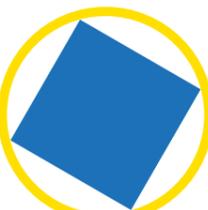
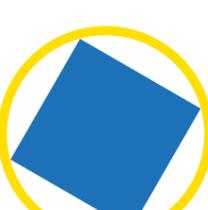
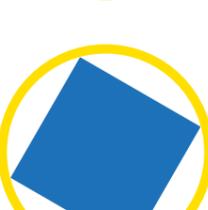


real gym Skills Matrix

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 |

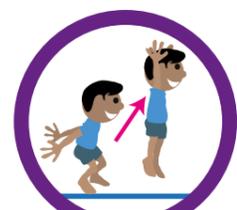
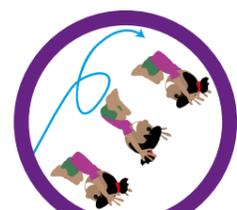
 **Shape**
 **Balance**
 **Travel**
 **Flight**
 **Rotation**

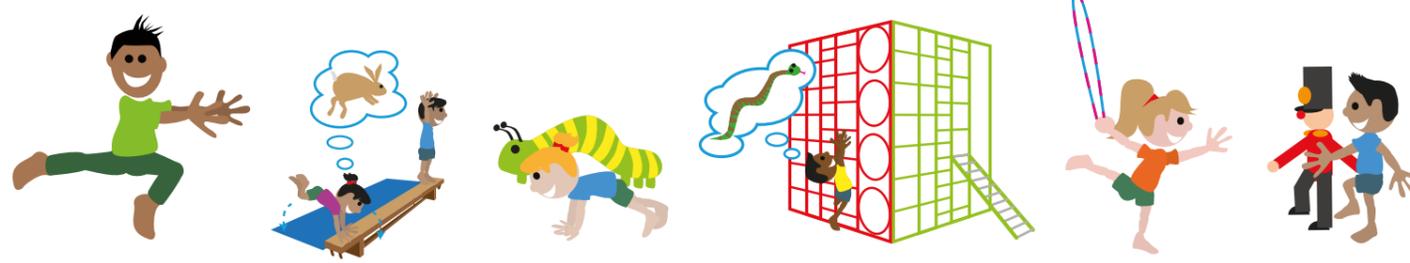


Curriculum Map

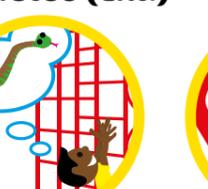


Year 1

| 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 |

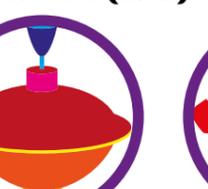


Lesson Warm-Up Skill Skill Application Review Method

| | | | | | |
|-----------------------------|---|---|---|--|--|
| 1 Baseline assess |  At Home |  Shape: Floor Work |  Mirror, Mirror |  Shape Off (Ext.) |  Taps for Congrats |
| 2 |  At Home |  Shape: Low Apparatus |  Shape Off |  Sarah Says... (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 |  Tree Hop |  Elephant and Mouse (Ext.) |  Questions Carousel |
| 5 |  Jungle Trip |  Travel: Low Apparatus |  Jungle Trip using Apparatus |  Elephant and Mouse using Apparatus (Ext.) |  Questions Carousel |
| 6 Re-visit assess |  Jungle Trip |  Travel: Large Apparatus |  Follow my Leader on Apparatus |  Jungle Trip using Apparatus (Ext.) |  Questions Carousel |

Unit 1

Lesson Warm-Up Skill Skill Application Review Method

| | | | | | |
|-----------------------------|---|---|--|---|---|
| 1 Baseline assess |  Park Life |  Flight: Floor Work |  Clapping Game |  Jumping over Rivers (Ext.) |  Badge of Honour |
| 2 |  Park Life |  Flight: Low Apparatus |  3 Jump Challenge |  Clapping Game (Ext.) |  Badge of Honour |
| 3 |  Park Life |  Flight: Large Apparatus |  Apparatus Circuit |  Park Sequence (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 |  Toys Alive using Apparatus (Ext.) |  Magic Bean Bags |

Unit 2