

Foundation PE (EYFS) Gymnastics Overview

Area: Gymnastics

Topic: Gym in the Jungle

Date:

Starting Point

Start this topic by reading the children either 'Rumble in the Jungle' by Giles Andreae or 'Walking Through the Jungle' by Stella Blackstone. Show the children the [Jungle & Rainforest Animals Display Photos](#) and discuss.

Scheme Overview

During this set of 6 lessons, children will learn to move and balance like different jungle animals. They will be experimenting with moving around, under, through, and over small and large equipment. Finally, they will be creating their own gymnastic sequence.

Vocabulary

Tiptoes, waddling, walking, running, large steps, skipping, sideways, backwards, crawling, sliding, hopping, rolling, shuffling, slithering, jumping.

Over, under, through, on top, around, climb, balance, travel, move.

Lion, tiger, monkey, frog, snake, hippopotamus, elephant, rhinoceros, cheetah, leopard.

Equipment

Hoops, beanbags, parachute, material, skipping ropes, large gymnastics equipment (e.g. benches, gym tables), safety mats, tunnels, tents.

Assessment

Assess children during each lesson through observation and questioning. Children should be able to talk about the skills they are developing. For final assessment, use the child's sequence from Lesson 6.

Differentiation

Differentiation will vary for each activity. It may be through equipment used, support given or the task itself. Please see individual lesson plans for details.

Health and Safety

A risk assessment should be carried out to assess the safety of the space you are working in and the equipment you are using. Use the [Foundation PE \(Reception\) Risk Assessment](#) to support with this.

Main Early Years Outcomes covered throughout this unit

- Experiments with different ways of moving.
- Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences.
- Travels with confidence and skill around, under, over and through balancing and climbing equipment.

Objectives covered throughout this unit

- To develop the ability to move in a range of ways.
- To increase the ability to move around and onto equipment.
- To increase the ability to move under and onto equipment.
- To increase the ability to move over and onto equipment.
- To increase the ability to move through and onto equipment.
- To combine movements together while negotiating different equipment.

Success Criteria covered throughout this unit

- I can experiment with different ways of moving.*
- I can create my own ways of moving.
- I can confidently climb on a range of different equipment.*
- I can confidently move in a range of ways around different objects.*
- I can confidently move in a range of ways under different objects.*
- I can confidently move in a range of ways over different objects.*
- I can confidently move in a range of ways through different objects.*
- I can co-ordinate my movements.*
- I can confidently move in a range of ways.*

Skills covered throughout this unit

- Coordination
- Balance

Additional Notes/Next Steps/Evaluation

Text

*Based on the Early Years Outcomes.

Lesson 1: [Exploring the Jungle](#)**Lesson Objective:**

To develop the ability to move in a range of ways.

- I can experiment with different ways of moving.*
- I can create my own ways on moving.

Lesson Outline:

During this lesson, children will use the jungle animal stimuli to practise and create movements which relate to different jungle animals.

Resources: Jungle Island Music Clip, [Jungle & Rainforest Animals Display Photos](#), [Foxes and Bunnies Warm-Up Activity Card](#), [Animal Kingdom Cool-Down Activity Card](#), 'Rumble in the Jungle' by Giles Andreae or 'Walking Through the Jungle' by Stella Blackstone, large paper, felt-tip pens, a range of large or small gymnastic equipment (e.g. hoops, benches, gym tables), safety mats.

Lesson 2: [Mirror That Monkey](#)**Lesson Objective:**

To increase the ability to move around and onto equipment.

- I can create my own ways of moving.
- I can confidently climb on a range of different equipment.*
- I can confidently move in a range of ways around different objects.*

Lesson Outline:

During this lesson, the children will focus on being monkeys, climbing onto large equipment and moving around other equipment. They will also play 'Mirror That Monkey.'

Resources: Jungle Island Music Clip, [Monkeys Display Photos](#), [Groups Warm-Up Activity Card](#), [Shake It Up Cool-Down Activity Card](#), hoops, beanbags, large gymnastics equipment (e.g. benches, gym tables), safety mats.

Lesson 3: [Slithering Snakes](#)**Lesson Objective:**

To increase the ability to move under and onto equipment.

- I can create my own ways of moving.
- I can confidently move in a range of ways under different objects.*

Lesson Outline:

During this lesson, the children will focus on being snakes, moving under a range of large equipment including a parachute. They will also play 'find that snake.'

Resources: Jungle Island Music Clip, [Snakes Display Photos](#), [Me and My Shadow Warm-Up Activity Card](#), [Huff and Puff Cool-Down Activity Card](#), hoops, beanbags, parachute, skipping ropes, large gymnastics equipment (e.g. benches, gym tables), safety mats.

Lesson 4: [Lie Down, Lions](#)**Lesson Objective:**

To increase the ability to move over and onto equipment.

- I can confidently move in a range of ways.*
- I can confidently climb on a range of different equipment.*
- I can confidently move in a range of ways over different objects.*

Lesson Outline:

During this lesson, the children will focus on being lions, climbing onto large equipment and moving round other equipment. They will also play 'Lie Down, Lion.'

Resources: Jungle Island Music Clip, [Lions Display Photos](#), [Shape It Up Warm-Up Activity Card](#), [Spaghetti Game Cool-Down Activity Card](#), hoops, beanbags, large gymnastics equipment (e.g. benches, gym tables), safety mats.

Lesson 5: [Frozen Frogs](#)**Lesson Objective:**

To increase the ability to move through and onto equipment.

Lesson Outline:

During this lesson, the children will focus on being jungle frogs going through large equipment and moving round other equipment. They will also play 'Frozen Frogs.'

*Based on the Early Years Outcomes.

- I can confidently move in a range of ways.*
- I can confidently climb on a range of different equipment.*
- I can confidently move in a range of ways through different objects.*

Resources: Jungle Island Music Clip, [Frogs Display Photos](#), [Rock Pools Warm-Up Activity Card](#), [Waterfall Cool-Down Activity Card](#), hoops, beanbags, large gymnastics equipment (e.g. benches, gym tables), safety mats, large sheets of material/parachutes, tunnels, tents.

Lesson 6: [Journey Through the Jungle](#)

Lesson Objective:

To combine movements together while negotiating different equipment.

- I can coordinate my movements.*
- I can create my own short sequence of movements.
- I can confidently move around, under, over, and through different objects and equipment.

Lesson Outline:

This is the final lesson in the unit. The children will combine all the skills they have learnt throughout this unit and use some equipment to create a short sequence of movements.

Resources: Jungle Island Music Clip, [Directions Game Warm-Up Activity Card](#), [Gears Cool-Down Activity Card](#), [Monkeys Display Photos](#), [Snakes Display Photos](#), [Lions Display Photos](#), [Frogs Display Photos](#), [Jungle-Themed Observation Speech Bubbles](#), [Journey Through the Jungle Display Posters](#), [Journey Through the Jungle Sequencing Board](#), [Foundation PE \(Reception\) - Gymnastics - Gym in the Jungle Teacher Support Cards Pack](#), [Gymnastics - Gym in the Jungle Assessment Pack](#), hoops, skipping ropes, beanbags, large gymnastics equipment (e.g. benches, gym tables), safety mats.

[We have a pack of more detailed individual plans covering each of these lessons here.](#)

*Based on the Early Years Outcomes.