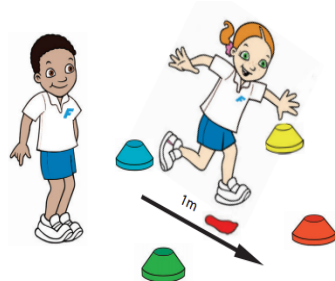


Prior Learning: In year 4, children continued to develop their **balance, agility** and **coordination** (ABC) skills and started to become familiar with these terms. They measured their scores in a variety of multi skills activity tests. They continued to combine the ABC skills when completing different tasks. They worked as a team and continued to take on roles e.g. leadership and mini coach.

Key Skills

Physical Me

Agility	Strength
Balance	Control
Co-ordination	Running
Speed	Jumping
Flexibility	Throwing
	Skiing



Thinking Me

- Problem solving
- Improving my performance

Value Me

- Responsibility
- Creativity

Social Me

- Collaboration
- Co-operation

Key Vocabulary

Agility

Balance

Co-ordination

Accuracy

Performance

Combination

Success

Evaluate

Create

Key Knowledge

Agility - The ability to change the position of the body quickly and with control.

Balance - Is the ability to stay upright or stay in control of body movement

Co-ordination - The ability to use two or more body parts together.
This helps all athletes to move smoothly and quickly especially when also having to control a ball.

Accuracy - Is the ability to perform movements and skills with precision.

Flexibility - Is the ability to move muscles and joints through a full normal range of motion

