

## Y4 - PE

Gymnastics To develop flexibility, strength, technique, control and balance.	Dance To perform dances using a range of movement patterns	Athletics To use running, jumping, throwing and catching in isolation and in combination.	Games Use running, jumping, throwing and catching in isolation and in combination To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Outdoor Adventures To take part in outdoor and adventurous activity challenges, both individually and within a team.	Evaluations To compare their performances with previous ones and demonstrate improvement to achieve their person best.
Gy.1. I can develop a range of rolls, jumps, travel, body shapes and balances and include in a performance.	D.1. I can improvise with a partner or on my own.	A.1. I can begin to build a variety of running techniques.	G.1. I can apply basic skills of traveling for attacking and defending.	O.1. I can develop listening skills.	E.1. I can watch and describe a performance.
Gy.2. I can begin to use gym vocabulary to describe how to improve and refine performances	D.2. I can demonstrate precision and some control in response to stimuli.	A.2. I can perform a running jump with more than one component	G.2. I can strike a ball with intent and throw it more accurately when bowling and/or fielding.	O.2. I can begin to use a simple map.	E.2. I can begin to think about how I can improve my work.
Gy.3. I can create gymnastic sequences that meet a theme or set of objectives.	D.3. I can begin to vary dynamics and develop active and motifs.	A.3. I can demonstrate accuracy in throwing activities	G.3. I can show confidence in using ball skills in various ways and can link these together (bouncing and kicking)	O.3. I can begging to think activities through and problem solve	E.3. I can work with a partner or with a small group to improve my skills
Gy.,4. I can begin to develop strength, technique and flexibility throughout performances	D.4. I can modify a sequence using dance vocabulary as a result of self-evaluation.		G.4. I can use running, jumping, throwing and catching in isolation and combination	O.4. I can begin to choose and apply strategies	E.4. I can make suggestions on how to improve my work
Gy.5. I can begin to apply sequences of taught skills when using equipment	D.5. I can perform dances with rhythm and use spatial awareness.		G.5. I can use skills with coordination, control and fluency.	O.5. I can begin to demonstrate an understanding in how to stay safe	
	D.6. I understand the need to warm up.		G.6. I can take part in a competitive game.		
			G.7. I begin to create my own game using knowledge and skills taught.		
			G.8. I begin to use skills to keep possession and control of the ball.		
			G.9. I can effectively play a competitive net/wall game.		
			G.10. I can experiment with different techniques to attack and defend.		

			G.11. I can begin to show an awareness of when to attack and defend.		
Topic coverage					
Autumn 1 Jungle Journey	Autumn 2 A Magical Place	Spring 1 Rotten Romans	Spring 2 Vicious Volcanoes	Summer 1 Vile Victorians	Summer 2 Wonderful Water
Gy.1 – Gy.5 E.1 – E.4	D.1 – D.6 O.1 – O.5 E.1 – E.4		A.1 – A.3 E.2 – E.4	G.1 - G.11 E.2 – E.4	
Vocabulary					
Degrees, Balance, Forwards, Backwards, Combine, Rotation, Against, Towards, Across, Evaluate, Improve, Height, Strength, Suppleness, Stamina, Speed, Level, Wide, Tucked, Straight, Twisted, Constructive, Points, Twist, Turn, Safety, Refine, Agility, Strength, Technique, Control, Balance, Evaluate, Improve, Shapes - Health and fitness – tuck, straddle, pike, arch, back support, Front support, shoulder stand, bridge Partner balances level 1 – steps, knees, thighs, shoulders, counter balance warm up/ cool down/ heart rate	Spatial awareness, Repeat, Dance, Character, Repetition, Action, Reaction, Pattern, Movement, Evaluate, Improve, Agility, Flexibility, Strength, Technique, Control, Balance, Combination, Stimulus, Motifs, Dynamics, Perform, Timing Health and fitness – warm up/ cool down/heart rate/pulse, listen, map, think, problem solve, strategies, safe		Running, Technique, Pace, Accuracy, Power, Throw, High, Low, Skip, Aim, Fast, Slow, Bounce, Jump, Leap, Hop, Run, Target, Overarm, Underarm, Walking, Jogging, Accelerate, Baton, Relay, Push, Take off, Landing, Health and fitness – warm up/ cool down	Possession, Scoring, Space, Pass/send/receive, Dribble, Travel, Team, Striking, Combinations, Co-ordination Fluency, Co-operation, Competition Technique, Partner, Points, Goals, Rules, Tactics, Court, Target, Net, Defending, Racket, Attacking, Hitting, Stance, Pitch, Improve, adapt, performance Health and fitness – warm up/ cool down/heart rate/pulse	
I will learn...					
How to develop a range of rolls, jumps, travel, body shapes and balances and include them in a performance.  - How to use gymnastics vocabulary to describe how	How to improvise a dance with a partner or on my own.  - How to demonstrate precision and some control in response to stimuli.  - How to begin to vary dynamics and develop active motifs.		How to begin to build a variety of running techniques.  How to apply different running techniques to different distances and pace.	How to apply basic skills of traveling for attacking and defending  - How to show confidence in using ball skills in various ways and can link these together (passing, throwing and kicking).  - How to use running, jumping, throwing and catching in isolation and combination	

