

<b>Year 5 Pilates</b> <b>Curriculum Link:</b> <b>Develop flexibility, strength, technique, control and balance</b>		
Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
<p>Subject Name: <b>PE</b>  Year Group: <b>5</b>  Term: <b>1 (H2)</b>  Unit Name: <b>Pilates</b></p> <p><b>Spiritual Development</b>  Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development.  John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.</p>	<ul style="list-style-type: none"> <li>• Begin to identify, repeat and remember actions and movements, selecting these actions and movements to compose their own full sequence.</li> <li>• Link actions to make a sequence with a clear beginning, middle and end with movements and actions showing fluidity and some control.</li> <li>• Carry out balances, recognising the position of their centre of gravity and how this affects the balance.</li> <li>• Show flexibility in movements.</li> <li>• Travel using a range of direction, speed and levels with control, co-ordination and care.</li> </ul>	<ul style="list-style-type: none"> <li>• Compete against self and others in a controlled manner in teams and individually in a range of competitive activities using evaluation to improve performance.</li> </ul>
Big Ideas	Year 5 Learning	Health and Fitness & Preparation
<p>Perform pilates sequences to link actions and sequences of movement and develop flexibility, strength, technique, control and balance.</p>	<ul style="list-style-type: none"> <li>• To be able to identify, repeat and remember actions and movements, selecting these actions and movements to compose their own full sequence.</li> <li>• To be able to link actions to make a sequence with a clear beginning, middle and end with movements and actions showing fluidity and control.</li> <li>• To develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance.</li> <li>• To be able to travel using a range of direction, speed and levels with control, co-ordination and care consistently.</li> </ul>	<ul style="list-style-type: none"> <li>• Know and understand the reasons for warming up and cooling down and lead own warm-ups and cool downs with support.</li> <li>• Explain why exercise is good for health, fitness and wellbeing and make some links to ways we can become healthier.</li> </ul>

Key Information	Learning	Key PE Skills
Vocabulary	Future Learning:	Evaluation and Communication
<p>fluidity precision</p>	<ul style="list-style-type: none"> <li>Consistently and accurately identify, repeat and remember actions and movements, selecting these actions and movements to compose their own full sequence involving a range of actions and movements: travelling, balancing, holding shapes, and stretching.</li> <li>Link actions to make a sequence with a clear beginning, middle and end with movements and actions showing fluidity, control and precision.</li> <li>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</li> <li>Travel using a wide range of direction, speed and levels with control, co-ordination and care consistently.</li> </ul>	<ul style="list-style-type: none"> <li>Watch and describe performances of themselves and others - link this to how this has supported modifying their skills and techniques to improve over time and offer improvements to others.</li> <li>Use communication skills to illustrate what they are doing and respond to others to begin to improve team play.</li> </ul>
Glossary		