



Cycle 2 primary

Interacts

With others in different physical activity settings

Acrogym

Document 1 (LE)

May 2012

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Title: Acrogym

Cycle :



1 2 3

Number of periods :



4 5 6 7 8

Competency:

- ☐ Performs movement skills in different physical activity settings
- ☒ Interacts with other in different physical activity settings
- ☐ Adopts a healthy, active lifestyle

Concepts to be learned:

- Principles of communication
 - Names a few ways of being understood by others
 - Names a few ways of being receptive to others' messages
- Roles
 - Names the main positions occupied by players of a given activity
- Synchronizes his/her movements or actions with a partner(s)
 - Adapts his/her actions to those of a partner according to different synchronization modes
 - Adapts his/her actions to those of several partners according to different synchronization modes
 - Positions himself/herself, moves or manipulates objects taking into account his/her partner(s)

Material :

- Blue mat
- Material :
 - Hoops
 - Balls
 - Small balls
 - Etc.
- Posters with pyramids on it

Observables elements :

- Student communicates clearly with his/her partner(s)
- The student is receptive to messages of his/her partner(s)
- The student understands the different positions in acrogym
- The student synchronizes itself with his/her partner(s) to create pyramids
- The student manipulates objects taking into account his/her partner(s)
- The student applies criteria apply for those roles :
 - Carrier
 - Flyer
 - Spotter

Pedagogical intent:

- **Bring the students to execute 4 different pyramids (kept it 15 seconds) in team (3 or 4) among the choices offered.**

Safety (IMPORTANT)

- NEVER place a foot on our partner's spine
- Be barefoot
- Always be on blue mats
- Listen to your partner(s)
- Climb gently on the shoulder of our partner
- Slowly get down on the ground
- Respect our abilities
- Have minimum 2 blue mats per team
- Place the mats away from the walls
- Take off all objects that could be dangerous for the student's safety in the gymnasium

Class : 1 Class intent : Acrogym initiation

Execution:

- Explain what is acrogym
- Present the 3 roles
 - Carrier
 - Flyer
 - Spotter
- Announce the safety rules (IMPORTANT)
- Create teams of 3
- Ask students to create pyramids proposed on the posters.

Material :

- Blue mat
- Posters that contains acrogym principles
 - Hand positions (Annex 1)
 - Student positions (Annex 2)
 - Easy pyramids in a team of 2 (Annex 3)

Class: 2 Class intent : Acrogym team of 2

Execution:

- Announce safety rules (IMPORTANT)
- Create teams of 3
- Ask students to create pyramids proposed on the posters in a team of 2 hard ones
- The 3rd student provides safety as a spotter
- Create a team rotation to allow students to practice with other partners

Material :

- Blue mat
- Posters that contains acrogym principles
 - Hand positions (Annex 1)
 - Student positions (Annex 2)
 - Hard pyramids in teams of 2 (Annex 4)

Class : 3 Class intent : Acrogym team of 3

Execution:

- Announce the safety rules (IMPORTANT)
- Create teams of 3
- Ask students to produce the imposed pyramids
- Create a team rotation to allow students to practice with other partners
- Bring a transition element between 2 pyramids
 - Students must create a sequence between 2 pyramids
 - Let students explore the sequences and allow them to use objects

Material :

- Blue mat
- Balls
- Small balls
- Hoops
- Posters that contains acrogym principles
 - Hand positions (Annex 1)
 - Student positions (Annex 2)
 - Hard pyramids in a teams of 2 (Annex 4)

Class : 4 Class intent : Show preparation

Execution:

- Create teams of 3 or 4 the 4th is the spotter (tease teams will be the one for the show)
- Tell the teams that they have multiple choices for their pyramids
- Tell the teams that the pyramids must stand **MINIMUM** 15 seconds
- Let the students to discuss and make their choices of **FOUR** pyramids with at least **ONE** choose in the hard section
- Let the students practice their pyramids

Material :

- Blue mat
- Posters that contains acrogym principles
 - Hand positions (Annex 1)
 - Student positions (Annex 2)
 - EASY pyramids for the students (Annex 5)
 - MEIDUM pyramids for the students (Annex 6)
 - HARD pyramids for the students (Annex 7)

Class : 5 Class intent : Show preparation + sequences

Execution:

- Ask the students to be with their team (the ones created the class before)
- Announce the students that they must create **ONE** sequence between 2 pyramids including **ALL** the students with or without an object
- Propose objects
- Demonstrate example of sequences
 - Rotation on the ground
 - Throw objects between partners
 - Etc.
- Remind that the pyramids must remain stable **MINIMUM** 15 seconds
- Let the students practice their **FOUR** pyramids with at least **ONE** pyramids choose in the hard section

