

SPORTS & GAMES · GRADES 1–3

Gymnastics — Balance & Rolls

45-minute lesson plan

Lesson at a glance

Time	45 minutes
Equipment	Gym mats — at least 1 per pair. No other equipment needed.
Space	Hall.
Safety	Mats fully laid out, no gaps. Children wear bare feet (or socks if cold). Long hair tied back.

Lesson structure

<p>Warm-up (5 min)</p> <p>Slow jog around the hall. Then on the spot — high knees, heel kicks, arm circles, side bends. Finish with a dynamic stretch — calves, hamstrings, shoulders.</p>	<p>Skill 1 — Balances (10 min)</p> <p>Show 3 balances on the mat: stork (one foot), arabesque (one foot, leg behind), front support (push-up hold). Children try each, holding for 5 seconds. Then choose their favorite to demonstrate.</p>
<p>Skill 2 — Forward roll (10 min)</p> <p>Demonstrate slowly. Children kneel on the mat, hands flat ahead. Tuck chin to chest. Push off, roll smoothly down the spine. Back up to a sitting position. Repeat with running start once confident.</p>	<p>Skill 3 — Sequence (10 min)</p> <p>In pairs, build a 30-second sequence: balance + roll + balance + jump + finish. Pairs perform for each other. Quick feedback.</p>



Showcase (5 min)

Volunteers show their sequence to the whole class. Class claps. Notice: 'I liked how you held the balance', 'great control on that roll'.

Cool-down (5 min)

Lying-down stretches. Knees to chest, arms above head, gentle twist. Quiet end.

