



Pinner Wood School



Year Group	5	Term	Spring 1	Subject	P.E.	Indoor Topic & Learning Focus	Real Gym-2 Unit 2: Cognitive skills (Flight and Rotation). I have a clear idea of how to develop my own and others' work I can self-select and perform appropriate warm-up and cool down activities. I can identify possible dangers when planning an activity.
Prior Learning and other Curriculum Links	Year 3 - Compare and contrast his/her performance with others Year 4 - I can lunge walk forwards, bringing opposite elbow up to a 90° angle. -Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance					Target Tracker statements (Skills)	- Compare and contrast his/her performance with others - Vary skills, actions and ideas and link these in different ways to suit different activities - Vary his/her responses to tactics, strategies and sequences used
						Fundamentals for Gymnastics	-Gymnastics: use a wide range of hand apparatus to perform different techniques, be able to do a series of different flight and rotation using low apparatus and start to perform a routine with partners.

<p>Our Curriculum Journey</p>	<p>Real Gymnastics Journey: In this unit, the children will be exploring using hand apparatus (balls, hula hoops) to perform different techniques, using flight and rotation on low apparatus, focusing on footwork and stance.</p>		
<p>Key Vocabulary (revisited)</p>	<p>Repetition Action and reaction Pattern High Low</p>	<p>Key Vocabulary (new)</p>	<p>Keeping score Making space Pass/send/receive Travel with a ball Tactics Competition Footwork Stance Jumping landing</p>