



Pinner Wood School



Year Group	5	Term	Summer 1	Subject	P.E.	Indoor Topic & Learning Focus	Real PE Unit 5: Health and Fitness (Static balance)
Prior Learning and other Curriculum Links	<p>Reception</p> <ul style="list-style-type: none"> - I am aware of the changes to the way I feel when I exercise <p>Year 1</p> <ul style="list-style-type: none"> - I am aware of why exercise is important for good health <p>Year 2</p> <ul style="list-style-type: none"> - I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely. <p>Year 3</p> <ul style="list-style-type: none"> - I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down. <p>Year 4</p> <ul style="list-style-type: none"> - I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down and think of ideas for this. 					Skills statements	<ul style="list-style-type: none"> - explain how our body systems change during exercise - identify different levels of performance and use subject specific vocabulary - Make links between a balanced lifestyle and being happy <p>I can self select and perform appropriate warm-up and cool down activities.</p> <p>I can identify possible dangers when planning an activity.</p> <p>I can record and monitor how hard I am working.</p> <p>I can explain how often and how long I should exercise to be healthy.</p> <p>I can describe the basic fitness components.</p> <p>I can explain why we need to warm-up and cool down.</p> <p>I can describe how and why my body changes during and after exercise.</p>
Fundamentals for Gymnastics	<p>-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> <p>Focus on keeping in balance and controlling landings and shapes.</p> <p>Try to make one movement flow into the next.</p> <p>Agree on what an accurate movement should look like and judge performance against this.</p> <p>Consider how you can use movements and sequences learned from previous lessons within your performance..</p>						

<p>Our Curriculum Journey</p>	<p>Real Gymnastics Journey: In this unit, the children will begin by passing, receiving and moving around whilst maintaining their balance. The children will go on to practise different movement gradually increasing speed. Using the different movements practised the children will have a competition playing the game Beanbag Raid. The children will then practice maintaining their balance/stance whilst receiving a small amount of force from various directions and continue then to practice different movements whilst remaining balanced. They will progress onto throwing and catching a ball at chest level whilst still maintaining their balance. The balance and movement practice will feed into a competition of Bump ladder.</p>		
<p>Key Vocabulary (revisited)</p>	<p>Repetition Action and reaction Pattern High Low Balance Gradual Speed</p>	<p>Key Vocabulary (new)</p>	<p>Keeping score Making space Pass/send/receive Travel with a ball Tactics Competition Footwork Stance Jumping Landing Speed Balance</p>