

Objective

By the end of this lesson, Bridgers will have explored various subjects through the lens of gymnastics, enhancing his understanding of each subject while engaging in fun and physical activities that relate to his interests.

Materials and Prep

- Open space for gymnastics practice
- Pencil and paper for writing and drawing
- Access to a clock or timer for timing activities
- Basic knowledge of gymnastics moves (like cartwheels and handstands)
- Background music for the music activity

Activities

1. **Gymnastics Moves Journal:** Bridgers will create a journal where he writes down the names and descriptions of his favorite gymnastics moves. He can also draw pictures or diagrams of these moves to illustrate how they are performed.
2. **Rhythmic Gymnastics Dance:** Bridgers will choose a piece of music and create a short rhythmic gymnastics routine that includes dance and gymnastics moves. He will perform this routine for family members or record it for later viewing.
3. **Math with Gymnastics:** Bridgers will calculate the angles of different gymnastics poses. He can use a protractor (or estimate) to measure how straight or bent his arms and legs are during a handstand or split.
4. **History of Gymnastics:** Bridgers will research the history of gymnastics and write a short paragraph about its origins and famous gymnasts throughout history, discussing how the sport has evolved over time.
5. **Science of Movement:** Bridgers will explore the science behind balance and gravity. He will perform various gymnastics moves and discuss how these concepts affect his ability to stay upright and perform tricks.
6. **Artistic Expression:** Bridgers will create a piece of artwork inspired by gymnastics, such as a painting or drawing of a gymnastic scene or a collage of famous gymnasts.
7. **Physical Education Challenge:** Bridgers will set up a mini obstacle course that incorporates gymnastics moves and will time himself completing it, aiming to improve his speed with each attempt.

Talking Points

- **Art:** "Art is about expressing how we feel. I can show my love for gymnastics through my drawings!"

- **English:** "Writing helps me share my gymnastics journey with others. I can describe my routines and the excitement they bring!"
- **History:** "Gymnastics has been around for a long time! Learning about its history helps me appreciate the sport even more!"
- **Math:** "Math is everywhere! I can use angles to help me improve my gymnastic poses!"
- **Music:** "Music makes everything more fun! It helps me keep a rhythm while I perform my gymnastics routines!"
- **Physical Education:** "Staying active is important! Gymnastics helps me stay fit and healthy while having fun!"
- **Science:** "Understanding how my body moves helps me perform better. Gravity and balance are key in gymnastics!"
- **Social Studies:** "Learning about different cultures in gymnastics shows me how unique each gymnast's style can be!"