



Pinner Wood School



Year Group	5	Term	Spring 2	Subject	P.E.	Indoor Topic & Learning Focus	<p>Real PE Unit 5: Cognitive skills (Jumping and Landing). I can perform a range of skills fluently and accurately. I can use combinations of skills confidently in specific contexts. I can link actions together so that they flow. I can perform a variety of movements and skills with good body tension. I can select and apply a range of skills with good control and consistency. I can perform and repeat sequences with clear shapes and controlled movement.</p>
Prior Learning and other Curriculum Links	<p>Year 3 - Compare and contrast his/her performance with others</p> <p>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</p>				Target Tracker statements (Skills)	<ul style="list-style-type: none"> - 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	<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 Focus on keeping in balance and controlling landings and shapes. Try to make one movement flow into the next. Agree on what an accurate movement should look like and judge performance against this.</p>	

			Consider how you can use movements and sequences learned from previous lessons within your performance..
Our Curriculum Journey	<p>Real Gymnastics Journey: In this unit, the children will be exploring jumping 180 degrees whilst maintaining balance. Hopping forwards and backwards, freezing on landing, moving onto legs together in a stance and jumping into a lunge position then jumping into a vertical stance. Progressing on to legs together in a stance and jumping into a lunge position then jumping into a vertical stance whilst holding a large ball.</p>		
Key Vocabulary (revisited)	Repetition Action and reaction Pattern High Low	Key Vocabulary (new)	Keeping score Making space Pass/send/receive Travel with a ball Tactics Competition Footwork Stance Jumping Landing 180 degrees