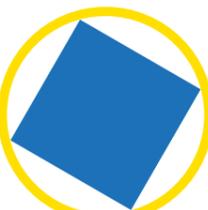
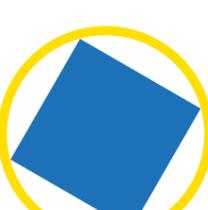
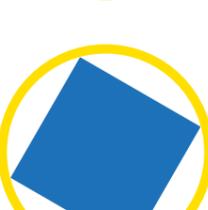


real gym Skills Matrix

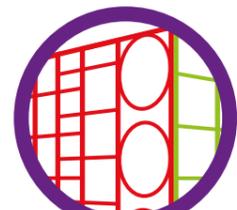
The skill element of real gym is made up of 5 areas - **Shape, Balance, Travel, Flight** and **Rotation**. Each skill is explored and developed through 7 stages. The first three help children learn and develop their skills through floor work, with the remaining four stages showing how they can begin 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.

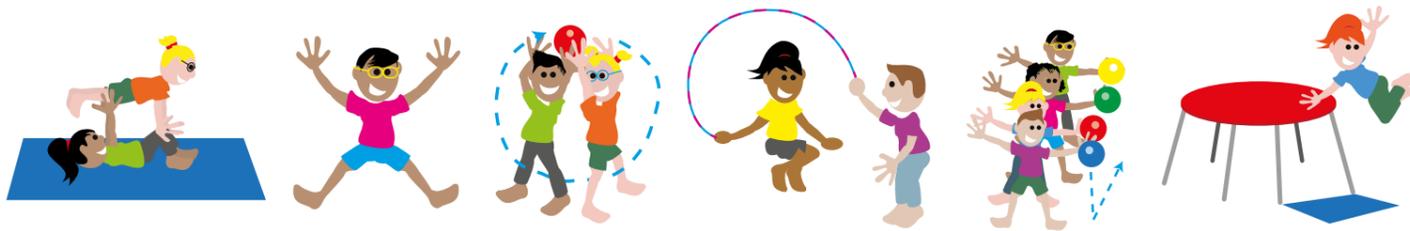
	7 Large Apparatus	7 Large Apparatus	7 Large Apparatus	7 Large Apparatus	7 Large Apparatus
	6 Partner Work	6 Partner Work	6 Partner Work	6 Partner Work	6 Partner Work
	5 Low Apparatus	5 Low Apparatus	5 Low Apparatus	5 Low Apparatus	5 Low Apparatus
	4 Hand Apparatus	4 Hand Apparatus	4 Hand Apparatus	4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



Unit	Learning Focus (Select Cog)	Weeks	Gym Skill	Theme
1		1-3	 Hand Apparatus	 Rhythmic Sequences
		4-6	 Low Apparatus	 Bench Sequences
2		7-9	 Partner Work	 Acrobatic Sequences
		10-12	 Large Apparatus	 Climbing Sequences



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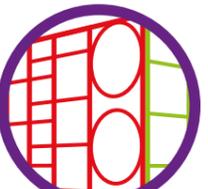
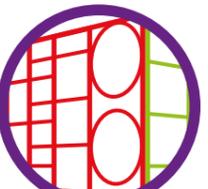
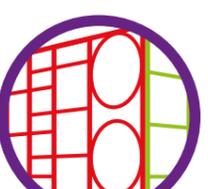


Lesson Warm-Up Skill Skill Application Review Method

1 Baseline assess	 Continuous Throwing Relay	 Hand Apparatus	  Ball Tricks Ball Games (Ext.)	 Gift Cards
2	 Continuous Throwing Relay	 Hand Apparatus	  Rhythmic Sequences Pass it On (Ext.)	 Gift Cards
3	 Continuous Throwing Relay	 Hand Apparatus	  Rhythmic Sequences Bounce Off (Ext.)	 Gift Cards
4	 Continuous Relay	 Low Apparatus	  Apparatus Circuit Bench Sequences (Ext.)	 Time Shares
5	 Continuous Relay	 Low Apparatus	  Bench Sequences Reaching Out (Ext.)	 Time Shares
6 Re-visit assess	 Continuous Relay	 Low Apparatus	  Bench Sequences Front Support Turn Over (Ext.)	 Time Shares

Unit 1

Lesson Warm-Up Skill Skill Application Review Method

1 Baseline assess	 Follow my Leader	 Partner Work	  Introduction to Partner Balance Hand Tap Game (Ext.)	 Questions Carousel
2	 Follow my Leader	 Partner Work	  Up the Beat Chance Choreography (Ext.)	 Questions Carousel
3	 Follow my Leader	 Partner Work	  Up the Beat Chance Choreography (Ext.)	 Questions Carousel
4	 Skipping	 Large Apparatus	  Learning to Fly Apparatus Circuit (Ext.)	 Comfort, Stretch, Panic
5	 Skipping	 Large Apparatus	  Run, Run, Run Dice Frenzy Jumps (Ext.)	 Comfort, Stretch, Panic
6 Re-visit assess	 Skipping	 Large Apparatus	  Run, Run, Run Dice Frenzy Jumps (Ext.)	 Comfort, Stretch, Panic

Unit 2