

## Year 4 Summer 1

## Physical Competitions and Challenges

- Participate in fun games or activities and are able to win and lose.
- Show good sportsmanship towards others at the end of a game.
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- Show good sportsmanship towards others at the end of a game.
- Share ideas with others.
- Help make new rules which are fun and engaging for others.
- Deal with unfair rules and find ways to overcome them.
- Work effectively in teams to overcome various activities.
- Use effective communication skills during activities.
- Perform difficult exercises to improve fitness.
- Motivate, encourage, and support others with success.
- Perform a variety of skills as part of a skills challenge showing accuracy and technique.



Each group will need to form as many letters in a straight line using the skipping ropes they collect. If any team are able to do so they win!

### Question

Can you find ways to overcome difficulties?

### Vocabulary

Participate, win, lose, sportsmanship, rules, effective communication, motivate, encourage, support, accuracy, technique.