LONGTON LANE PRIMARY SCHOOL SUBJECT: PE YEAR 4

*‘Believe and Achieve’*

Acquiring and Developing Skills Evaluating and Improving Health and Fitness Dance Games Gymnastics Athletics Outdoor Adventure

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| National Curriculum Subject Content use running, jumping, throwing and catching in isolation and in combination (6)  play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending (7)  develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] (8)  perform dances using a range of movement patterns (9)  take part in outdoor and adventurous activity challenges both individually and within a team (10)  compare their performances with previous ones and demonstrate improvement to achieve their personal best. (11)  Swimming and water safety  swim competently, confidently and proficiently over a distance of at least 25 metres (12)  use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] (13)  perform safe self-rescue in different water-based situations. (14) |

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| Autumn 1 | **DANCE NORTHERN STARR (8 9 11)**  Can take the lead when working with a partner or group  Can use dance to communicate an idea  Can they work on their movements and refine them  Their dance is clear and fluent  Structure and vary longer dances  Develop movement ideas for others  Show a good sense of rhythm and style when performing  Remember and perform a range of warm-up and cool-down activities  Give reasons why physical activity is good for health  Recognise and concentrate on what they need to improve.  Select and use the most appropriate skills, actions or ideas  Move and use actions with co-ordination and control  recognise aspects of individual and group performance that need improving and suggest how  Can explain how their work is similar and different from that of others  Can use their comparison to improve their work  Can explain why warming up is important  Can explain why keeping fit is good for their health | **GAMES- UNIT 3- INVASION GAMES (6 7 8 11)**  Work in different sized groups to begin and maintain a game  Pass and travel with a ball using various techniques  Understand how to dodge, mark, signal for the ball and intercept  Vary tactics and adapt skills according to what is happening  Recognise and concentrate on what they need to improve.  Select and use the most appropriate skills, actions or ideas  Move and use actions with co-ordination and control  recognise aspects of individual and group performance that need improving and suggest how  Can explain how their work is similar and different from that of others  Can use their comparison to improve their work  Can explain why warming up is important  Can explain why keeping fit is good for their health |
| Autumn 2 | **GYMNASTICS NORTHERN STARR (shapes/ balance/ rolls/ jump (static/ travelling on and off apparatus) (8 11)**  Work in a controlled way  Include change of speed  Include change of direction  Include range of shapes  Follow a set of ‘rules’ to produce a sequence  Work with a partner to create, repeat and improve a sequence with at least three phases  Recognise and concentrate on what they need to improve.  Select and use the most appropriate skills, actions or ideas  Move and use actions with co-ordination and control  recognise aspects of individual and group performance that need improving and suggest how  Can explain how their work is similar and different from that of others  Can use their comparison to improve their work  Can explain why warming up is important  Can explain why keeping fit is good for their health | **GAMES- TOPS PE- UNIT 2- PROBLEM SOLVING AND INVENTING GAMES (6 7 8 11)**  Negotiate, plan and collaborate to construct games including purpose, format and rules  Work in different sized groups to begin and maintain a game  Vary tactics and adapt skills according to what is happening  Recognise and concentrate on what they need to improve.  Select and use the most appropriate skills, actions or ideas  Move and use actions with co-ordination and control  recognise aspects of individual and group performance that need improving and suggest how  Can explain how their work is similar and different from that of others  Can use their comparison to improve their work  Can explain why warming up is important  Can explain why keeping fit is good for their health |
| Spring 1 | **GAMES- RUGBY- SAINTS (6 7 8 11)**  Negotiate, plan and collaborate to construct games including purpose, format and rules  Work in different sized groups to begin and maintain a game  Pass and travel with a ball using various techniques  Understand how to dodge, mark, signal for the ball and intercept  Vary tactics and adapt skills according to what is happening  Recognise and concentrate on what they need to improve.  Select and use the most appropriate skills, actions or ideas  Move and use actions with co-ordination and control  recognise aspects of individual and group performance that need improving and suggest how  Can explain how their work is similar and different from that of others  Can use their comparison to improve their work  Can explain why warming up is important  Can explain why keeping fit is good for their health | **GAMES- NET/ WALL- TENNIS (6 7 8 11)**  Strike a ball with accuracy and control over various barriers changing level, speed and direction  Understand, plan and combine ball and net skills to play various games  Strike a ball at different heights and in different directions  Recognise and concentrate on what they need to improve.  Select and use the most appropriate skills, actions or ideas  Move and use actions with co-ordination and control  recognise aspects of individual and group performance that need improving and suggest how  Can explain how their work is similar and different from that of others  Can use their comparison to improve their work  Can explain why warming up is important  Can explain why keeping fit is good for their health |
