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 Contentuse 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 safetyswim 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 groupCan use dance to communicate an ideaCan they work on their movements and refine themTheir dance is clear and fluentStructure and vary longer dancesDevelop movement ideas for othersShow a good sense of rhythm and style when performingRemember and perform a range of warm-up and cool-down activitiesGive reasons why physical activity is good for healthRecognise and concentrate on what they need to improve.Select and use the most appropriate skills, actions or ideasMove and use actions with co-ordination and controlrecognise aspects of individual and group performance that need improving and suggest howCan explain how their work is similar and different from that of othersCan use their comparison to improve their workCan explain why warming up is importantCan 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 gamePass and travel with a ball using various techniquesUnderstand how to dodge, mark, signal for the ball and interceptVary tactics and adapt skills according to what is happeningRecognise and concentrate on what they need to improve.Select and use the most appropriate skills, actions or ideasMove and use actions with co-ordination and controlrecognise aspects of individual and group performance that need improving and suggest howCan explain how their work is similar and different from that of othersCan use their comparison to improve their workCan explain why warming up is importantCan 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 wayInclude change of speedInclude change of directionInclude range of shapesFollow a set of ‘rules’ to produce a sequenceWork with a partner to create, repeat and improve a sequence with at least three phasesRecognise and concentrate on what they need to improve.Select and use the most appropriate skills, actions or ideasMove and use actions with co-ordination and controlrecognise aspects of individual and group performance that need improving and suggest howCan explain how their work is similar and different from that of othersCan use their comparison to improve their workCan explain why warming up is importantCan 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 rulesWork in different sized groups to begin and maintain a gameVary tactics and adapt skills according to what is happeningRecognise and concentrate on what they need to improve.Select and use the most appropriate skills, actions or ideasMove and use actions with co-ordination and controlrecognise aspects of individual and group performance that need improving and suggest howCan explain how their work is similar and different from that of othersCan use their comparison to improve their workCan explain why warming up is importantCan 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 rulesWork in different sized groups to begin and maintain a gamePass and travel with a ball using various techniquesUnderstand how to dodge, mark, signal for the ball and interceptVary tactics and adapt skills according to what is happeningRecognise and concentrate on what they need to improve.Select and use the most appropriate skills, actions or ideasMove and use actions with co-ordination and controlrecognise aspects of individual and group performance that need improving and suggest howCan explain how their work is similar and different from that of othersCan use their comparison to improve their workCan explain why warming up is importantCan 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 directionUnderstand, plan and combine ball and net skills to play various gamesStrike a ball at different heights and in different directionsRecognise and concentrate on what they need to improve.Select and use the most appropriate skills, actions or ideasMove and use actions with co-ordination and controlrecognise aspects of individual and group performance that need improving and suggest howCan explain how their work is similar and different from that of othersCan use their comparison to improve their workCan explain why warming up is importantCan 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 directionUnderstand, plan and combine ball and net skills to play various gamesStrike a ball at different heights and in different directionsRecognise and concentrate on what they need to improve.Select and use the most appropriate skills, actions or ideasMove and use actions with co-ordination and controlrecognise aspects of individual and group performance that need improving and suggest howCan explain how their work is similar and different from that of othersCan use their comparison to improve their workCan explain why warming up is importantCan explain why keeping fit is good for their health | **OUTDOOR ADVENTURE ACTIVITIES (10 11)**Follow a map in a more demanding familiar contextMove from one location to another following a mapUse clues to follow a routeFollow a route accurately, safely and within a time limitRecognise and concentrate on what they need to improve.Select and use the most appropriate skills, actions or ideasMove and use actions with co-ordination and controlrecognise aspects of individual and group performance that need improving and suggest howCan explain how their work is similar and different from that of othersCan use their comparison to improve their workCan explain why warming up is importantCan 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 directionVary tactics and adapt skills according to what is happeningEffectively play a variety of positions in fielding and striking gamesStrike a ball at different heights and in different directionsRecognise and concentrate on what they need to improve.Select and use the most appropriate skills, actions or ideasMove and use actions with co-ordination and controlrecognise aspects of individual and group performance that need improving and suggest howCan explain how their work is similar and different from that of othersCan use their comparison to improve their workCan explain why warming up is importantCan explain why keeping fit is good for their health | **GYMNASTICS- NORTHERN STARR (balance, travel, rolls, flight, spins) (8 11)**Work in a controlled wayInclude change of speedInclude change of directionInclude range of shapesFollow a set of ‘rules’ to produce a sequenceWork with a partner to create, repeat and improve a sequence with at least three phasesRecognise and concentrate on what they need to improve.Select and use the most appropriate skills, actions or ideasMove and use actions with co-ordination and controlrecognise aspects of individual and group performance that need improving and suggest howCan explain how their work is similar and different from that of othersCan use their comparison to improve their workCan explain why warming up is importantCan 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 groupCan use dance to communicate an ideaCan they work on their movements and refine themTheir dance is clear and fluentStructure and vary longer dancesDevelop movement ideas for othersShow a good sense of rhythm and style when performingRemember and perform a range of warm-up and cool-down activitiesGive reasons why physical activity is good for healthRecognise and concentrate on what they need to improve.Select and use the most appropriate skills, actions or ideasMove and use actions with co-ordination and controlrecognise aspects of individual and group performance that need improving and suggest howCan explain how their work is similar and different from that of othersCan use their comparison to improve their workCan explain why warming up is importantCan explain why keeping fit is good for their health | **ATHLETICS- (running/ jumping/ throwing) (6 7 8 11)**Run over a long distanceSprint over a short distanceThrow in different waysHit a targetJump in different waysRecognise and concentrate on what they need to improve.Select and use the most appropriate skills, actions or ideasMove and use actions with co-ordination and controlrecognise aspects of individual and group performance that need improving and suggest howCan explain how their work is similar and different from that of othersCan use their comparison to improve their workCan explain why warming up is importantCan explain why keeping fit is good for their health |