

**Prior Learning:** In year 3, children developed their **balance, agility** and **coordination** (ABC) skills and started to become familiar with these terms. They began to measure their scores in a variety of multi skills activity tests. They began to combine the ABC skills when completing different tasks. They also worked as a team and began to take on roles e.g. leadership and mini coach.

## Key Skills

### Physical Me

**Agility - Agility run**  
- Speed bounce  
- Running

**Balance** - On benches  
- On one leg  
- While **throwing** objects

**Co-ordination - Skipping, hopping, running, jumping**  
- **Throwing** and **catching**

**Flexibility** - Stretching to reach objects



### Thinking Me

- Improving my performance

### Value Me

- Leadership

### Social Me

- Collaboration  
- Co-operation

## Key Vocabulary

Agility

Balance

Co-ordination

Leadership

Skills

Co-operate

Speed

Test

Accuracy

## 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.

**Skills** - Are learned abilities that athletes acquire through training and practice

**Speed** - Speed is the ability to move parts of your body quickly, or the rate at which someone can perform a movement or cover a distance.