



Pinner Wood School



Year Group	5	Term	Autumn 1	Subject	PE (indoor)	Topic	Real Gym-1 Unit 1: Personal skills (Shape and travel performance)
Key Question	n/a						
Prior Learning and other Curriculum Links	<p>Year 3: Use of different body parts while using hand apparatus, rolling with partner support, perform named jumps on floor and low apparatus, do one foot balances using floor, low and large apparatus.</p> <p>Year 4: perform different balances with partner both linked and supported, rotate and roll on different body parts and incorporate hand apparatus.</p> <p>Year 5: 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>					Skills Statements	<p>I cope well and react positively when things become difficult.</p> <p>I can persevere with a task and I can improve my performance through regular practice</p>
Fundamentals	<ul style="list-style-type: none"> - Use a wide range of hand, low and large apparatus to put together a sequence and routine. - Able to evaluate their own sequence and improve upon it and that of others. 					Key Facts/Sticky Knowledge	<ul style="list-style-type: none"> - A sequence is a series of movements or balances - A routine is combination of skill elements on one apparatus or event. - Aparatus is the things or equipment that are needed to carry out a movment or series of movements

Our Curriculum Journey	Real Gymnastics Journey: In this unit, the children will be exploring using hand, low and large apparatus to put together to create a sequence and routine. The children will perform their performances and learn how to evaluate their own sequences, improving upon it and that of others.		
Key Vocabulary (revisited)	Controlling Shape Repetition Action and reaction Pattern High Low	Key Vocabulary (new)	Sequence Shape Balance Jump Rotate Travel Performance Evaluation