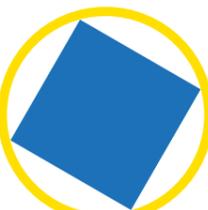
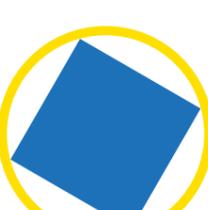
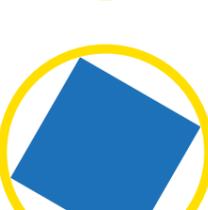


real gym Skills Matrix

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**

real gym Curriculum Map

Year 2



Unit 1

Learning Focus (Select Cog)

- Applying Physical
- Creative
- Cognitive
- Health and Fitness
- Personal
- Social

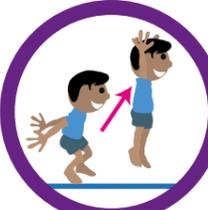
Weeks 1-3  **Balance**  **Toy Box**

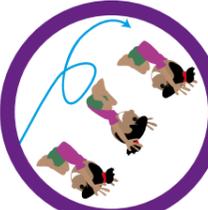
Weeks 4-6  **Travel**  **Jungle Trip**

Unit 2

Learning Focus (Select Cog)

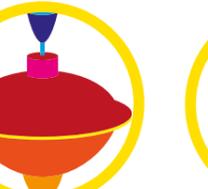
- Applying Physical
- Creative
- Cognitive
- Health and Fitness
- Personal
- Social

Weeks 7-9  **Flight**  **Park Life**

Weeks 10-12  **Rotation**  **The Big City**



Lesson Warm-Up Skill Skill Application Review Method

1 Baseline assess	 Toy Box	 Balance: Floor Work	 Mirror, Mirror	 Dice Frenzy (Ext.)	 Badge of Honour
2	 Toy Box	 Balance: Low Apparatus	 Toys Alive using Apparatus	 Dice Frenzy (Ext.)	 Badge of Honour
3	 Toy Box	 Balance: Large Apparatus	 Sticky Body Parts	 Toys Alive using Apparatus (Ext.)	 Badge of Honour
4	 Jungle Trip	 Travel: Floor Work	 Mapping Pathways	 Hula Hula (Ext.)	 Roles on a Bus
5	 Jungle Trip	 Travel: Low Apparatus	 Mapping Pathways using Apparatus	 Hula Hula (Ext.)	 Roles on a Bus
6 Re-visit assess	 Jungle Trip	 Travel: Large Apparatus	 Mapping Pathways using Apparatus	 Hula Hula (Ext.)	 Roles on a Bus

Unit 1

Lesson Warm-Up Skill Skill Application Review Method

1 Baseline assess	 Park Life	 Flight: Floor Work	 Clapping Game	 Rope Jumps (Ext.)	 Secret Stats
2	 Park Life	 Flight: Hand Apparatus	 Rope Sequences	 Rope Tricks (Ext.)	 Secret Stats
3	 Park Life	 Flight: Hand Apparatus	 Rope Sequences	 Rope Switch (Ext.)	 Secret Stats
4	 The Big City	 Rotation: Floor Work	 Super Hero Sequences	 Bean Bag Rolls (Ext.)	 Magic Bean Bags
5	 The Big City	 Rotation: Low Apparatus	 Super Hero Sequences	 Bean Bag Rolls using Apparatus (Ext.)	 Magic Bean Bags
6 Re-visit assess	 The Big City	 Rotation: Low Apparatus	 Super Hero Sequences	 Apparatus Circuit (Ext.)	 Magic Bean Bags

Unit 2