Multi-Skills Knowledge Organiser - Year 4



Prior Learning: In year 3, children developed their balance, agility and coordination (ABC) skills and started to become familiar with these terms. They began to measure their scores in a variety of multi skills activity tests. They began to combine the ABC skills when completing different tasks. They also worked as a team and began to take on roles e.g. leadership and mini coach. **Key Vocabulary Key Skills Physical Me Agility - Agility run Thinking Me** - Speed bounce - Improving my Agility - Running performance Balance - On benches Balance Value Me - On one lea

- Leadership

Social Me

- Collaboration

- Co-operation

- While **throwing** objects

Co-ordination - Skipping, hopping, running, jumping - **Throwing** and **catching**

Flexibility - Stretching to reach objects

Key Knowledge

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

Balance - Is the ability to stay upright or stay in control of body movement

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

Skills - Are learned abilities that athletes acquire through training and practice

Speed - Speed is the ability to move parts of your body quickly, or the rate at which someone can perform a movement or cover a distance.

