

Year 4's Physical Education Journey

Cognitive:

Can understand ways to judge performance

Can use awareness to space and make good decisions

Social

Cooperate well with others and give helpful feedback

Help organise roles and responsibilities

Physical

Can select and apply a range of skills with good control and consistency.

Can perform and repeat longer sequences with clear shapes and controlled movement.

Athletics—children will explore a range of running techniques in order to discover the most efficient. They will learn to throw with greater control, accuracy and efficiency and perform a range of jumps showing power, control and consistency at both take-off and landing.

Swimming—Children will work on their stroke development focusing on front crawl, back stroke and breast stroke in order to achieve at least 25m with confidence. Children will develop their awareness of water safety and practise

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Dodgeball—Children will work on the fundamental skills of throwing, catching, aiming at a target and defending. Children will be encouraged to incorporate these skills into game situations where they work with honesty and are encouraged to keep their own scores.

Summer Term

Dance— Children will learn to create and perform dances based on characters and narrative, using the dance idea 'the nutcracker'. They will create a comedic style fight including action and reaction, and question and answer sequencing, eg swipe, turn, travel, swing, fall, lift, tumble, roll.

Swimming—Children will work on their stroke development focusing on front crawl, back stroke and breast stroke in order to achieve at least 25m with confidence. Children will develop their awareness of water safety and practise personal survival skills.

Real PE Fundamental movement— physical— children will perform a sequence of movements with some changes in level, direction or speed with a focus on control and consistency ensuring that their movements flow.

Spring Term

Swimming—Children will work on their stroke development focusing on front crawl, back stroke and breast stroke in order to achieve at least 25m with confidence. Children will develop their awareness of water safety and practise personal survival

Gymnastics— Create a sequence using floor and mats that has up to six elements, e.g. four twisted shapes and two ways of turning while travelling. Teach your sequence to a partner, and then perform it so that both of you start, perform and finish at the same time.

Swimming—Children will work on their stroke development focusing on front crawl, back stroke and breast stroke in order to achieve at least 25m with confidence. Children will develop their awareness of water safety and practise personal survival skills.

Autumn Term

Real PE Fundamental Movement— social— children will work on following instructions and movements whilst developing their understanding of cooperation and patience whilst encouraging and supporting others.

Swimming—Children will work on their stroke development focusing on front crawl, back stroke and breast stroke in order to achieve at least 25m with confidence. Children will develop their awareness of water safety and practise personal survival skills.

