

Excellence and Enjoyment, Everyone and Everything. "God created you to be amazing" Ephesians 2:10

Year 4	PE Long Term Overview					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit of work	Hockey (invasion) Fundamentals Dance	Tag rugby (invasion) Ball skills	Gymnastics Swimming	Golf (target) Swimming	Rounders (striking and fielding) Fitness	Athletics OAA Tennis (net and wall)
Values	Friendship and Love		Respect and responsibility		Perseverance and Hope	
Link to NC programme of study	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> ♣ use running, jumping, throwing and catching in isolation and in combination ♣ 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 ♣ develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics) ♣ perform dances using a range of movement patterns ♣ take part in outdoor and adventurous activity challenges both individually and within a team ♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>3 Swimming and water safety</p> <p>All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> ♣ swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) ♣ perform safe self-rescue in different water-based situations 					
What we need to know Red Hill Riches	Hockey (invasion) To know that cushioning a ball will help me to control it when receiving it.	Tag Rugby (Invasion) To know that cushioning a ball will help me to control it when receiving it.	Gymnastics To know how shapes can be used to improve my sequence. To know that inverted movements are actions in	Golf (target) To know that using a smooth action will help to increase my accuracy.	Rounders (striking and fielding) To know that using the centre of the bat will provide the most control and accuracy.	Athletics To know that I need to pace myself when running further or for a long period of time.

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	<p>To know that protecting the ball as I dribble will help me to maintain possession. To know that moving into space will help my team keep possession and score goals. To recognise when to pass and when to shoot. To know when to mark and when to attempt to win the ball. To know that applying attacking tactics will help to maintain possession and score goals. To know that applying defending tactics will help to deny space, gain possession and stop goals. To know and understand the rules to be able to manage our own game.</p> <p style="text-align: center;">Fundamentals</p> <p>To know that a change in direction and speed can help to get past or away from an opponent. To know that I need to squeeze different muscles to help me to stay balanced in different activities.</p>	<p>To know that protecting the ball as I dribble will help me to maintain possession. To know that moving into space will help my team keep possession and score goals. To recognise when to pass and when to shoot. To know when to mark and when to attempt to win the ball. To know that applying attacking tactics will help to maintain possession and score goals. To know that applying defending tactics will help to deny space, gain possession and stop goals. To know and understand the rules to be able to manage our own game.</p> <p style="text-align: center;">Ball skills</p> <p>To know that I can use a variety of ways to send the ball and it may depend on the situation. To know to adjust my hands to the height of the ball. To know that tracking a ball is an important skill used in games activities and to give examples of these.</p>	<p>which my hips go above my head. To know how to keep myself and others safe when performing partner balances. To know that I can keep the shape of my roll using body tension. To know that I can control my landing by landing toes first, looking forwards and bending my knees. To know that if I use different directions it will help to make my sequence look interesting.</p> <p style="text-align: center;">Swimming</p> <p>To know that keeping my legs together for crawl helps me to stay straight in the water. To know that breathing out with a slow consistent breath enables me to swim for longer before needing another breath. To know what to do if I fall in the water. To know the water safety rules.</p>	<p>To know to adjust the momentum behind my swing depending on the target. To know and apply rules to manage our own game.</p> <p style="text-align: center;">Swimming</p> <p>To know that keeping my legs together for crawl helps me to stay straight in the water. To know that breathing out with a slow consistent breath enables me to swim for longer before needing another breath. To know what to do if I fall in the water. To know the water safety rules.</p>	<p>To know that it is easier to field a ball that is coming towards me rather than away so set up accordingly. To know that being balanced before throwing will help to improve the accuracy of the throw. To know to track the ball as it is thrown to help to improve the consistency of catching. To know that applying attacking tactics will help to score points and avoid getting out. To know that applying defending tactics will help to deny space, get opponents out and limit points. To know and understand the rules to be able to manage our own game.</p> <p style="text-align: center;">Fitness</p> <p>To know that keeping my elbows bent when changing direction will help me to stay balanced. To know that I need to squeeze different muscles to help me to stay balanced in different activities. To know that if I begin in a ready position I can react quicker.</p>	<p>To know that a high knee drive, pumping my arms and running on the balls of my feet gives me power. To know that transferring weight will help me to jump further. To know that transferring weight will help me to throw further. To know and understand the rules to be able to manage our own events.</p> <p style="text-align: center;">OAA</p> <p>To know that discussing the advantages and disadvantages of ideas will help to guide us to a conclusion about which idea to use. To know how to use a key and use the cardinal points on a map to orientate it. To know that there are different types of communication and that I can communicate without talking.</p>
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	<p>To know that swinging my non-hopping foot helps to create momentum.</p> <p style="text-align: center;">Dance</p> <p>To know that some actions are better suited to a certain character, mood or idea than others.</p> <p>To know that some dynamics are better suited to a certain character, mood or idea than others.</p> <p>To know that being aware of other performers in a group will help to move in time.</p> <p>To know that I can select from a range of dance techniques to translate my idea</p>	<p>To know that dribbling with soft hands/touches will help me to keep control.</p>			<p>To know that a high knee drive, pumping my arms and running on the balls of my feet gives me power.</p> <p>To know that I need to pace myself when running further or for a long period of time.</p>	
Disciplinary Knowledge	<p>Hockey (invasion)</p> <p>To develop passing techniques appropriate to the game with increasing success.</p> <p>To catch a ball using one and two hands and receive a ball with feet/object with increasing success.</p>	<p>Tag rugby (invasion)</p> <p>To develop passing techniques appropriate to the game with increasing success.</p> <p>To catch a ball using one and two hands and receive a ball with feet/object with increasing success.</p>	<p>Gymnastics</p> <p>To develop the range of shapes I use in my sequences.</p> <p>To develop strength in bridge and shoulder stand or progressions for these.</p> <p>To develop control and fluency in individual and partner balances.</p>	<p>Golf (target)</p> <p>To throw with increasing accuracy at a target.</p> <p>To catch with increasing accuracy.</p> <p>To strike a ball with increasing accuracy.</p> <p>Swimming</p>	<p>Rounders (striking and fielding)</p> <p>To develop batting technique with a range of equipment.</p> <p>To develop bowling with some consistency, abiding by the rules of the game.</p> <p>To use overarm and underarm throwing with increased consistency in game situations.</p>	<p>Athletics</p> <p>To develop an understanding of speed and pace in relation to distance.</p> <p>To develop power and speed in the sprinting technique.</p> <p>To develop technique when jumping for distance.</p> <p>To explore power and technique when throwing for</p>

