**Lesson Plan**

Introduction: I will teach gymnastics to the St Edwards children.

**Age Group:** The group I got was infants and there were age 5 to 7 years old

My lesson plan is on Balances and the different types.

**The number of children in the group:** six.

Aims of the lesson

To teach various types of Balances

1. The Candle Balance
2. The Bridge Balance
3. The Table Balance
4. The Bird Balance
5. The Bench Balance
6. **The Candle Balance**



No. of Students: 2

Learning cues:

1. Two students stand face to face
2. Students reach out in front of themselves until they are joining hands (Preferably hold in an X or cross way)
3. Holding your partners hands begin to slowly lean back
4. Focus on the grip with your partners hands
5. You should find yourself counterbalancing each other
6. Gravity should do the work
7. If student finds themselves falling push out their knees, bending the legs to absorb the force of the drop

Adaptation: If student finds this difficult bringing their feet closer to themselves rather than meeting their partner in the middle should make this balance easier.

1. **The Bridge Balance**



No. of Students: 2

Learning cues:

1. Two students sit on the mat facing each other
2. Students reach legs up and join feet sole to sole so that their toes and heels are in contact (if possible).
3. Students reach forward and hold each other’s hands
4. Focus on the contact between hands and feet
5. Students should relax the hips and lean back
6. This should allow the students to relax while keeping balance simultaneously

Adaptation: If student finds this difficult or sore on the legs, moving closer to the partner bending the legs more will release some of the stretch on the legs.

1. **The Table Balance**



No. of Students: 2

Learning cues:

1. One student lays flat on the mat with their knees facing the ceiling
2. Ensure that the student lying on the floor has the soles of his/her feet rooted to the mat, this is important as the whole balance depends on this.
3. The next student then places the palms on his/her knees and balances themselves on top of the person on the floor as shown above
4. The student on top then raises the legs into the other students hands
5. It is critical here that the person on the ground has both got good upper and lower body strength as the balance mainly relies on them as the stabiliser
6. This should allow the students to relax while keeping balance simultaneously
7. **The Bird Balance**



No. of Students: 2

Learning cues:

1. One student lays flat on the mat with their knees facing the ceiling
2. Ensure that the student lying on the floor has the soles of his/her feet rooted to the mat, this is important as the whole balance depends on this.
3. Student on the mat grabs a hold of the other students knee area
4. Student on top then leans forward and holds onto the others knees
5. The student on the mat is holding the other students knees up and supporting the balance.
6. This should allow the other student to focus on holding his/her knees thus balancing each other out

Adaptation: If student finds this difficult or sore locking the arms at the elbows should make it easier

1. **The Bench Balance**



No. of students: 2

Learning Cues:

1. Both students lay face down on the mat perpendicular to each other
2. Both students raise their bodies up into push up position
3. One of the students raises their legs up onto the others back whilst keeping the push up position
4. With his/her body at a right angle to the others this should stabilize his or herself

Adaptation: If a student is finding this balance difficult increasing the space between the two hands should make it easier to balance