



Pinner Wood School



Year Group	4	Term	Spring 1	Subject	P.E.		
						Outdoor Topic & Learning Focus	Real PE Unit 3: Cognitive skills (Balance & Dynamic Balance to Agility)
Prior Learning and other Curriculum Links	<p>Year 3</p> <p>The children previously worked on dynamic balances is year three. The progression to year 4 focusses on the difficulty of the movements in which they are taught and practise.</p>				Target Tracker statements (Skills)	<p>Real PE</p> <p>I can use awareness of space/others to make good decisions. I can understand ways (criteria) to judge performance.</p> <p>Expected</p> <p>I can explain what I am doing well and I have begun to identify areas for improvement. I can explain what I am doing well.</p> <p>Emerging</p> <p>I can explain why someone is working or performing well. I can begin to order instructions, movements and skills.</p>	
Fundamentals For Real P.E.	<ul style="list-style-type: none"> - I can walk fluidly, both forwards and backwards, lifting heel to bottom, knees up and with heel to toe landing. - I can lunge walk forwards (heel to bottom, knees up, extend leg forward and sink hips, heel to toe landing). - I can lunge walk forwards, bringing opposite elbow up to a 90° angle. - I can complete all red dynamic balance challenges with eyes closed. 						

Our Curriculum Journey	Real P.E. Journey: In this unit, the children will be exploring and developing their balance and coordination skills along a straight line. The children will practice the skill of maintaining full control and fluidity while moving back and forward. They will then apply this to a range of different apparatus to test their balance in different situations.		
Key Vocabulary (revisited)	static balance steady unsteady	Key Vocabulary (new)	smooth movements steady unsteady staying on a line with head up opposite arms dynamic

See Real PE plans

<https://real.jasmineactive.com/pe/year/4/unit/3>