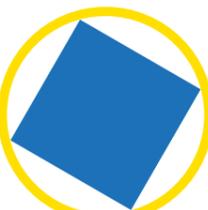
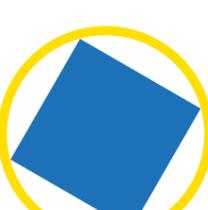
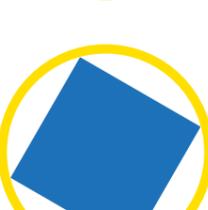


real gym Skills Matrix

The skill element of real gym is made up of 5 areas - **Shape, Balance, Travel, Flight** and **Rotation**. Each skill is explored and developed through 7 stages. The first three help children learn and develop their skills through floor work, with the remaining four stages showing how they can begin to develop their skills in different contexts - **hand apparatus, low apparatus, partner work** and **large apparatus**. The skills matrix can be explored both vertically (within the skill area) or horizontally, for example, by developing all five skills using large apparatus.

	7 Large Apparatus	7 Large Apparatus	7 Large Apparatus	7 Large Apparatus	7 Large Apparatus
	6 Partner Work	6 Partner Work	6 Partner Work	6 Partner Work	6 Partner Work
	5 Low Apparatus	5 Low Apparatus	5 Low Apparatus	5 Low Apparatus	5 Low Apparatus
	4 Hand Apparatus	4 Hand Apparatus	4 Hand Apparatus	4 Hand Apparatus	4 Hand Apparatus
	3 Pike and Straddle	3 One Foot	3 Different Body Parts	3 Named Jumps	3 Different Body Parts
	2 Straight, Dish and Arch	2 Points and Patches	2 Feet - Complex	2 Types of Jumps	2 More Rolls
	1 Tuck and Star	1 Different Body Parts	1 Feet	1 Feet - Shapes	1 Rolls

 **Shape**  **Balance**  **Travel**  **Flight**  **Rotation**

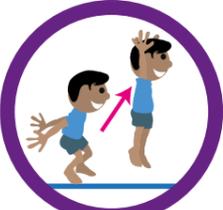
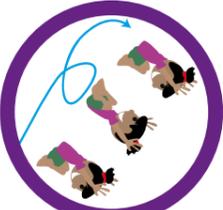


Curriculum Map



Foundation Stage

Unit	Learning Focus (Select Cog)	Weeks	Gym Skill	Theme
1		1-3	 Shape	 At Home
		4-6	 Travel	 Jungle Trip

2		7-9	 Flight	 Park Life
		10-12	 Rotation	 Toy Box



Lesson Warm-Up Skill Skill Application Review Method

1 Baseline assess	 At Home	 Shape: Floor Work	  Mirror, Mirror Sarah Says... (Ext.)	 Taps for Congrats
2	 At Home	 Shape: Low Apparatus	  Sticky Body Parts Mirror, Mirror (Ext.)	 Taps for Congrats
3	 At Home	 Shape: Large Apparatus	  Hide and Seek Sticky Body Parts (Ext.)	 Taps for Congrats
4	 Jungle Trip	 Travel: Floor Work	  Jungle Trip Sequences Elephant and Mouse (Ext.)	 Questions Carousel
5	 Jungle Trip	 Travel: Low Apparatus	  Tree Hop Elephant and Mouse using Apparatus (Ext.)	 Questions Carousel
6 Re-visit assess	 Jungle Trip	 Travel: Large Apparatus	  Jungle Trip using Apparatus Sticky Body Parts (Ext.)	 Questions Carousel

Unit 1

Lesson Warm-Up Skill Skill Application Review Method

1 Baseline assess	 Park Life	 Flight: Floor Work	  Jumping in Puddles Jumping over Rivers (Ext.)	 Badge of Honour
2	 Park Life	 Flight: Low Apparatus	  Jumping in Puddles using Apparatus Jumping over Rivers using Apparatus (Ext.)	 Badge of Honour
3	 Park Life	 Flight: Large Apparatus	  Apparatus Circuit Jumping in Puddles using Apparatus (Ext.)	 Badge of Honour
4	 Toy Box	 Rotation: Floor Work	  Bean Bag Rolls Toys Alive (Ext.)	 Magic Bean Bags
5	 Toy Box	 Rotation: Low Apparatus	  Toys Alive using Apparatus Bean Bag Rolls using Apparatus (Ext.)	 Magic Bean Bags
6 Re-visit assess	 Toy Box	 Rotation: Large Apparatus	  Apparatus Circuit Follow my Leader on Apparatus (Ext.)	 Magic Bean Bags

Unit 2