

**Year 4 – Unit 6 – Health and Fitness**

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
<b>1 - 6</b>	<i>'Use running, jumping, throwing and catching in isolation and in combination.'</i>	<b>Agility</b> Ball chasing  <b>Static balance</b> Stance	<b>Over a distance of up to 10 metres and turning both ways:</b> <ul style="list-style-type: none"> <li>- To know how to roll and chase a large ball, stopping it with my knee sideways onto the ball (long barrier position) facing the opposite direction.</li> <li>- To know how to do the above challenge with a tennis ball.</li> <li>- To know how to roll and chase a large ball, stopping it with my head in a front support position facing the opposite direction.</li> </ul>	<b>Over a distance of up to 10 metres and turning both ways:</b> <ul style="list-style-type: none"> <li>- To know how to stand facing a partner, ask them to feed a ball over my head, then turn and catch it after 1 bounce.</li> <li>- To know how to stand facing away from a partner, ask them to feed a ball over my head, react and catch it after 1 bounce.</li> </ul>