

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS
PHYSICAL EDUCATION CURRICULUM
GRADES 5 & 6
SEPTEMBER 2006**

Introduction to Tumbling Stunts

All stunts and mat work emphasize body awareness.

As a result of this unit, students will be able to:

- do a standing roll forward to a stand;
- do a V-sit;
- do a backward roll to a stand;
- do an inverted shoulder stand;
- do a partner stunt;
- do a forward walk with forward dismount from a balance beam;
- do a tripod
- make an attempt to do a cartwheel;
- follow a pattern of body movement in a cartwheel;
- do a proper pyramid formation;
- describe the need for a spotter and his/her responsibility;
- enjoy building different types of pyramids safely;
- build greater self-confidence and courage using the body;
- enjoy working with others on the mats;
- build greater balance and leg strength;
- cooperate with a partner, being aware of safety;
- enjoy mat activities;
- have fun trying novelty stunts;
- enjoy a challenge of strength, flexibility, and agility;
- gain courage to try new things;
- build greater confidence in body strength and flexibility;
- create greater courage in using the body in various positions;
- be aware of safety when working with each other and with apparatus;
- enjoy new challenges using the body and working with one another;
- increase balance, strength, and flexibility;
- try to reach legs overhead to touch toes to mat first.

Evaluation

Evaluation will be made of each student's performance level by observing their demonstration of the skills listed in the "Student Objective" section of this curriculum.