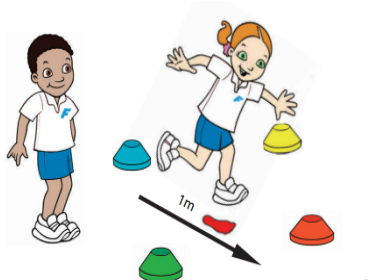


**Prior Learning:** In year 5, children continued to master their **balance, agility** and **coordination** (ABC) skills and understand these terms. They measured their own and others scores. They also created their own tasks to incorporate ABC and taught them to another group. This helped to develop their leadership skills.

## Key Skills

### Physical Me

- |                      |                 |
|----------------------|-----------------|
| <b>Agility</b>       | <b>Strength</b> |
| <b>Balance</b>       | <b>Control</b>  |
| <b>Co-ordination</b> | <b>Running</b>  |
| <b>Speed</b>         | <b>Jumping</b>  |
| <b>Flexibility</b>   | <b>Throwing</b> |
|                      | <b>Skipping</b> |



### Thinking Me

- Problem solving
- Evaluate and improve my performance

### Value Me

- Responsibility
- Self belief
- Leadership

### Social Me

- Collaboration
- Co-operation

## Key Vocabulary

Agility

Balance

Co-ordination

Technique

Fluency

Efficiency

Exercise

Isolation

Challenge

## 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.

**Isolation** - On its own e.g performing a skill on its own - balancing

**Fluency** - A skilled player is able to perform the task making it look effortless and movements flow from one to the next