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| COOL CORE | Knowledge | Skills | Vocabulary |
| Foundation stage | Develop overall body strength, balance, co-ordination and agility by:   * Giving children plenty of opportunity to play indoors and outdoors * Being active and using their bodies in as many different challenging ways as possible * Allow children to create their own games by revising pen ended recourses * Develop confidence when using tools like gardening trowels and wheeled toys (wheelbarrow, bikes, tricycles) * Daily experiences of climbing/digging/swinging/collecting things. | | Core  Gross motor  Balance  Strength  Co-ordination |
| Year 1 | Know what the core is and where it is and know why it is important  Know what balance and agility are  Gain an understanding of what core strength is | * Control breathing * Support body weight, including on hands * Perform movements that demonstrate good core support, incluing bridge and wheelbarrow * Increase speed and complexity when travelling through ladders * Perform a front and back support, and a plank with correct technique * Use core strength to maintain balance when running * Walk demonstrating good balance and posture * Use techniques to improve performance | Bridge, agility, core, plank, balance, front, back, support, strength, wheelbarrow, posture, crab |
| Year 2 | Understand what a small crunch does to your core  Know why squats and body twists are effective exercises  Understand how hoop skills help core strength and balance | * Maintain a good bridge using core skills * Use arms effectively when running * Maintain wheelbarrow for longer period of time using core strength * Perform a small crunch * Perform an activity that uses abdominals * Perform squats and body twists * Transfer weight from one foot to two feet * Perform footwork patterns using a hoop * Jump with accuracy using core to maintain balance * Perform hoop skills to aid core strength and balance * Increase hand eye coordination | Core strength, bridge, agility, abdominals, squat, hopscotch, |
| Year 3 | Know that a snake charmer and facing bridge supports core strength  Know how activities that encourage them to support their own body weight increases core strength  Understand why fitness levels are important and the central role of core strength when performing different exercises  Know which part of the body different exercises focus on | * Perform a snake charmer and facing bridge and describe how it feels * Link agility and ore strength activities together * Perform squat thrusts, burpees and running squats with the correct technique for building core strength * Perform a side lean, keeping hips straight and using core muscles to move * Perform hula hooping to aid core strength and balance * Locate their core muscles and describe how they feel when performing a crunch/sit up * Evaluate performance and compare to previous performances, articulating how they have improved/what they need to work on * Perform a circuit on exercises that focus on different parts of the body, and describe how it makes their body feel | Snake charmer, popcorn, bridge, Squat thrust, burpee, running squat, circuit, crunch, sit up, step-up, shuttle run, seated dips, heart, core, legs, arms, agility |
| Year 4 | Understand that Pilates is a workout that strengthens core muscles and the benefits of the exercises  Understand why it is important to breath steadily throughout exercise  Know the names of different Pilates poses and articulate correct technique when performing them | * Perform a mountain pose with the correct posture by tightening stomach muscles * Sequence Pilates poses together using rock pose and giraffe pose to link them * Perform a mountain top pose and challenge themselves to extend this by going up on to tip toes * Learn new moves and develop the correct technique * Perform steady breathing and articulate why it is important throughout all the moves * Create cool core moves using balance techniques * Master Pilates moves with accuracy and control, understand the value of doing them * Perform a sequence of poses as a group and evaluate the performance | Mountain pose, rock, Siamese pose, giraffe, Pilates, mountain top, pencil point pose, tree pose, mountain ledge pose, breathing |
| Year 5 | Understand cool core develops flexibility, muscle strength, concentration and fitness levels  Understand good technique for new poses  Articulate techniques for improving balance and core strength  Understand the benefits of different exercises  Understand what is necessary for an exercise to demonstrate control | * Perform Pilates moves with accuracy * Learn how to link movements together to create a sequence * Learn a new pose with accuracy * Help others achieve goo technique through coaching and observations * Identify techniques to improve balance and core strength * Learn improvement is needed and how to improve * Discover individual strengths * Perform moves with fluidity and control * Devise a sequence of yoga and Pilates moves with fluency and accuracy * Design own unique move and name it | Cool core, flexiliy, fitness, chair pose, letter L pose, sequence, fluency, control, breathing, evaluate |
| Year 6 | Apply balance technques when performing exercises  Know the names of some important core muscles (Abdominals, internal and external obliques)  Understand why is it important to control our movements as  we go back to a standing position  Create original cool core moves  Demonstrate balance and co-ordination | * Link core strength activities together with fluency * Demonstrate good techniques in moves already learnt * Develop co-ordination and balance * Learn new Pilates moves * Crete moves that require balance and strength * Work with a partner to create new moves * Devise a suitable warm up activity for cool core * Link cool core moves together to teach another group or pair * Complete a workout for personal improvement * Evaluate others’ creations * Perform a sequence of strength and balance | Triangle pose, Pilates, core, muscles, obliques, abdominals, flexibility, fluency, creativity, breathing, evaluate |