

Year 4 – Unit 2 – Social

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 6	<i>Use running, jumping, throwing and catching in isolation and in combination.</i>	Dynamic balance to agility Jumping and landing Static balance Seated	Maintaining balance and landing on a line: <ul style="list-style-type: none"> - To know how to jump from 2 feet to two feet forwards backwards and side to side. - To know how to hop forward and backwards, freezing on landing. 	On a line then low beam, maintaining balance: <ul style="list-style-type: none"> - To know how to jump from 2 feet to two feet with a 180 degree turn in the middle. - To know how to jump from 2 feet to two feet with a tuck and a 180 degree turn. - To know how to stand with legs together, jump into a lunge position, then jump back to a vertical stance.