

**Year 4 – Unit 1 – Personal**

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 6	<i>Develop flexibility, strength, technique, control and balance.</i>	<b>Coordination</b> Footwork  <b>Static Balance</b> One leg	<b>With fluency and control, starting slowly and then at maximum speed:</b> <ul style="list-style-type: none"> <li>- To know how to combine three step zig zag patterns with crossover when changing lead leg.</li> <li>- To know how to move in a three step zig zag pattern with a knee raise across the body just before changing lead leg and direction.</li> <li>- To know how to move in a three step zig zag pattern lifting up foot behind and changing lead leg and direction.</li> </ul>	<b>With fluency and control, starting slowly and then at maximum speed:</b> <ul style="list-style-type: none"> <li>- To know how to move in a three step zig zag pattern while alternating knee raise and foot behind.</li> <li>- To know how to move backwards in a three step zig zag pattern with crossover.</li> <li>- To know how to move backwards in a three step zig zag pattern with knee raise across body.</li> </ul>