

**Year 4 – Unit 5 – Physical**

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
<b>1 - 6</b>	<i>Develop an understanding of how to improve in different physical activities.</i>	<b>Agility</b> Reaction and response  <b>Static balance</b> Floor Work	<b>From a distance of 1, 2 and 3 metres:</b> <ul style="list-style-type: none"> <li>- To know how to react and step across my body, bring my hand across my body and catch a tennis ball after one bounce.</li> </ul>	<b>From a distance of 1, 2 and 3 metres, facing away from a partner:</b> <ul style="list-style-type: none"> <li>- To know how to react to a call from a partner when they drop a ball, turn and catch it after one bounce.</li> <li>- To know how to do the above challenge, but react to the sound of the bounce rather than the call.</li> </ul>