

Brough Primary School – Curriculum Intention Plan 2021 - 2022



Subject: PE Year Group: 3/4 Year B		Area of learning: Cool Core
Links to previous work/Remember when	Years 1 – 3 cool core basic core exercises.	
Term	Year B	Key Skills to be taught
Summer 2022 What the children should know at the end of this series of lessons		<p>Perform basic Pilates moves with good technique and understanding.</p> <p>Perform some controlled Pilates movements, and understand the benefit of doing them.</p> <p>Perform basic Pilates moves with good technique and understanding.</p> <p>Learn new moves and develop correct technique.</p> <p>Understand why breathing is important throughout all of the moves.</p> <p>Master Pilates moves with accuracy and control, and understand the value of doing them.</p>

Vocabulary

Mountain pose, rock, Siamese pose, giraffe, Pilates.

Sequence of learning	Objectives and suggested details provided by subject leader.
1	<p>To improve balance and co-ordination.</p> <p>Warm-up: Perform the following moves in beats of eight to music. Link the moves together as you change from one to the next: marching on the spot, side lunges, marching, lunges, grapevine, stretch arms, circle hips, stretch legs.</p> <p>Skills learning and development: Sitting crossed-legged, (straight back, relaxed shoulders) ask the children to breathe in through their nose and out through their mouth. Repeat the above, and the children breathe in, they raise their arms up above their head in a circular move, and then lower them as they breathe out. Introduce the Mountain pose. First, ask the children to stand with feet together, and tighten all of their tummy muscles and tuck their stomach in. Next, the children tighten their tummy muscles as above, and hold their arms down by their side, with palms facing in – breathe in for four and then out for four. Repeat this 8 times.</p>

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	<p>As the children repeat, check that they all have the correct posture: hips shoulder-width apart, they are pushing their feet into the floor and looking forward. Instruct them to breathe slowly and softly, raising their rib cage. All of the muscles in their body should be tense. This is calm and focused move. In pairs, ask the children to practise their Pilates move, and help each other to hold the correct posture. The next pose is the Siamese pose – the children stand with legs further than hip wide, then working the waist, they turn to one side, put their hand on their head and look towards the elbow. Slide the other arm down the back of their leg and breathe out as they slide their arm down, then breath in as they slide their arm up again. Switch sides – from the waist the children turn to the other side, and repeat. Again in pairs, ask the children to practise this Pilates move, and help each other to hold the correct posture.</p> <p>Application and practice: Put the two moves together with some easy linking moves, e.g. rock pose: rest on knees with back straight and hands on knees. Hold this for a count of eight breaths. Then up to standing and move into mountain pose for eight (breathe in for four and out for four); repeat eight times. Then move into Siamese pose, and again repeat eight times. Move down to rock position and repeat this four times. The children can then move into giraffe pose – this is just like rock, but they also lift their bottom up off their knees and reach for the sky. Repeat this new move four times, and then finish with mountain pose. To wind down, play relaxing music as the children lie down. Encourage them to concentrate on their breathing.</p>
2	<p>To improve balance and co-ordination; To consolidate and improve the moves learned so far.</p> <p>Warm-up: Perform the following moves in beats of eight to music. Link the moves together as you change from one to the next: marching on the spot, side lunges, marching, lunges, grapevine, stretch arms, circle hips, stretch legs.</p> <p>Skills learning and development: Divide the class into pairs and ask each pair to recap on the main moves from last lesson – mountain and Siamese. Ask each pair to practise these moves, and choose some pairs to perform the moves to the rest of the class. Introduce the Mountain top pose. The children stand feet together, arms outstretched above their head with their palms touching. Ask the children to practise this pose, and then extend it by going up onto tip toes. To maintain balance, the children can focus on something in front of them. Breathe in for four and out for four – repeat this eight times. Divide the class into pairs again, and give each pair a ball. The children sit in straddle and facing each other in their pairs, so that their legs make a diamond shape on the floor. One child holds the ball on the floor, then breathes in and rolls the ball out along the floor as far as they can, then back in breathing out as they roll the ball back. Repeat this four times and then change over so each child in the pair has a go. Extend this move by rolling the ball down one leg and then the other. Repeat this four times on each leg. Explain to the children that the roll needs to be done quite slowly, and that their breathing must be controlled. Application and practice: Put the two moves together with some easy linking moves, e.g. rock pose: rest on</p>

