

Year 3 Knowledge
What will I know and do by the end of the unit?
<p>I am able to jump and turn a skipping rope.</p> <p>I can change direction quickly.</p> <p>I can identify when I was successful.</p> <p>I can link hopping and jumping actions.</p> <p>I demonstrate balance when performing other fundamental skills.</p> <p>I understand how the body moves differently at different speeds.</p> <p>I understand why it is important to warm up.</p>



Year 4 Knowledge
What will I know and do by the end of the unit?
<p>I can change direction quickly under pressure.</p> <p>I can explain what happens when I exercise.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can link hopping and jumping actions with other fundamental skills.</p> <p>I can work with others to complete skipping challenges.</p> <p>I demonstrate good balance and control when performing other fundamental skills.</p> <p>I understand and can demonstrate how and when to speed up and slow down when running.</p>

What I will do:	
Physical Skills	<ul style="list-style-type: none"> • balancing • running • hopping • jumping • dodging • skipping
Social skills	<ul style="list-style-type: none"> • supporting and encouraging others • respect • communication • taking turns
Emotional skills	<ul style="list-style-type: none"> • challenging myself • perseverance • honesty
Thinking skills	<ul style="list-style-type: none"> • selecting and applying skills • observing others and providing feedback • identifying strengths and areas for development

Vocabulary I will know:			
distance	pace	coordination	tension
technique	transfer	momentum	accelerate
control	rhythm	decelerate	transfer