



# Pinner Wood School



Year Group	4	Term	Autumn 1	Subject	P.E.	Outdoor Topic & Learning Focus	<u>Real PE</u> <b>Unit 1: Personal skills (balance &amp; coordination)</b>
<b>Prior Learning and other Curriculum Links</b>	Year 3 The children previously worked on dynamic balances in year three. The progression to year 4 focusses on the difficulty of the movements in which they are taught and practise.				<b>Target Tracker statements (Skills)</b>	<i>Real PE</i> Exceeding I can persevere with a task and improve my performance through regular practice. I cope well and react positively when things become difficult. Expected I have begun to challenge myself. I know where I am with my learning. Emerging I try several times if at first I don't succeed and I ask for help when appropriate.	
<b>Fundamentals For Real P.E.</b>	<ul style="list-style-type: none"> <li>- I can combine 3-step zigzag patterns with cross-over (swerve) when I change my lead leg (crossing my back leg over my lead leg, planting it on the floor).</li> <li>- I can move in a 3-step zigzag pattern, with a knee raise across my body just before I change lead leg and direction.</li> <li>- I can move in a 3-step zigzag pattern, lifting my foot up behind me just before - I change lead leg and direction.</li> </ul>					A zig-zag pattern is where you move side-to-side whilst also moving forward A cross-over is where you move your leg or arm across the body Planting is where you place the standing foot on the ground	

<b>Our Curriculum Journey</b>	<b>Real P.E. Journey:</b> In this unit, the children will be exploring and developing their balance and coordination skills using side steps and turns. They will be working on their fluency and control throughout the movements. They will continue to develop these skills using zig-zag patterns and change of leg lead and direction.		
<b>Key Vocabulary (revisited)</b>	static balance steady unsteady	<b>Key Vocabulary (new)</b>	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/1>