

PE Long Term Grid Year 4

Autumn Term

Spring Term

Summer Term

WEEKS 1-6

Tag rugby/Hockey

- To recognise aspects of their work that need improving
- To develop the range and consistency of their passing and receiving
- To use rules and adapt tactics in different situations
- To develop the range and consistency of their skills
- To use and adapt tactics, such as creating space and communicating, in different game situations
- To develop their attacking and defending skills
- To use rules and adapt tactics indifferent situations
- To find space and help each other
- To play in a team and help each other
- To recognise when speed, strength and stamina are important in games

Gymnastics

- to develop the range of actions, body shapes and balances they include in a performance
- to perform skills and actions more accurately and consistently
- to create gymnastic sequences that meet a theme or set of conditions
- to use compositional devices when creating their sequences, such as changes in speed, level and direction
- to describe how the body reacts during different types of activity, and how this affects the way they perform
- to describe their own and others' work, making simple judgements about the quality of performances and suggesting ways they could be improved

Athletics

- to consolidate and improve the quality, range and consistency of the techniques they use for particular activities
- to develop their ability to choose and use simple tactics and strategies in different situation.
- to know, measure and describe the short-term effects of exercise on the body
- to describe how the body reacts to different types of activity
- to describe and evaluate the effectiveness of performances, and recognise aspects of performances that need improving

Netball

- to practise and improve accuracy of shoulder, chest and bounce pass.
- to improve accuracy of throwing and catching skills
- to perform skills more fluently and effectively in game situation.
- to understand and apply basic strategic and tactical principals for attacking and defending.
- to learn how to mark a partner
- to learn how to get free of a marker
- to work as a team to make a series of

		<p>passes</p> <ul style="list-style-type: none"> • how to apply footwork skills • to use skills in a large team game • to appreciate the importance of a warm up and warm down
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WEEKS 7-12

<p>Dance</p> <ul style="list-style-type: none"> • To explore and create characters and narratives with a partner in response to a range of stimuli • To improvise freely with a partner and in a group, translating ideas from a stimulus into movement • To create and link dance phrases using a simple dance structure or motif • To perform dances with an awareness for rhythmic and expressive qualities, with a partner and group • To practise more complex dance phrases that communicate character and narrative • To improvise freely on their own, creating characters and narrative in response to stimuli • Create motifs and develop them into simple dance phrases 	<p>Football</p> <ul style="list-style-type: none"> • How to dribble and stop a football • To recognise aspects of their work that need improving • To develop the range and consistency of their passing and receiving • To use rules and adapt tactics in different situations • To develop the range and consistency of their football skills • To use and adapt tactics, such as creating space and communicating, in different game situations • To develop their attacking and defending skills • To use rules and adapt tactics indifferent situations • To find space and help each other • To play in a team and help each other • To recognise when speed, strength and stamina are important in games 	<p>Rounders/Kwik cricket</p> <ul style="list-style-type: none"> • Throw and catch a beanbag • Know the demands that exercise makes on the body • Use throwing skills in tasks that involve hitting targets • Know the importance of warming up • Use throwing and catching skills in fielding games and relays • Work well as a team in fielding relays • Strike a ball with intent and throw it more accurately when fielding • Intercept and stop the ball with consistency and sometimes catch the ball • Strike a ball with intent and throw it more accurately when bowling and fielding • Intercept and stop the ball with consistency and return the ball quickly and accurately • Choose where to stand as a fielder working well as a team to make it harder for the batter
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