<p>to improve and refine performances</p> <ul style="list-style-type: none"> <li>- How to create gymnastic sequences that meet a theme or set of objectives.</li> <li>-How to develop sequences independently and as a pair.</li> <li>- How to begin to develop strength, technique and flexibility throughout performances</li> <li>- How to begin to apply sequences of taught skills to equipment</li> </ul>	<ul style="list-style-type: none"> <li>- How to modify a sequence using dance vocabulary as a result of self-evaluation</li> <li>- How to perform dances with rhythm and use spatial awareness.</li> <li>- That I need to warm up and why this is important.</li> <li>-How to develop listening skills and why they are important.</li> <li>-How to use my knowledge of a compass and translate that into using a simple map.</li> <li>-That I need to think ideas through to be able to problem solve and that the answer may not come to be straight away.</li> <li>-How to begin to choose and apply strategies.</li> <li>-How to begin to demonstrate an understanding in how to stay safe in the outdoors.</li> <li>-That working with a partner or group can improve my skills.</li> <li>-How to show my understanding in staying safe and why this is important.</li> <li>-How to describe a performance.</li> <li>- How to use the appropriate vocabulary when giving feedback.</li> <li>-How to make suggestions to improve my performance.</li> <li>- How to work with a partner or group to improve my skills.</li> <li>- How to improve my own and others performances</li> </ul>	<p>How to explore different jumping techniques</p> <p>How to combine different jumping techniques and a run.</p> <ul style="list-style-type: none"> <li>- How to perform a running jump with more than one component</li> </ul> <p>That there is different throwing technique for different equipment.</p> <ul style="list-style-type: none"> <li>- How to demonstrate accuracy in throwing activities</li> <li>- How to watch and describe a performance.</li> <li>- How to use the appropriate vocabulary when giving feedback.</li> <li>-How to make suggestions to improve my performance.</li> <li>- How to work with a partner or group to improve my skills.</li> <li>- How to improve my own and others performances</li> </ul>	<ul style="list-style-type: none"> <li>- How to use skills taught with increasing coordination, control and fluency</li> <li>- How to work as part of a team</li> <li>- How to take part in a competitive games.</li> <li>- How to begin to create my own game using knowledge and skills taught.</li> <li>- How to begin to use skills to keep possession</li> <li>- How to keep control of the ball</li> <li>- How to effectively play a competitive net/wall game such as rounders</li> <li>- How to experiment with different techniques to attack and defend.</li> <li>- To begin to show an awareness of when to attack and defend.</li> <li>- How to watch and describe a performance.</li> <li>-How to use the appropriate vocabulary when giving feedback.</li> <li>-How to make suggestions to improve my performance.</li> <li>-How to work with a partner or group to improve my skills.</li> <li>-How to improve my own and others performances.</li> </ul>
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