

## Year 4 - Physical Education

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Swimming</b>	<b>Swimming</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Handball</b>	<b>Yoga</b>
See swimming website page.	See swimming website page.	See dance website page.	<ul style="list-style-type: none"> <li>Develop individual and partner balances including using apparatus</li> <li>Develop control when performing and landing rotation jumps</li> <li>Use apparatus to develop rotation jumps and sequence building</li> <li>Develop straight, barrel and forward roll and be able to perform a straddle roll</li> <li>Objectively assess straight, barrel, forward and straddle roll</li> <li>Link actions that flow individually and in a partner sequence using the rolls learnt</li> <li>Develop strength in inverted movements</li> <li>Use skills learnt alongside apparatus to create a partner sequence</li> </ul>	<ul style="list-style-type: none"> <li>Develop passing, moving and play within the rules of the game</li> <li>To develop skills by using space effectively to lose a defender and create shooting opportunities</li> <li>Develop and use defensive skills to intercept a pass, delay an opponent and gain possession</li> <li>Play a game/tournament by applying skills and knowledge learnt</li> </ul>	<ul style="list-style-type: none"> <li>Explore and begin to use breath and movement</li> <li>Explore new yoga poses and begin to connect them together</li> <li>Explore gratitude when repeating a yoga flow</li> <li>Develop flexibility, strength and wellbeing in a yoga flow</li> <li>Develop confidence and strength through arm balances</li> </ul>
<b>Tag Rugby</b>	<b>Hockey</b>	<b>OAA</b>	<b>Cricket</b>	<b>Athletics</b>	<b>Netball</b>
<ul style="list-style-type: none"> <li>Further develop throwing, catching and running with the ball</li> </ul>	<ul style="list-style-type: none"> <li>Understand how to hold and use a hockey stick correctly</li> </ul>	<ul style="list-style-type: none"> <li>Continue to develop co-operation and teamwork skills</li> </ul>	<ul style="list-style-type: none"> <li>Develop overarm and underarm technique and apply them to a game</li> </ul>	<ul style="list-style-type: none"> <li>To begin to understand speed and pace in relation to distance and develop stamina</li> </ul>	<ul style="list-style-type: none"> <li>Understand the role of an attacker and defender</li> </ul>

<ul style="list-style-type: none"> <li>• Understand tagging rules and how to defend using these</li> <li>• Understand and begin to use the 'forward pass' and 'offside rule'</li> <li>• Develop movement skills needed to dodge a defender</li> <li>• Begin to defend as a team by tracking an opponent</li> <li>• Play in a tag rugby game/tournament by applying the rules and skills learnt</li> </ul>	<ul style="list-style-type: none"> <li>• Develop accuracy and control when sending and receiving the ball</li> <li>• Develop dribbling and the ability to use this to beat a defender</li> <li>• Delay an opponent and gain possession of the ball by using defending skills</li> <li>• Develop and apply attacking skills to find space and move towards a goal</li> <li>• Play in a hockey game/tournament by applying skills and knowledge learnt</li> </ul>	<ul style="list-style-type: none"> <li>• Orientate and navigate a map and navigate around a grid</li> <li>• Develop observational skills and trust whilst following instructions and listening to others</li> <li>• Improve skills of identifying, drawing and following a simple map</li> <li>• Improve skills of drawing a route using directions</li> </ul>	<ul style="list-style-type: none"> <li>• Develop bowling technique and understand the rules/role of this skill in the game</li> <li>• Develop batting technique (understanding where to hit the ball) and fielding techniques to apply them in game situations</li> <li>• Experience different roles within a game and begin to think tactically about the different roles</li> <li>• Play in a game/tournament by applying skills and knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• Develop power and speed when sprinting</li> <li>• Develop power and technique when throwing and jumping for distance</li> <li>• Further develop a pull throw for accuracy and distance</li> <li>• Develop officiating and performing skills</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the variety of passes and use these to move towards a goal</li> <li>• Understand and use the footwork rule</li> <li>• Move to lose a defender and defend and opponent to try to gain possession</li> <li>• Develop shooting technique</li> <li>• Play games using skills, knowledge and rules of the game</li> </ul>
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