



Physical Education – Year 4

Year 4 PE days are: Indoor - Tuesday Outdoor –Friday

Please be aware that days may change, dependent on external provision for PE. You will be informed by your child's class teacher of any changes. Y4 indoor units are taught in a rotation for each class to allow for a block of swimming lessons, which are taught at different times.

During Year 4, all pupils have an opportunity to attend Swimming lessons from the Sheffield Swimming Service. These take place at Graves Leisure Centre. Your child's class teacher will inform you when lessons will take place. Swimming lessons cover part of the statutory National Curriculum 2014 for England. The intended outcomes for pupils attending swimming lessons are:

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

To use a range of strokes effectively

To perform safe self-rescue in different water-based situations

	Indoor	Outdoor
Autumn 1	<p><u>Dance</u> Pupils will learn to perform dances using a range of movement patterns, keeping in time with a musical beat. They will learn to remember choreography, and will begin to develop skills of improvisation. Pupils will learn that facial expressions can convey moods, feelings and characters in dance.</p> <p>Key Vocabulary: choreography, routine, structure, narrative, timing, spacing, improvisation</p>	<p><u>Orienteering</u> Pupils will work individually and collaboratively to develop their knowledge in orienteering, communicating with others with increasing confidence. Pupils will improve their map reading skills and develop a knowledge of key symbols.</p> <p>Key Vocabulary: leader, orientate, symbol, effectively, inclusive, objects, control cards, control markers</p>
Autumn 2	<p><u>Boccia</u> Pupils will gain experiences of playing a Paralympic sport, developing their team work skills, and accuracy of throwing and rolling techniques.</p> <p>Key Vocabulary: determination, encouragement, tactics, speed, retrieve, stop</p>	<p><u>Quidditch</u> Pupils will continue to develop knowledge of invasion games, improving their accuracy in dribbling, receiving, passing and shooting. They will develop an understanding of using space, and maintaining possession in sports.</p> <p>Key Vocabulary: possession, score, power, mark, contact, defend, delay, rebound, opposition, pivot, tactical skill, precision</p>

<p>Spring 1</p>	<p><u>Pilates</u> Pupils will develop flexibility, strength, technique, control and balance using a range of positions and stretches. They will build on prior knowledge and understanding of the use of the core to support building strength.</p> <p>Key Vocabulary: core, stretch, breath, energise, align, move</p>	<p><u>Handball</u> Pupils will improve on their passing, receiving and shooting skills, whilst developing an understanding of the rules of the game of handball. Pupils will use simple tactics to attack, score and defend.</p> <p>Key Vocabulary possession, score, power, mark, contact, defend, delay, opposition, tactical skill, precision</p>
<p>Spring 2</p>	<p><u>Circuit Training</u> Pupils will recognise the long term and short-term effects of exercise, improving strength and fitness through a range of activities.</p> <p>Key Vocabulary: balance, control, power, personal best, determination, encouragement</p>	<p><u>Football</u> Pupils will continue to learn to dribble, pass, receive and shoot a ball with increasing control, power and accuracy. They will use simple tactics to score and defend.</p> <p>Key Vocabulary: possession, score, power, mark, contact, defend, delay, rebound, opposition, pivot, tactical skill, precision</p>
<p>Summer 1</p>	<p><u>Dance</u> Pupils will learn to perform dances using a range of movement patterns, keeping in time with a musical beat. They will learn to remember choreography, and will begin to develop skills of improvisation. Pupils will learn that facial expressions can convey moods, feelings and characters in dance.</p> <p>Key Vocabulary: choreography, routine, structure, narrative, timing, spacing, improvisation</p>	<p><u>Tennis</u> Pupils will learn to serve over a net with increasing consistency. They will maintain cooperative rallies using a variety of strokes and will begin to make it difficult for an opponent by directing the ball into space at different heights and speeds. They will start to consider their footwork whilst moving around the court.</p> <p>Key Vocabulary: cooperation, strokes, directing, speeds, footwork, patterns, consistency</p>
<p>Summer 2</p>	<p>NB. Y4 indoor units are taught in a rotation for each class to allow for a 12 week block of swimming lessons, which are taught at different times.</p> <p>Each Y4 class will teach indoor PE units in a different order.</p>	<p><u>Rounders</u> Pupils will continue to develop their overarm and underarm bowl. They will consider their position when throwing and catching and will begin to use tactics in team games. Techniques for how to stop, collect and intercept a ball will be introduced.</p> <p>Key Vocabulary: tactics, stop, intercept, height, speed, stance, retrieve, opposition, stumped</p>