

Year 4 - Knowledge and Skills Coverage in PE

<p>NC Use running, jumping, throwing and catching in isolation and in combination Play competitive games and apply basic principles suitable for attacking and defending</p>	<p>NC Use running, jumping, throwing and catching in isolation and in combination Play competitive games and apply basic principles suitable for attacking and defending</p>	<p>NC Use running, jumping, throwing and catching in isolation and in combination Play competitive games and apply basic principles suitable for attacking and defending</p>	<p>NC Develop flexibility, strength, technique, control and balance Perform dances using a range of movement patterns</p>	<p>NC Develop flexibility, strength, technique, control and balance</p>	<p>NC Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>NC Swim competently, confidently and proficiently over a distance of at least 25 metres.</p>
Games: Invasion	Games: Striking & Fielding	Athletics	Dance	Gymnastics	OAA	Swimming
<p><u>Netball</u> •Refine passing and receiving •Develop passing and dribbling creating space •Develop passing, moving and shooting •Refine passing and shooting •Develop footwork</p> <p><u>Hockey</u> • Refine dribbling •Refine passing and receiving •Refine passing and dribbling creating space •Refine passing and dribbling creating shooting opportunities •Introduce marking</p>	<p><u>Cricket</u> •Develop fielding, bowling and backstop •Introduce batting: where and why •Introduce and apply basic fielding tactics</p>	<p><u>Throwing and Jumping</u> •Jumping for distance using standing long jump •Jumping for distance using standing triple jump • Explore the differences between throwing for accuracy and throwing for distance. • Develop pupils' understanding of throwing for distance.</p>	<p><u>Cats/ Space</u> • Responding to stimuli working together • Extending sequences with a partner in character • Exploring two contrasting relationships and interlinking dance moves • Performance</p>	<p><u>Bridges</u> •Introduction to bridges •Application of bridge leaning onto apparatus •Develop sequences with bridges •Sequence formation Sequence completion</p>	<p><u>Problem Solving</u> • Co-operate as part of a team • Use tactics to complete challenges as a team <i>(OAA also taught through 3 day residential trip)</i></p>	<p><u>Swimming</u> •Swim between 10 and 25 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water.</p>
	Games: Net/wall					

All unit titles link to the relevant sequence from 'Complete PE' planning. These sequences and objectives are subject to change when specialist coaches have been utilised.

<p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> • Develop passing, moving and creating space • Apply learning to 3v3 mini games • Develop defending • Develop defending in game situations • Combine passing and moving to create an attack and score <p><u>Handball</u></p> <ul style="list-style-type: none"> •Refine passing and receiving •Develop passing and creating space •Develop passing, moving and shooting •Refine passing and shooting •Develop footwork 	<p><u>Tennis</u></p> <p>Develop the forehand Creating space to win a point using a racket Introduce backhand Applying the forehand and backhand into game situations Applying forehand and backhand to creating space to win a point</p>					
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