Brough Primary School – Curriculum Intention Plan 2023 - 2024

Subject: PE Year Group: Year 5/6		Area of learning: Cool Core (Year B)
Links to previous work/Remember when		● Cool core poses from previous years.
Term		**Key Skills to be taught**
Summer 1 2024 What the children should know at the end of this series of lessons		● Link core strength activities together with fluency. ● Demonstrate good technique in moves already learned. ● Develop co-ordination and balance. ● 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.

Vocabulary

Cool core, Pilates, flexibility, fluency, create.

Sequence of learning	Learning Objectives/Outcomes	suggested Lesson Outline
1	**Learning Objective:** To identify exercises that will improve core strength and stability. **Key Knowledge:** Children required to:	**Recap -** Cool core poses from previous years. 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, 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.
2	**Learning Objective:** To apply balance techniques when performing cool core exercises.	**Recap** – To know and remember cool core moves. Introduce the triangle pose. First, ask the children to stand with legs apart, and arms outstretched by

		Key Knowledge: Children should:	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. 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.
3		Learning Objective: To perform cool core exercises of increased difficulty with balance. Key Knowledge: Children should:	Recap - Cool core poses from Year 4. 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. Put the children into pairs to practise the poses learnt so far. Encourage them to coach each other, and offer support to perform the correct technique, e.g. keep backs straight etc.
4		Learning Objective: To create original cool core moves. Key Knowledge: Children should:	Recap - Cool core poses and their value. 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. 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. Each pair teaches their two new poses to another pair, ensuring that they understand which part of the body is being stretched/worked.
5	**Learning Objective:** To perform others' sequences with control and balance. **Key Knowledge:** Children should:	**ASSESSMENT LESSON** **Recap -** All cool core moves learned so far, and the reasons why we perform them. 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. Application and practice: When all children have practised their sequence, ask each pair to share their cool core routine with another 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.

Learning Outcome/product
Children can perform a sequence of their own and then share their cool core routine with another pair.

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