

PE Multi Skills Year 4

National Curriculum subject content:
Develop flexibility, strength techniques control and balance.
Compare their performance with previous ones and demonstrate improvement to achieve personal best.
<ul style="list-style-type: none"> ✓ Using running, jumping, throwing, and catching in isolation Use running jumping, throwing, and catching in isolation. ✓ Play competitive games and apply basic principles of attacking and defending. ✓ Develop flexibility, strength, technique, control, and balance. ✓
National Curriculum theme:
<ul style="list-style-type: none"> ✓ Multi skills ✓ PHSE Team/ pair work ✓ Speaking and listening



Key Vocabulary:	
Accuracy	It is correct or as near to target as possible
Agility	The ability to change the position of the body quickly and with control.
Balance	The ability to stay upright and or in control of body movements.
Circuit	A sequence of activities
Coordination	The ability to use two or more body parts together. This helps all athletes to move smoothly and quickly, especially when having control of a ball.
Dribbling	Moving the ball close and under control
Overarm	Throwing object behind and over shoulder
Personal Best	Your best achievement/ score
Skills	Skills - Are learned abilities that athletes acquire through training and practice
Speed	- Speed is the ability to move parts of your body quickly, or the rate at which someone can perform a movement or cover a distance.
Stamina	Being physically fit to compete
Stance	Position ready
Underarm throw	Throwing object from waist/ hips underarm

Sequence of Learning:					
Objectives (key knowledge):					
To know how to move body in different ways in a controlled and coordinated way.	To learn to develop hand- eye coordination and acquire skills to throw catch effectively using both under and overarm throws.	To know how to keep a ball under control by dribbling.	To know different jumping techniques.	To learn to use running, jumping, throwing, and catching skills to create their own game.	To learn to use running, jumping, throwing, and catching skills to create their own game
Fundamental Skills					
Stretching/ Balance Run, skip, hop, etc. Games changing direction. beanbags	Throw catch. Under and over arm. The ability to control the movement of the body	Large balls Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance.	Speed jumps, long jumps, high jumps. Jumping games/obstacles. Coordination	Pair work create, play share own game. Agility ability to rapidly change direction, accelerate or decelerate.	Pair work create, play share own game.

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<p>Agility Agility running skills. Spatial awareness Spatial awareness and footwork. Agility the ability to rapidly change direction, accelerate or decelerate.</p>	<p>in cooperation with the body's functions. Hand eye coordination</p>	<p>Coordination The ability to control the movement of the body in cooperation with the body's functions Hand eye coordination. Spatial awareness</p>	<p>The ability to control the movement of the body in cooperation with the body's functions. Balance hold stance</p>	<p>Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination/flexability</p>	<p>Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination/flexibility</p>
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