

Objective

By the end of this lesson, you will be able to use English vocabulary related to gymnastics and understand basic instructions related to gymnastics movements.

Materials and Prep

- A safe and open space to move around
- Comfortable clothing suitable for physical activity
- A positive and encouraging attitude

Activities

- **Gymnastics Vocabulary Game:** Create flashcards with pictures or words of gymnastics-related terms such as "cartwheel," "handstand," "balance beam," etc. Show the flashcards to the student and have them guess the word or imitate the movement associated with the term.
- **Follow the Leader:** Take turns being the leader and performing different gymnastics movements while giving simple instructions in English. For example, "Jump up and down," "Stretch your arms high," "Do a forward roll." The student should imitate the movements and follow the instructions.
- **Gymnastics Storytime:** Read a children's book about gymnastics or watch a short video about gymnastics together. Discuss the story or video, asking the student questions to encourage their comprehension and language skills.
- **Create a Gymnastics Routine:** Help the student create their own gymnastics routine using simple movements they have learned. Encourage them to describe their routine in English, using words like "start," "finish," "twist," "balance," etc. They can perform their routine for you or a family member.

Talking Points

- "Gymnastics is a sport that involves doing different movements and poses on the floor, on equipment like balance beams, and even in the air."
- "You can learn many cool gymnastics moves like cartwheels, handstands, and somersaults."
- "When we play the Gymnastics Vocabulary Game, I will show you a picture or word, and you can try to guess what it is or show me how to do the movement."
- "In Follow the Leader, we will take turns being the leader and doing different gymnastics movements. I will give you instructions like 'Jump up and down' or 'Stretch your arms high,' and you can copy me."
- "During Gymnastics Storytime, we will read a book or watch a video about gymnastics. We will talk about the story and answer questions to help us understand better."
- "When we create a Gymnastics Routine, you can show me the different movements you have learned and put them together in a special sequence. You can use words like 'start,' 'finish,' 'twist,' and 'balance' to describe your routine."
- "Remember, the most important thing is to have fun and enjoy learning about gymnastics in English!"