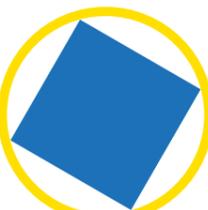
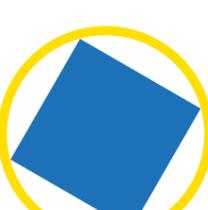
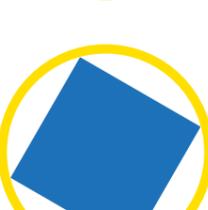


real gym Skills Matrix

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.

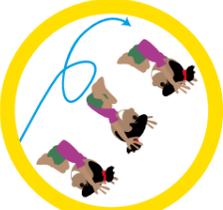
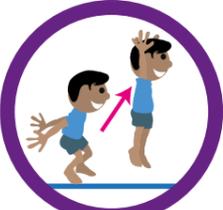
	7 Large Apparatus	7 Large Apparatus	7 Large Apparatus	7 Large Apparatus	7 Large Apparatus
	6 Partner Work	6 Partner Work	6 Partner Work	6 Partner Work	6 Partner Work
	5 Low Apparatus	5 Low Apparatus	5 Low Apparatus	5 Low Apparatus	5 Low Apparatus
	4 Hand Apparatus	4 Hand Apparatus	4 Hand Apparatus	4 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



Curriculum Map



Year 4

Unit	Learning Focus (Select Cog)	Weeks	Gym Skill	Theme
1		1-3	 Balance	 Acrobatic Sequences
		4-6	 Rotation	 Rotation Sequences (Hand Apparatus)
2		7-9	 Flight	 Flight Sequences (with Ropes)
		10-12	 Travel	 Group Sequences (Low and Large Apparatus)

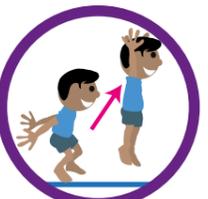


Lesson Warm-Up Skill Skill Application Review Method

1 Baseline assess	 Shape Up	 Balance: Partner Work	  Introduction to Partner Balance Hand Tap Game (Ext.)	 Comfort, Stretch, Panic
2	 Shape Up	 Balance: Partner Work	  Acrobatic Sequences Reaching Out (Ext.)	 Comfort, Stretch, Panic
3	 Shape Up	 Balance: Partner Work	  Acrobatic Sequences Hand Tap Game (Ext.)	 Comfort, Stretch, Panic
4	 Bounce in Time	 Rotation: Floor Work	  Beanbag Rolls Ball Tricks (Ext.)	 Secret Stats
5	 Bounce in Time	 Rotation: Hand Apparatus	  Jump, Roll, Balance (with a ball) Ball Tricks (Ext.)	 Secret Stats
6 Re-visit assess	 Bounce in Time	 Rotation: Hand Apparatus	  Jump, Roll, Balance (with a ball) Ball Games (Ext.)	 Secret Stats

Unit 1

Lesson Warm-Up Skill Skill Application Review Method

1 Baseline assess	 Skipping	 Flight: Floor Work	  Rope Tricks Criss Cross (Ext.)	 Gift Cards
2	 Skipping	 Flight: Hand Apparatus	  Rhythmic Sequences Pass it On (Ext.)	 Gift Cards
3	 Skipping	 Flight: Hand Apparatus	  Rhythmic Sequences Criss Cross (Ext.)	 Gift Cards
4	 Stepping Stones	 Travel: Floor Work	  Apparatus Circuit Chance Choreography (Ext.)	 Roles on a Bus
5	 Stepping Stones	 Travel: Low Apparatus	  Chance Choreography Front Support Turn Over (Ext.)	 Roles on a Bus
6 Re-visit assess	 Stepping Stones	 Travel: Large Apparatus	  Chance Choreography Front Support Relay (Ext.)	 Roles on a Bus

Unit 2