

PE: multi-skills

Y4 spring term

National Curriculum subject content:
Use running, jumping, and throwing in isolation and in combination
Develop flexibility, strength, technique, control and balance



Key Vocabulary:	
absorb	An object's ability to soak up or take in other substances
alternate	following each other in turns, first one then the other
crouched	stooped or bent low with the arms and legs close to the body
impact	to have a strong effect on
landing	how you land and how it looks
Long jump	a two footed horizontal jump from a standing position
momentum	a measurement of mass in motion
Overhead heave throw	A throwing technique
stance	a way of standing or being placed
take off	the first phase of a jump where the athlete is preparing to leave the ground
technique	the way of performing a skill
Triple jump	a track-and-field event in which competitors make three jumps in a row after a running start
vertical	from top to bottom

Sequence of Learning:					
Objectives (key knowledge):					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
To practise and refine safe jumping techniques.	To perform a standing vertical jump.	To perform a standing long jump and a standing triple jump.	To perform an overhead heave throw.	To use an effective technique for sprinting, including a sprint start.	Half term.