

PE	Year 4 - Multi Skills	
Skills	Knowledge	Concept & Vocabulary
<p>Agility - The ability to change the position of the body quickly and with control.</p> <p>Balance - Is the ability to stay upright or stay in control of body movement</p> <p>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.</p> <p>Skills - Are learned abilities that athletes acquire through training and practice Speed - Speed is the ability to move parts of your body.</p>	To test and measure agility, balance and co-ordination skills.	<p>Concept: To develop balance, agility and coordination (ABC) skills and started to become familiar with these terms.</p> <p><u>Vocabulary</u></p> <p>Agility Balance Co-ordination Leadership Skills Co-operate</p>
	To develop balancing skills.	
	To develop agility skills.	<p>Recall from Year 3</p> <p>Concept: To develop balance, agility and coordination (ABC) skills and started to become familiar with these terms.</p> <p><u>Vocabulary</u></p> <p>Agility Balance Co-ordination Leadership Skills Co-operate</p>
	To develop coordination skills.	
	To perform tasks combining the use of agility, balance and co-ordination.	
	To aim for a personal best (PB).	

