

What I have already learnt in Year 3

- To be able to combine skills of running, hopping, jumping, throwing and catching both under arm and over arm showing accuracy and knowing when to use each one.
- To enjoy playing against each other across a range of sports.
- To develop dribbling and passing technique across a range of activities.
- To develop simple tactics and understanding attacking vs defending.
- To show a range of agility, quickness of feet and the ability to move in a variety of ways and speeds.
- To pass a ball in a variety of ways including under, over, chest, bounce and overhead.
- To be spatially aware and coordinate space.

What I will have learnt by the end of this unit (Y4)

I will build on all of the points above plus...

- To be able to combine skills of running, hopping, jumping, throwing and catching both under arm and over arm showing accuracy and knowing when to use each one.
- To enjoy collaborating and competing against each other across a range of sports.
- To compete in a range of increasingly challenging situations.
- To demonstrate dribbling and passing technique across a range of activities.
- To develop tactics and understanding attacking vs defending.
- To show a range of agility, quickness of feet and the ability to move in a variety of ways and speeds.
- To pass a ball in a variety of ways including under, over, chest, bounce, overhead & javelin showing knowledge of when to play each pass.
- To be able to control a ball within a game setting via hands, feet and equipment i.e. hockey stick.
- To cooperate with team mates and work as a team to achieve success.
- To play a game with a set of rules.
- To compare their performances in a range of activities and sports.
- Begin to reflect on your own performance showing perseverance.

What I will have learnt by the end of my Key Stage

- Work both individually and as a team to achieve success knowing what your role is within a team.
- Lead others when called upon and act as a good role model within a team.
- Choose and combine techniques in game situations - running, throwing, catching, passing, jumping, kicking and knowing when to apply each skill to a game situation showing accuracy.
- To be able to dribble, pass and shoot across a range of sports showing control, accuracy and power across a range of positions.
- To implement when to pass, dribble or shoot in a competitive situation.
- To be able to tackle/dispossess an opponent across a range of sports.
- Uphold the spirit of fair play and respect in all competitive situations.
- To show a range of agility, quickness, coordination of feet and the ability to move in a variety of ways and speeds.

Key Knowledge

Agility - The ability to change the position of the body quickly and with control

Co-ordination - The ability to use two or more body parts together. This helps all athletes to move quickly and smoothly, especially when all controlling a ball.

Speed - The ability to move your body quickly, or at a rate in which someone can perform a movement or cover a distance.

Skill - These are learned skills an athlete acquires through practice and training.

Subject Knowledge Organiser Y4 Multi-Skills - Race to Space

Key Vocabulary

Balance - remaining upright and steady.

Personal Best - to beat your own best score or achievement.

Target - an object or place selected as an aim.

Space - an area which is free and unoccupied.

Co-ordination - The ability to use two or more body parts together. This helps all athletes to move quickly and smoothly, especially when all controlling a ball.

Accuracy - being precise with an intended target.

Agility - ability to move quickly and easily.

My Skills and Knowledge that I may use from other subjects

Maths: adding and counting points gained.

PSHE: thinking about a healthy diet for physical activities.

Geography: direction.



Recall and Remember

- Explain why a warm up and warm down is important.
- Can demonstrate an improvement of accuracy from the previous session's task.

Wider opportunities

- Get involved in after school sports clubs available.
- Take part in representing the school at events outside of school.
- Get involved in sporting groups outside of school in the local area.

Key Skills I will learn/use

Collaboration
Balance
Agility
Co-ordination
Flexibility

Key PE Concepts