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	<p>knees with back straight and hands on knees. Hold this for a count of eight breaths. Then up to standing and move into mountain pose for eight (breathe in for four and out for four); repeat eight times. Then move into Siamese pose, and again repeat eight times. Move down to rock position and repeat this four times. The children can then move into giraffe pose – this is just like rock, but they also lift their bottom up off their knees and reach for the sky. Repeat this new move four times, and then move into mountain top pose, then ball roll, finally finishing with mountain pose. To wind down, play relaxing music as the children lie down. Encourage them to concentrate on their breathing.</p>
3	<p>To develop balance techniques when performing cool core moves. Warm-up: Perform the following moves in beats of eight to music. Link the moves together as you change from one to the next: marching on the spot, side lunges, marching, lunges, grapevine, stretch arms, circle hips, stretch legs.</p> <p>Skills learning and development: Sitting crossed-legged, (straight back, relaxed shoulders) ask the children to breathe in through their nose and out through their mouth. Repeat the above, and the children breathe in, they raise their arms up above their head in a circular move, and then lower them as they breathe out. The children then shrug their shoulders to loosen them up. Try both shoulders at the same time, and then alternate. Next, with hands on shoulders, twist from the waist to one side, and then the other. With a partner, ask each child to recap on the moves from previous sessions. They should give each other feedback on the success of their moves. Introduce the pencil point pose. The children sit on the floor with their legs stretched out in front of the body. Arms are by their side with palms face down on the floor. Ensure they keep their backs straight and their toes pointed. Breathe in for four and out for four. Repeat this eight times. In pairs, ask the children to peer assess. You could also choose some children to model this pose to the rest of the class.</p> <p>Application and practice: Perform a routine to link these new moves together, along with the moves from the previous sessions, e.g. rock pose: rest on knees with back straight and hands on knees. Hold this for a count of eight breaths. Then up to standing and move into mountain pose for eight (breathe in for four and out for four); repeat eight times. Then move into Siamese pose, and again repeat eight times. Move down to rock position and repeat this four times. The children can then move into pencil point pose. Repeat this new move four times, and then finish with mountain top pose. To wind down, play relaxing music as the children lie down. Encourage them to concentrate on their breathing.</p>
4	<p>To develop balance techniques when performing cool core moves. Warm-up: Perform the following moves in beats of eight to music. Link the moves together as you change from one to the next: marching on the spot, side lunges, marching, lunges, grapevine, stretch arms, circle hips, stretch legs.</p> <p>Skills learning and development: Sitting crossed-legged, (straight back, relaxed shoulders) ask the children to breathe in through their nose and out through their mouth. Repeat the above, and the children breathe in,</p>

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	<p>they raise their arms up above their head in a circular move, and then lower them as they breathe out. The children then shrug their shoulders to loosen them up. Try both shoulders at the same time, and then alternate. Next, with hands on shoulders, twist from the waist to one side, and then the other. In pairs, ask the children to recap the Pilates moves from the previous sessions. Then introduce a new pose – the tree pose. The children stand with feet together, then bring left ankle up and hold it with the right hand. Then place their left foot on their inner right thigh. Raise their arms up above the head, with their palms together. As they perform this pose, their backs should be straight. Ask the children to breathe in for four and out for four. Repeat this eight times, then slowly lower arms and return to a standing position. Again, in pairs, ask the children to practise this Pilates move, and help each other to hold the correct posture. Ask: Why do we have to bring our arms and legs down slowly?</p> <p>Application and practice: Perform a routine to link these new moves together, along with the moves from the previous lessons, e.g. rock pose: rest on knees with back straight and hands on knees. Hold this for a count of eight breaths. Then up to standing and move into mountain pose for eight (breathe in for four and out for four); repeat eight times. Then move into Siamese pose, and again repeat eight times. The children can then move into tree pose. Move down to rock position and repeat this four times. Repeat this new move four times, and then finish with mountain pose. To wind down, play relaxing music as the children lie down. Encourage them to concentrate on their breathing.</p>
5	<p>To sustain balance and concentration when performing a variety of cool core moves.</p> <p>Warm-up: Perform the following moves in beats of eight to music. Link the moves together as you change from one to the next: marching on the spot, side lunges, marching, lunges, grapevine, stretch arms, circle hips, stretch legs.</p> <p>Skills learning and development: Recap on the moves that the children have learned so far: mountain, rock, pencil, giraffe, Siamese and tree. As a class, ask the children to model good technique for each pose. They should concentrate on breathing deeply in for four and out for four for each pose, and maintaining a straight back throughout. Introduce the mountain ledge pose. The children sit with their feet outstretched in front of their body. They then interlock their fingers and stretch their arms above their head. Breathe in for four and then out for four. Repeat this eight times. Then slowly lower arms and return to a sitting position. Ask: Which parts of the body are being stretched in this exercise? The children can then practise with a partner, and help each other to perform the correct technique.</p> <p>Application and practice: Put all of the moves together into a sequence – model the sequence of your choice to the children and encourage them to copy.</p>
6	<p>To develop cool core moves using balance techniques.</p> <p>Warm-up: Play the fish and chips game: ask the children to all stand in a line facing the same direction. On the left of the children, mark a line that</p>

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	<p>is 'chips' and on their right one that is called 'fish'. The children jog on the spot, and when you call out 'fish' or 'chips' the children have to jog to the relevant line. They then jog into the centre until you call out another. If you call out 'Fish and chips' they stay in the centre. If you call out 'Salt', the children have to turn around so that right and left changes.</p> <p>Skills learning and development: Recap all of the Pilates moves learned so far: mountain, rock, pencil, giraffe, Siamese, tree and mountain ledge. Then ask the children to model and perform each move – ensuring that they use good technique throughout. Concentrate on breathing deeply in for four and out for four for each move, and maintaining a straight back. Then in pairs, ask the children to link together six of their favourite moves into a sequence in any order, again ensuring that correct technique is maintained.</p> <p>Application and practice: Each pair perform their sequence to the rest of the class. The children can then peer assess and improve their sequences.</p>
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Learning Outcome/product	
Perform basic Pilates moves with good technique and understanding.	
Perform some controlled Pilates movements, and understand the benefit of doing them.	
Perform basic Pilates moves with good technique and understanding.	
Learn new moves and develop correct technique.	
Understand why breathing is important throughout all of the moves.	
Master Pilates moves with accuracy and control, and understand the value of doing them.	

Assessment records	List only those children who have not achieved the expected outcomes.

Assessment records	List only those children who have exceeded the expected outcomes.

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End of unit assessment question