

FGSPE LESSON PLAN

Category:	Fundamentals	Venue:	Hall / Fitness Corner
Topic:	Gymnastics Fundamentals Part 2 Lesson – Balance		
Skills to be covered:	1. Balancing walk <ul style="list-style-type: none"> • On a bench • On a balancing beam 		

SKILL #1: BALANCING WALK

Learning Outcome:

Student will be able to balance and walk on an elevated platform without falling

Suggested Instructions:

ON A BENCH

1. Student will start the activity by placing one foot on the bench followed by the other foot (so that both feet will be side by side)
2. Student to lift off one foot carefully and place it in front of the other
3. Repeat for the other foot and carry-on walking till the end of the bench
4. Teacher may hold on to student's hand at the side of the bench if needed



ON A BALANCING BEAM

1. I am going to put one foot on the balancing beam followed by the other foot (one foot in front of the other)
2. I am going to walk forward on the balancing beam
3. Teacher may hold on to student's hand at the side of the balancing beam if needed



Suggested Activity:

WALK ALONG A LINE

1. Make a line on the ground (about 10m) using masking tape or a string
2. Students to practise walking on the line

(Refer to the website for game demonstration)