| Spring 2 | **GAMES- TOPS PE- UNIT 1- NET/ COURT/ WALL GAMES (6 7 8 11)**  Strike a ball with accuracy and control over various barriers changing level, speed and direction  Understand, plan and combine ball and net skills to play various games  Strike a ball at different heights and in different directions  Recognise and concentrate on what they need to improve.  Select and use the most appropriate skills, actions or ideas  Move and use actions with co-ordination and control  recognise aspects of individual and group performance that need improving and suggest how  Can explain how their work is similar and different from that of others  Can use their comparison to improve their work  Can explain why warming up is important  Can explain why keeping fit is good for their health | **OUTDOOR ADVENTURE ACTIVITIES (10 11)**  Follow a map in a more demanding familiar context  Move from one location to another following a map  Use clues to follow a route  Follow a route accurately, safely and within a time limit  Recognise and concentrate on what they need to improve.  Select and use the most appropriate skills, actions or ideas  Move and use actions with co-ordination and control  recognise aspects of individual and group performance that need improving and suggest how  Can explain how their work is similar and different from that of others  Can use their comparison to improve their work  Can explain why warming up is important  Can explain why keeping fit is good for their health |
| Summer 1 | **GAMES- UNIT 4- STRIKING AND FIELDING- (6 7 8 11)**  Strike a ball with accuracy and control over various barriers changing level, speed and direction  Vary tactics and adapt skills according to what is happening  Effectively play a variety of positions in fielding and striking games  Strike a ball at different heights and in different directions  Recognise and concentrate on what they need to improve.  Select and use the most appropriate skills, actions or ideas  Move and use actions with co-ordination and control  recognise aspects of individual and group performance that need improving and suggest how  Can explain how their work is similar and different from that of others  Can use their comparison to improve their work  Can explain why warming up is important  Can explain why keeping fit is good for their health | **GYMNASTICS- NORTHERN STARR (balance, travel, rolls, flight, spins) (8 11)**  Work in a controlled way  Include change of speed  Include change of direction  Include range of shapes  Follow a set of ‘rules’ to produce a sequence  Work with a partner to create, repeat and improve a sequence with at least three phases  Recognise and concentrate on what they need to improve.  Select and use the most appropriate skills, actions or ideas  Move and use actions with co-ordination and control  recognise aspects of individual and group performance that need improving and suggest how  Can explain how their work is similar and different from that of others  Can use their comparison to improve their work  Can explain why warming up is important  Can explain why keeping fit is good for their health |
| Summer 2 | **DANCE- NORTHERN STARR (8 9 11)**  Can take the lead when working with a partner or group  Can use dance to communicate an idea  Can they work on their movements and refine them  Their dance is clear and fluent  Structure and vary longer dances  Develop movement ideas for others  Show a good sense of rhythm and style when performing  Remember and perform a range of warm-up and cool-down activities  Give reasons why physical activity is good for health  Recognise and concentrate on what they need to improve.  Select and use the most appropriate skills, actions or ideas  Move and use actions with co-ordination and control  recognise aspects of individual and group performance that need improving and suggest how  Can explain how their work is similar and different from that of others  Can use their comparison to improve their work  Can explain why warming up is important  Can explain why keeping fit is good for their health | **ATHLETICS- (running/ jumping/ throwing) (6 7 8 11)**  Run over a long distance  Sprint over a short distance  Throw in different ways  Hit a target  Jump in different ways  Recognise and concentrate on what they need to improve.  Select and use the most appropriate skills, actions or ideas  Move and use actions with co-ordination and control  recognise aspects of individual and group performance that need improving and suggest how  Can explain how their work is similar and different from that of others  Can use their comparison to improve their work  Can explain why warming up is important  Can explain why keeping fit is good for their health |