



# Pinner Wood School



Year Group	1	Term	Autumn 1	Subject	PE	Topic	Real Gym - Unit 1 Shape and travel
						Key Question	How can I make a shape with my body?
Prior Learning and other Curriculum Links	<p><b>Reception</b> I can skip, hop, stand on one leg and can hold a pose for a game like musical statues (3-4)</p> <p>I can continue to develop movement; balancing, riding (scooters, trikes and bikes) and ball skills (3-4)</p>				Skills statements	<p>Side-step in both direction</p> <ul style="list-style-type: none"> <li>- I can gallop, leading with either foot</li> <li>- I can hop either foot</li> <li>- I can skip</li> <li>- I can stand still for 10 seconds</li> </ul>	
Fundamentals	Gymnastics: Know tuck, star, straddle, straight and pike and use these on floor and low apparatus				Key Facts/Sticky Knowledge	<p>To know the difference between a variety of gymnastics shapes.</p> <p>To perform a variety of shapes on some PE apparatus safely</p> <p>To know how to dismount apparatus safely</p> <p>To travel safely on the floor</p> <p>To travel safely on a range of apparatus</p>	
Our Curriculum Journey	<p><b>Stunning Start:</b> Children will begin by learning a range of gymnastic shapes. Beginning with standing on two feet, on front and on back. They will then explore front support, back support, dish and arch. After they have gained experience of each shape, the children will perfect them through a shape game.</p> <p><b>Journey:</b> The children will use their knowledge of the different shapes they have learnt and demonstrate them on various small apparatus, like benches, trying hard to keep their balance. Following this, the children will work with a partner to match the shapes, using the same side and direction as well as mirroring shapes where they will explore the opposite side and direction. This will all be repeated on large scale apparatus.</p> <p><b>Showcase:</b> After perfecting the different shapes, the children explore how they can use each shape and travel using different body parts across the floor, low and high apparatus. The children will explore moving over, on top of, under, along, through</p>						

<b>Key Vocabulary (revisited)</b>	Jump Direction Run Hop Skip Balance	<b>Key Vocabulary (new)</b>	Straight, Tuck, Ball, Pike, Straddle Front support, Back support Bunny Hop, caterpillar walk, crab walk, roll, bear walk,
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