



PE Year 4 Overview

Autumn	Spring	Summer
KS2 National Curriculum		
<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 use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics], compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>		
Year 4 Key Learning	Year 4 Key Learning	Year 4 Key Learning
<p><u>Athletics</u></p> <ul style="list-style-type: none"> To perform a standing long jump with increased control To use increased power and control when throwing an object To apply a change of pace at different parts of a running activity such as a sprint finish <p><u>Gymnastic</u></p> <ul style="list-style-type: none"> To manage body weight supported by hands using a back, side and front support lowered to the floor, towards a half lever and shoulder stand. To show flexibility through japan, left, right and box splits as well as shoulder flexibility 	<p><u>Dance</u></p> <ul style="list-style-type: none"> To perform actions and balances with increased control and consistency To perform a range of movements that portray a story To know and perform circus style movements, highlighting the key dynamics and shapes used To describe what happens to the standard of performance when the body tires <p><u>Keeping possession - Football</u></p> <ul style="list-style-type: none"> Use the correct dribbling technique to dribble round objects and defenders. Identify when in the correct position to receive the ball 	<p><u>Sending and receiving - Rounders</u></p> <ul style="list-style-type: none"> To strike a ball accurately To throw a small ball accurately with increased power, using an overarm technique To judge when to use underarm or overarm throw to prevent the other team from scoring <p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> Adjust speed when running over longer distances to ensure the activity is completed. Run/move for a sustained and increasing period of time, showing

<ul style="list-style-type: none"> • To vary the range of body parts used to balance in moves such as tucked dish with one leg out, arch, arabesque • To perform rotations including a forward roll, backward roll, a ½ jump turn, cartwheel • To evaluate and improve a sequence 	<ul style="list-style-type: none"> • Identify how creating space can help their team to keep possession. 	<p>resilience and a desire to beat a personal best.</p> <ul style="list-style-type: none"> • Identify how to improve speed and stamina and apply to beat a previous personal best.
<p>Athletics – Cardiovascular, determination, inspiration, pace, resilience and perseverance</p> <p>Gymnastics – front/rear support, bridge, crab, arch, dish, pike/ straddle fold, sequence and synchronisation</p>	<p>Dance – mindset, independent, performance and language</p> <p>Keeping possession football – possession, creating, space and control</p>	<p>Sending and receiving rounders – evaluate, improve, forehead, backhand, grip, swing, overarm and ready position</p>