Material :

- Blue mat
- Objects
 - Balls
 - Small balls
 - Beanbags
 - Dancing rope
 - Hoops
 - Etc.
- Posters that contains acrogym principles
 - Hand positions (Annex 1)
 - EASY pyramids for the students (Annex 5)
 - MEIDUM pyramids for the students (Annex 6)
 - HARD pyramids for the students (Annex 7)

Class : 6 Class intent : Show

Execution:

- Create an order for the presentation (anticipate at least 5 to 7 minutes per team)
- For the teams of 3 ask a student form another team to be the spotter
- Asks the other team while waiting to judge the performance of the presenting team (Annex 1 in the evaluation document)
- Let time for students to create their pyramids and their show
- Evaluate their presentation with the grid (Annex 2 in the evaluation document)

Material :

- Blue mat
- Objects
 - Balls
 - Small balls
 - Beanbags
 - Dancing rope
 - Hoops
 - Etc.

ANNEX 1 Hand grip



ANNEX 2

1. **The flyer:** Participate in a bodily form in resting on another person (carrier) in a secure way, that is to say by placing the supports (feet or hands) on the solid parts of the body of the carrier.
2. **The carrier :** Plays the supporting role. He must be able to anticipate possible imbalance from the flyer.
3. **The spotter (joker) :** Ensures safety for the carrier(s) when making the pyramid where the flyer could be unbalanced. He must anticipate a possible fall by placing the hands at the unbalanced place.

<http://fr.wikipedia.org/wiki/Acrosport>



ANNEX 3 Easy in a team of 2 PYRAMIDS



ANNEX 4 Hard in a team of 2 PYRAMIDS

<http://eps.roudneff.com>



ANNEX 5 Easy Pyramids

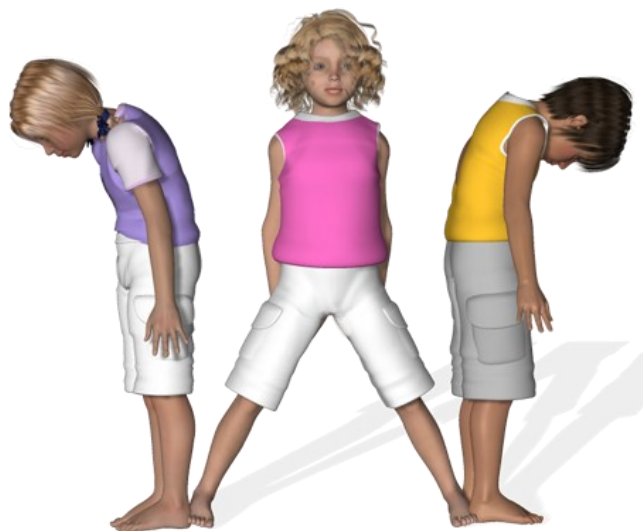
<http://eps.roudneff.com>



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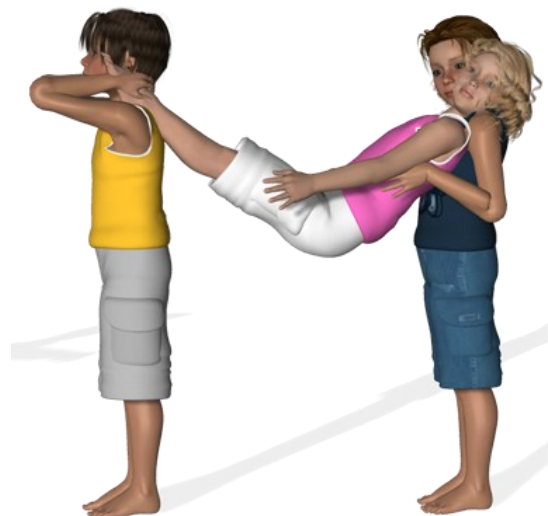
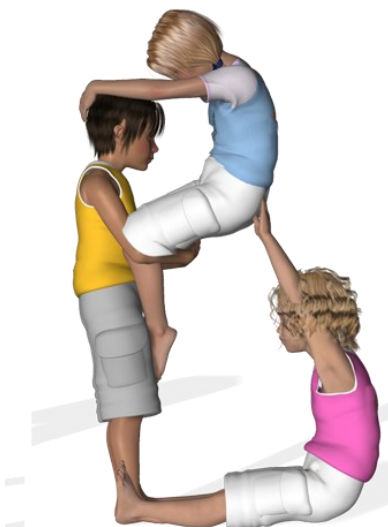
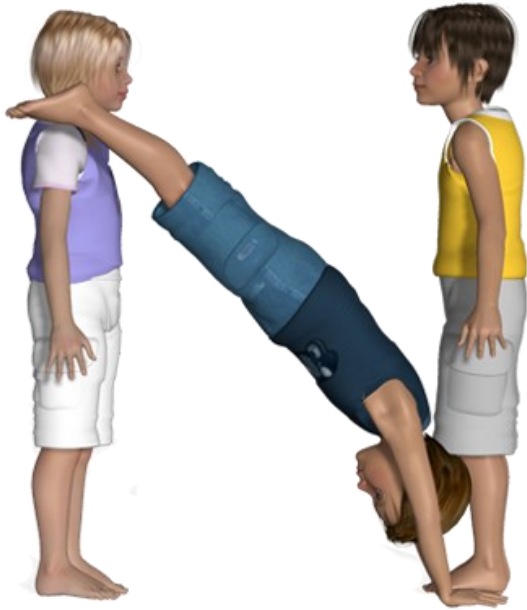
<http://eps.roudneff.com>



