

Brough Primary School – Curriculum Intention Plan 2021 - 2022



Subject: PE Year Group: 6		Area of learning: Cool Core
Links to previous work/Remember when	Cool core poses from previous years.	
Term		Key Skills to be taught
Summer 2022 What the children should know at the end of this series of lessons		<p>Link core strength activities together with fluency. Demonstrate good technique in moves already learned.</p> <p>Develop co-ordination and balance.</p> <p>Learn new Pilates moves.</p> <p>Learn how to improve cool core, and how to create moves that need balance and strength. • Work with a partner to create new moves. • Devise a suitable warm-up activity for cool core.</p> <p>Link cool core moves together to teach to another pair. • Improve balance and core strength. • Complete a workout for personal improvement.</p> <p>Learn how to evaluate others' creations. • Perform sequences of strength and balance.</p>

Vocabulary

Cool core, flexibility, fluency, create.

Sequence of learning	Objectives and suggested details provided by subject leader.
1	<p>To identify exercises that will improve core strength and stability. 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 'cool core' learning from previous years – these skills will help the children to develop flexibility, muscle strength and concentration. As well as increasing fitness levels, it will also allow the children to be able to sustain a position or move for a period of time, as well as keeping active. Write on the whiteboard all of the cool core moves learned in Years 4 and 5, and ask the children to spend 15 minutes practising these moves: mountain, rock, giraffe,</p>

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	<p>Siamese pose, mountain top pose, pencil point pose, tree pose, mountain ledge, chair pose and letter L pose. Select some children to model good technique – remind them that they are demonstrating the correct posture required for the moves. Then, with a partner, ask the children to link together four of these moves so that they flow smoothly from one to the next.</p> <p>Application and practice: Each pair can perform their four moves twice through in sequence, so that they get a good core work out. As they perform, other pairs can peer assess to give them feedback on their sequence.</p>
2	<p>To apply balance techniques when performing cool core exercises. Warm-up: Perform the following moves to music. Link the moves together as you change from one to the next: marching on the spot (1 minute), side lunges to the left (repeat eight times), marching on the spot (30 seconds), side lunges to the right (repeat eight times), grapevine – step, step, step clap (1 minute), stretch arms and circle hips (right then left, repeat eight times), and stretch legs (repeat eight times).</p> <p>Skills learning and development: Introduce the triangle pose. First, ask the children to stand with legs apart, and arms outstretched by their sides, with palms facing down. The children then turn their right foot out (e.g. clockwise) 90°, and bend to hold their right ankle with right hand. Then raise their left arm up above the body and look up to their left hand. Breathe in for four and then out for four. Repeat this eight times before slowly returning to a standing position. Repeat the above, this time with the left leg turning 90°. Ask the children to work in pairs to practise this pose, coaching each other and helping to keep backs straight. Next, introduce the fold pose. First, ask the children to sit with their legs outstretched in front of them. Then bend from the hips and stretch arms out over their head to touch their toes. Breathe in for four and then out for four. Repeat this eight times. Ask: How does breathing help us when performing these moves? Why is it important to concentrate during this type of fitness? What could help us to concentrate?</p> <p>Application and practice: Using the sequence of poses from last session, ask the children to add these two new poses where they think they will best fit within the sequence. Ask them to then perform the sequence twice through, with control and balance.</p>
3	<p>To perform cool core exercises of increased difficulty with balance. 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: As a class, recap all of the poses learned so far, choosing some children to demonstrate at the front. Remind the children to breathe deeply in for four and out for four for each pose, concentrating on their breathing and keeping their back straight. Ask: Why is it important to control our movements as we go back to a standing position? What would happen if we move too quickly out of these poses? Put the children into pairs to practise the poses</p>

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	<p>learnt so far. Encourage them to coach each other, and offer support to perform the correct technique, e.g. keep backs straight etc.</p> <p>Application and practice: Each pair perform the sequence of moves in order, moving smoothly from one pose to the next.</p>
4	<p>To create original cool core moves. Warm-up: In groups, give the children 5-10 minutes to create their own warm-up that is suitable for Pilates. Each group will then lead the warm-up in the next two weeks.</p> <p>Skills learning and development: As a class, recap all poses learnt so far, and perform them one after the other. Remind the children to breathe deeply in for four and out for four, and to concentrate on their breathing while keeping their backs straight. Ask: Which parts of the body are being stretched through your cool core move? Is there any part of the body that is being stretched more than others? Then working in pairs, ask the children to create their own two poses to use within a sequence. These can be an individual pose or a pose linked by children. The children then model their poses in pairs, and explain which part of the body it is stretching/ benefitting.</p> <p>Application and practice: Each pair teach their two new poses to another pair, ensuring that they understand which part of the body is being stretched/worked.</p>
5	<p>To demonstrate balance and co-ordination. Warm-up: Choose a group to lead the class in performing the routine they made up last session – the chosen group may need a few minutes of practice time at the start of the lesson.</p> <p>Skills learning and development: Recap all of the poses learnt so far, and ask the children to perform them one after the other. Remind the children to breathe deeply in for four and out for four, concentrating on their breathing and keeping their back straight. Put the class into pairs and ask them to create a sequence of cool core moves – they should include a minimum of five moves, one of them being a newly created move.</p> <p>Application and practice: Ask each pair to practise and perfect the sequence so that they can teach it to another pair next week.</p>
6	<p>To perform others' sequences with control and balance. Warm-up: Choose a different group than last lesson to lead the class in performing the routine they made up last time – the chosen group may need a few minutes' practice time at the start of the lesson.</p> <p>Skills learning and development: Ask the children to practise the routines that they developed last lesson. Encourage them to aim for fluency and control as they practise and perform. Ask them to explain what benefit the moves that they have included in their routine have for their bodies.</p> <p>Application and practice: When all children have practised their sequence, ask each pair to share their cool core routine with another</p>

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	pair. When you have worked with one pair move on to another. Repeat until all pairs have shared their routine with the rest of the class.
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Learning Outcome/product
<p>Link core strength activities together with fluency. Demonstrate good technique in moves already learned.</p> <p>Develop co-ordination and balance.</p> <p>Learn new Pilates moves.</p> <p>Learn how to improve cool core, and how to create moves that need balance and strength.</p> <ul style="list-style-type: none"> • Work with a partner to create new moves. • Devise a suitable warm-up activity for cool core. <p>Link cool core moves together to teach to another pair.</p> <ul style="list-style-type: none"> • Improve balance and core strength. • Complete a workout for personal improvement. <p>Learn how to evaluate others' creations.</p> <ul style="list-style-type: none"> • Perform sequences of strength and balance.

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.

End of unit assessment question