

LESSON PLAN GYMNASTICS WITH INSTRUMENTS

School: 9th primary of
Alexandroupolis

Class: E+ ST

Number of students: 20

Duration: 45 min

Facilities: Mattresses (N.R)

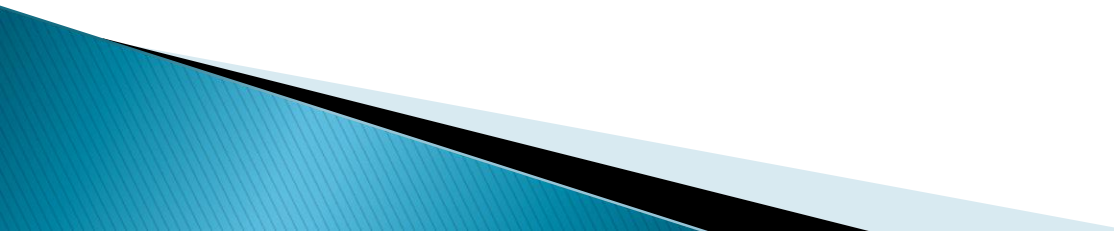
Teachers: Margiolas Georgios
Nikolitsas Ioannis

TEACHING OBJECTS

Learning vertical position

PARTS OF A LESSON

1. Organization of a lesson

- ▶ Organization of pupils for the beginning of a lesson.
 - ▶ Absences checking of uniforms.
 - ▶ The children learn to gather around the P.E. teacher in order to listen to his instructions.
 - ▶ We ask the children if there is a health problem .
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METHODICAL INDICATIONS





2. WARMING UP

Preparation of the body and
the moving system

Progressive activation of the
body.

Increase of attention and
interest



Slow running with jumps, movements of hands around



Turnings, standing up, sitting down



Exercises—plus flexible exercises, supports



3.MAIN PART

Learning vertical position





DESCRIPTIVE ANALYSIS

The pupil is in a standing position with raising hands.

The foot that pushes is lifted up, then it steps on the ground in front of the foot that swings together with the hands in the opening of shoulders and kicks to the vertical position with the foot that swings.



The pupil from a starting position based on >>>
his hands



Pushes with the pushing foot >>



And with the swing foot tries to come to vertical position. >>

The pupil does the vertical position on the wall





The pupil tries to balance by himself with backing up of the wall.



The pupil does the vertical position with assistants.



4. RELAXATION

Bringing back the body to its initial situation



CONCLUSIONS

- ▶ Discussion about the lesson.
 - ▶ Urging pupils to change their clothes and wear dry ones.
 - ▶ And, also, gathering of the athletic equipment to the storeroom from the P.E. Teacher and the ordered pupils.
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