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| **Year 4 PE Autumn 1 – Football and Gymnastics** |
| Gymnastics | Football  |
| Sticky Knowledge |  |  |  | Sticky Knowledge |  |  |  |
| I can travel using different pathways on the floor. |  |  |  | I can create space to receive a pass. |  |  |  |
| I can confidently leap forward in a routine. |  |  |  | I can use different parts of my foot to receive a ball. |  |  |  |
| I can add a quarter or half turn into a jump before landing. |  |  |  | I can pass a ball with accuracy using both feet. |  |  |  |
| I can use my core strength to hold a balance. |  |  |  | I can pass from a variety of distances. |  |  |  |
| With a partner, I can use rolls, balances and jumps to create a sequence. |  |  |  | I can use different parts of my body to receive a ball.  |  |  |  |
| I can perform a short sequence using what we have learned.  |  |  |  | I can control a ball away from an opponent to create space. |  |  |  |
| Keywords: |  | Keywords: |  |
| Roll What are Rolls in Gymnastics? - Physical Education - Twinkl | Half turn  | Create space  | Receive  |
| Pathways  | Core strength | Accuracy  | Passing  |
| Leap | Forward Roll What are Rolls in Gymnastics? - Physical Education - Twinkl | Body  |  |
| Quarter turn |  |  |  |