

Year 5/6 – Unit 4 – Physical

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 – 3	Use running, jumping, throwing and catching in isolation and in combination	Dynamic Balance to Agility Jumping and Landing	On a line then low beam, maintaining balance: <ul style="list-style-type: none"> - To know how to jump from 2 feet to 2 feet with a 180° turn in the middle (in both directions). - To know how to jump from 2 feet to 2 feet with a tuck and a 180° turn (in both directions). - To know how to stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (on both sides). 	On a line then low beam, maintaining balance: <ul style="list-style-type: none"> - To know how to jump from a vertical stance forwards into a lunge position while holding a medicine ball off centre (on both sides). - To know how to jump from a vertical stance backwards into a lunge position while holding a medicine ball off centre (on both sides). - To know how to jump from 2 feet to 2 feet with a 360° turn (in both directions).
4 – 6	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Static Balance One Leg	Maintaining balance and on both legs: <ul style="list-style-type: none"> - To know how to complete 5 ankle extensions with eyes closed. - To know how to complete 10 squats into ankle extensions with eyes closed. - To know how to complete the above 2 challenges on an uneven surface (eyes open). - To know how to complete the first 2 challenges on an uneven surface with eyes closed. 	Maintaining balance and on both legs: <ul style="list-style-type: none"> - To know how to place cones at 12, 3, 6 and 9 o'clock on an imaginary clock face and pick them up with the same hand. - To know how to place cones at 12, 3, 6 and 9 o'clock on an imaginary clock face and pick them up with the same hand with eyes closed. - To know how to stand on an uneven surface and place cones at 12, 3, 6 and 9 o'clock on an imaginary clock face and pick them up with the same hand.