

Our PE journey in Year 4



- Key Words:
- Distance
 - Stamina
 - Upright
 - Arm drive

At the end of Y4 I am now ready to move into Y5, where I can further develop my skills and extend my knowledge of how to live a healthy, active lifestyle, with a love of sport!

Perform athletic throwing events with some technique.

Correct grip of baton during a relay race .

Athletics

Perform sprint and long distance runs, maintaining smooth arm/leg technique and increase speed/ head movement over finish line.

Can aim for a target with a controlled feed.

Can attempt to rally with a partner with or without a net

Be able to strike the ball when bowled accurately to them. Be able to strike a ball at a slow pace.

Racket sports

Can start a game with an underarm serve.

Be able to underarm throw to a target continuously

- Key words
- Rally
 - C Motion
 - Game Situation

Be able to use the underarm bowl accurately.

Use and apply sport specific rules.

To be able to punch the control card accurately with correct punch patterns in the corresponding numbered boxes on the card.

Work well in a team.

- Key Words
- Features
 - Planning
 - Relating map to ground/ground to map
 - Navigate

Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

Summer Term

OAA

Striking and fielding

- Key words
- Stretch
 - Imaginative
 - Demonstrate
 - Coordination
 - Respond
 - Styles
 - Fluent
 - Stimuli
 - Sensitivity
 - Range

Perform clear & fluent dances that show sensitivity to ideas and range of stimuli.

Swimming

Swim competently, confidently and proficiently over a distance of at least 25 metres

To use different methods of travel across various apparatus

To perform balances with control on low, medium and high levels for 3 seconds

Perform a forward roll safely

Perform movement patterns, demonstrating control and coordination.

Perform safe self-rescue in different water based situations

- Key words
- Circuit
 - Pulse
 - Components
 - Co-ordination
 - Control
 - Stamina
 - Flexibility
 - Power

Aesthetics

Work safety on apparatus.

Know that there are different components of fitness

Spring Term

Fitness

Be able to lead warm up.

Understand changes in the body when warming up

Begin to understand the rule of double dribble and only use 1 hand for dribbling.

Understand previous rules plus double dribble.

Begin to use a bounce pass, which only bounces once.

Mark another player and begin to attempt interceptions.

- Key words
- Dribble
 - Double Dribble
 - Contact
 - Interception
 - Javelin pass
 - One-on-one marking/man to man marking
 - Shoulder pass

Use a chest pass and shoulder pass to support team in scoring.

Begin to develop power in shooting from pushing from the chest to shoot.

Begin to use attacking a defending concepts in small sided game play.

Land 1-2 with correct footwork and sometimes catch the ball.

Can stay with a chosen player and lose them having the ball (attack)

Can show some technique when shooting at a target.

Invasion games

Use a chest pass and shoulder pass to support team in scoring.

Know how to dribble into a space keeping their head up.

Sometimes stop a rolling ball with the correct part of the foot.

- Key Words
- Passing
 - Control
 - Shoot
 - Defend
 - Attack
 - Dribble
 - On-your-toes
 - Tracking
 - Head-up

- Key words
- Contact
 - Javelin pass
 - One-on-one marking/man to man marking
 - Shoulder pass

Autumn Term



End of Year

Be able to underarm throw to a target continuously

Be able to use the underarm bowl accurately.

- Key words
- Accuracy
 - Overarm
 - Long Barrier
 - Space
 - Wicket Keeper
 - Off Side
 - On Side
 - Bowler