ANNEX 6 Medium Pyramids



ANNEX 7 Hard Pyramids





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Acrogym

Document 2 (Evaluation)

May 2011

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Physical Education and Health

TEACHER'S EVALUATION GRID BLOCK 1

Competency: **Interacts** with others in different physical activity settings

Cycle 2 primary Year : Class : LES : ACROGYM C2	Observable elements (indicate, in the relevant column, the score concerned)			
	Evaluation criteria BLOCK 1			
	Roles	Cooperation movements or actions		
	The student adopt the 3 positions in acrogym with their specifications	The student adapts his/her actions to those of ONE partner	The student adapts his/her actions to those of SEVERAL partners	The student positions himself/herself, moves or manipulates objects taking into account his/her partner
1.				
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4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				

Legend:

4: Performs the task easily according to the expected results

3: Performs the task in an partially way according to the expected results

2: Performs the task with difficulty according to the expected results

1: Does not perform the required task in full

*Scores 2-3-4 may be improved with a +

TEACHER'S EVALUATION GRID BLOC 2

Competency: **Interacts** with others in different physical activity settings

Cycle 2 primary Year : Class : LES : ACROGYM C2	Observable elements (indicate, in the relevant column, the score concerned)			
	Evaluation criteria BLOCK 2			
	Principles of communication		Presentation (plan of action)	
	The student communicates in different ways of being understood by others	The student is being receptive to the others' messages	The student participate to the plan of action	Team's mark based on the observable grid (ANNEXE 2)
1.				
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10.				
11.				
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18.				
19.				
20.				

Legend:

4: Performs the task easily according to the expected results

3: Performs the task in an partially way according to the expected results

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1: Does not perform the required task in full

*Scores 2-3-4 may be improved with a +

ANNEXE 1 Peers evaluation

Ask the students to choose the sun that represent their general appreciation of ONE or MORE presentations. Explain to them how it works.

- 1 soleil : Medium
- 2 soleils : Like a little
- 3 soleils : Like
- 4 soleils : Like a lot

Name :		Class :			
	 	  	   		

ANNEXE 2 Teacher's observation grid ACROGYM

Team # _____	Name : _____ _____	
Pyramide #1	<ul style="list-style-type: none"> Adapted movement to their skills Performance Maintain the pyramid (secondes) 	/4.5
Pyramide #2	<ul style="list-style-type: none"> Adapted movement to their skills Performance Maintain the pyramid (secondes) 	/4.5
Pyramide #3	<ul style="list-style-type: none"> Adapted movement to their skills Performance Maintain the pyramid (secondes) 	/4.5
Pyramide #4	<ul style="list-style-type: none"> Adapted movement to their skills Performance Maintain the pyramid (secondes) 	/4.5
Sequence of movement	<ul style="list-style-type: none"> Adapted movement to their skills Fluid execution Originality 	/4.5
Comments : <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
/4.5		Total Mark (Average) :

Legend:

- 4: Performs the task easily according to the expected results
- 3: Performs the task in an partially way according to the expected results
- 2: Performs the task with difficulty according to the expected results
- 1: Does not perform the required task in full

*Scores 2-3-4 may be improved with an additional .5