**Year Group 4**

**Movement Development & Application Unit**

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| **Objective** | **Planning links** |
| **Movement** |  |
| 1. To run, dodge and evade others, with increased control and speed. | British Heart Foundation – Schools activity pack[www.bhf.org.uk](http://www.bhf.org.uk) Online - NSW Fundamental Movement skills teaching cards – ‘Get Skilled: Get Active’Online - Department of Education Australia – Teaching, learning and assessing FUNSOnline - ‘Get Set Go’ FUNS for kids – New Zealand[www.tes.com](http://www.tes.com)Movement skills lessons examplesAfter recapping the fundamental movement skill at the start of the lesson, by both sharing what it looks like and discussing the sequencing of the body parts, the pupils can be challenged to create the games in where the skills are applied. The individual/paired challenges pitched in the above resources can be used as starting points. |
| 2. To jump, skip and hop with increased control. |
| 3. To catch with increased competence. |
| 4. To throw with increased control. |
| 5. To strike a ball with increased accuracy. |
| **Movement Application** |
| 6. To apply their increased skill, knowledge and understanding of running, dodging and speed into competitive games. |
| 7. To apply their increased skill, knowledge and understanding of jumping, skipping and hopping with increased control, into competitive games. |
| 8. To apply their increased skill, knowledge and understanding of catching with increased competence, into a competitive game. |
| 9. To apply their increased skill, knowledge and understanding of throwing with increased control, into a competitive game. |
| 10. To apply their increased skill, knowledge and understanding strike a ball with increased accuracy. |

**Year Group 4**

**Movement Development & Application Unit**

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| **Movement** **Objectives:**1. To run, dodge and evade others, with increased control and speed.2. To jump, skip and hop with increased control.3. To catch with increased competence.4. To throw with increased control.5. To strike a ball with increased accuracy. |
| **Minus** | **Equals** | **Plus** |
| **Movement Application** **Objectives:**6. To apply their increased skill, knowledge and understanding of running, dodging and speed into competitive games.7. To apply their increased skill, knowledge and understanding of jumping, skipping and hopping with increased control, into competitive games.8. To apply their increased skill, knowledge and understanding of catching with increased competence, into a competitive game.9. To apply their increased skill, knowledge and understanding of throwing with increased control, into a competitive game.10. To apply their increased skill, knowledge and understanding strike a ball with increased accuracy. |
| **Minus** | **Equals** | **Plus** |