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	<p>To link dribbling with the ball with other actions and change direction whilst dribbling with some control. To develop moving into space to help my team. To change direction to lose an opponent with some success. To develop depending one on one and begin to intercept.</p> <p>Dance – spy dances To respond imaginatively to a range of stimuli related to character and narrative. To change dynamics confidently within a performance to express changes in character. To confidently use changes in level, direction and pathway. To use action and reaction to represent an idea. To perform complex dances that communicate narrative and character well, performing clearly and fluently</p> <p>Fundamentals To change direction quickly under pressure.</p>	<p>To link dribbling with the ball with other actions and change direction whilst dribbling with some control. To develop moving into space to help my team. To change direction to lose an opponent with some success. To develop depending one on one and begin to intercept.</p> <p>Ball skills To accurately use a range of techniques to send a ball to a target. To catch different sized objects with increasing consistency with one and two hands. To consistently track a ball sent directly and indirectly. To dribble a ball with increasing control and coordination.</p>	<p>To develop the straight, barrel, forward and straddle roll and perform them with increased control. To develop control in performing and landing rotation jumps.</p> <p>Swimming To develop technique for specific strokes to include head above water breaststroke, backstroke and front crawl. To demonstrate improved breathing technique in front crawl. To be familiar with some personal survival techniques to include survival strokes such as sculling and treading water</p>	<p>To develop technique for specific strokes to include head above water breaststroke, backstroke and front crawl. To demonstrate improved breathing technique in front crawl. To be familiar with some personal survival techniques to include survival strokes such as sculling and treading water</p>	<p>To begin to catch with one and two hands with some consistency in game situations.</p> <p>Fitness To show balance when changing direction at speed. To show control whilst completing activities which challenge balance. To explore increased speed when coordinating my body. To demonstrate improved sprinting technique. To develop building strength in different muscle groups. To demonstrate using my breath to maintain my work rate.</p>	<p>distance in a pull and heave throw.</p> <p>OAA To plan independently and in small groups, implementing a strategy with increased success. To identify key symbols on a map and follow a route. To confidently communicate ideas and listen to others.</p>
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	<p>To demonstrate when and how to accelerate and decelerate.</p> <p>To demonstrate good balance and control when performing other fundamental skills.</p> <p>To link hopping and jumping actions with other fundamental skills.</p>					
<p>Excellence Enjoyment Everyone Everything</p>	<p>Excellence- Recognise the excellence of athletes, gymnasts and dancers and the perseverance they demonstrate to succeed at their sport. Recognise the development in their own skill and potential to succeed in physical activity.</p> <p>Enjoyment- Enjoy experiences a wide range of sports and physical activity. Enjoy experiencing coaching, visits and trips from professional athletes, professional coaches and inspiring sportspeople.</p> <p>Everyone- Everyone is entitled to access to physical activity and the opportunity to compete. Recognise the importance of advances in equality for sport including the Paralympics as well as the prominence over female sport eg. 'This girl can' and The Lionesses</p> <p>Everything- Know the rules and techniques involved in a variety of games and sports and develop your skills in each area.</p>					
<p>Vocabulary</p>	<p>dribble shoot opponent opposition grip possession receiver interception attack defence trapping the ball obstruction mark push pass</p> <p>space reaction unison action levels performance represent timing dynamics expression</p> <p>distance accelerate decelerate control momentum co-ordination stability pace rhythm tension transfer</p>	<p>defence tag opponent opposition score receiver try possession onside dodge outwit mark offside</p> <p>track bounce release consistency overhead receive chest select accurate persevere technique control</p>	<p>technique perform apparatus quality rotation inverted sequence extension shape</p> <p>sculling submersion buoyancy huddle crawl rotation survival stroke breaststroke backstroke alternate treading water</p>	<p>rules strike least accurately putt target align swing drive course putter chipping club distance tee</p> <p>sculling submersion buoyancy huddle crawl rotation survival stroke breaststroke backstroke alternate treading water</p>	<p>strike Fielding stance technique rounder batting retrieve stumped backstop bowl two-handed pick up short barrier post</p> <p>fitness balance agility co-ordination speed pace control muscle strength steady progress stamina</p>	<p>stamina speed pace technique determination perseverance officiate power accuracy personal best flight</p> <p>navigate route collaborate inclusive grid discuss symbol effectively plan rules trust orientate</p> <p>ready position return control opponent serve rally forehand backhand</p>