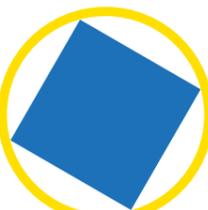
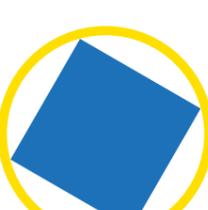
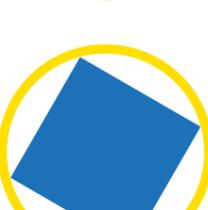


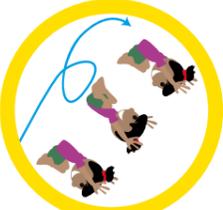
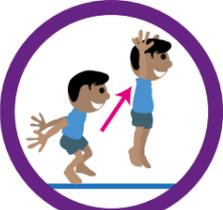
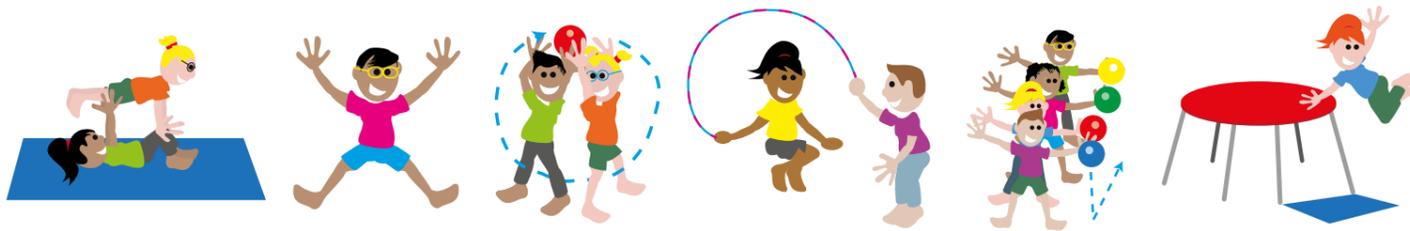
real gym Skills Matrix

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		

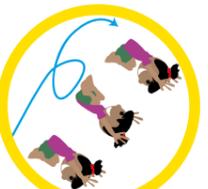
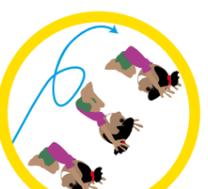
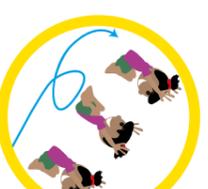
real gym Curriculum Map

Year 3

Unit	Learning Focus (Select Cog)	Weeks	Gym Skill	Theme
1		1-3		Mapping Pathways (Hand Apparatus)
		4-6		Rotation Sequences (Partner Work)
2		7-9		Flight Sequences (Low Apparatus)
		10-12		Climbing Sequences (Low and Large Apparatus)
				



Lesson Warm-Up Skill Skill Application Review Method

1 Baseline assess	 Follow my Leader	 Travel: Floor Work	 	 Gift Cards
2	 Follow my Leader	 Travel: Hand Apparatus	 	 Gift Cards
3	 Follow my Leader	 Travel: Hand Apparatus	 	 Gift Cards
4	 Shape Up	 Rotation: Floor Work	 	 Questions Carousel
5	 Shape Up	 Rotation: Partner Work	 	 Questions Carousel
6 Re-visit assess	 Shape Up	 Rotation: Partner Work	 	 Questions Carousel

Unit 1

Lesson Warm-Up Skill Skill Application Review Method

1 Baseline assess	 Continuous Relay	 Flight: Floor Work	 	 Badge of Honour
2	 Continuous Relay	 Flight: Low Apparatus	 	 Badge of Honour
3	 Continuous Relay	 Flight: Low Apparatus	 	 Badge of Honour
4	 Stepping Stones	 Balance: Floor Work	 	 Always, Sometimes, Rarely
5	 Stepping Stones	 Balance: Low Apparatus	 	 Always, Sometimes, Rarely
6 Re-visit assess	 Stepping Stones	 Balance: Large Apparatus	 	 Always, Sometimes, Rarely

Unit 2