

Year 4 – Unit 3 – Cognitive

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 – 6	Develop flexibility, strength, technique, control and balance.	Dynamic Balance On a line Coordination Ball skills	Maintaining balance on a line: <ul style="list-style-type: none"> - To know how to walk fluidly, both forwards and backwards, lifting heel to bottom, knees up and with heel to toe landing. - To know how to lunge walk forwards. - To know how to lunge walk forwards, bringing opposite elbow up to a 90 degree angle. 	Maintaining balance on a line: <ul style="list-style-type: none"> - To know how to side step in both directions. - To know how to stand sideways and complete continuous 180 degree front pivots. - To know how to move sideways, stepping across my body.