

Subject: Physical Education	Year group: Year 4	Topic: imove Agility & Coordination	Initiation & activation activities:
<p>Prior knowledge required: they are able to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns.</p>		<p>Vocabulary: control, agility, fitness, reaction, response, coordination, footwork, evade, feinting, sidestep, speed, opponent, attacker, defender, personal best, shuttle, slalom, penalty</p>	
Programme of Study	Implementation:	Impact –lesson sequence:	Evaluations and assessments:
<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team 	<ul style="list-style-type: none"> • Can they choose and use a range of appropriate skills with good control and consistency. • Can they perform sequences, holding clear shapes with controlled, repeated movements. • Choose and use a range of appropriate skills with good control and consistency. • SEN/Support - Can they perform a range of skills showing some control and consistency. • GD - Can they perform a variety of movements and skills while sustaining good core strength. • Can they attempt to try and evade opponents using a range of movements. • Can they move effectively with the correct technique, whilst using equipment. • Can they move in a quick and controlled manner. • Can they use controlled footwork patterns to change direction and level. • Can they use controlled footwork patterns to change direction, level and speed. • Can they demonstrate confidence and competence in the Fundamental Movement Skills: Agility & Fitness - Reaction & Response; Coordination - Footwork 		

<ul style="list-style-type: none">• compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p><i>SWIMMING IS TAUGHT ON SITE AT OUR MIDDLE SCHOOL</i></p>			
---	--	--	--