

Autumn Term Year 4 PE

Key facts

Different parts of the body support balance in different ways.

Senses are used to support co-ordination.

Co-ordination is the ability to get the body to work together in a co-ordinated and efficient way.

By learning co-ordination, children will exercise and further develop their brain to have greater control over their body.

Footwork and Co-ordination

Brief summary/ overview

The children will learn how to hopscotch forwards and backwards, alternating leg each time.

They will take part in activities that involve zig zagging forwards and backwards.

They will apply these skills to team and net games.

Prior Knowledge

Children will build on balance and control skills developed in Year 3 through the Real PE curriculum.

Key Vocabulary

Hop
Alternate
Dodge
Change direction
Accuracy
Balance
Co-ordination
Co- ordinate
Travel

Resources

Real PE scheme and associated resources.

Cross curricular links/visits

Sports events Science
PHSE