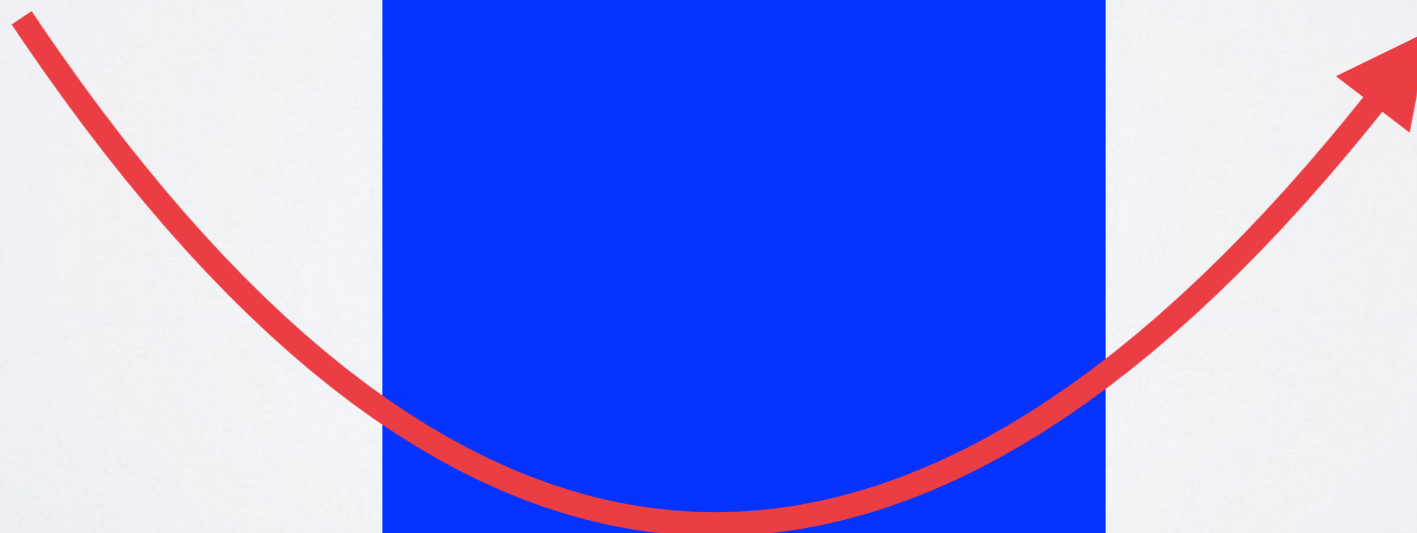
# 1st Grade Gymnastic Sentence

## 1st Grade Sentence Checklist

Skill	Partner 1: _____	Partner 2: _____
<b>Beginning Shape</b>		
<b>Forward Roll</b> holds the mat looks through legs knees to chin reaches for cookies		
<b>Balance</b> 3 gymnastics		
<b>Jumping and Landing</b>		
<b>Ending Shape</b>		

2ND GRADE

# Donkey Kicks w/ a Twist



# Sticky Landings

**Practice from the floor, over a low hurdle, and over a high hurdle.**

<b>Game!</b>	Sticky Landing	Foot Shuffle	Crash Landing
From a Folded Mat	<b>2</b>	<b>1</b>	<b>0</b>
From a Helper Mat	<b>4</b>	<b>2</b>	<b>-2</b>
From a Stacked Helper Mat	<b>6</b>	<b>3</b>	<b>-4</b>

# Freeze Frame

## Shapes In The Air Menu

Curved

Straight

Narrow

Wide

Twisted

Round





# 2nd Grade Gymnastic Sentence

## 2nd Grade Sentence Checklist

Skill	Partner 1:	Partner 2:
Beginning Shape		
Forward Roll		
Balance		
Shape in Air		
Sticky Landing		
Ending Shape		
<b>1 minute or less?</b>		
<b>Connected?</b> (no walking)		

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# 3-5 EDUCATIONAL GYMNASTICS

## Learning Progressions

**Join Me Tomorrow**



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