

## LOWER KEY STAGE TWO PE YEARLY PLAN YEAR 4

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
	<b>GYMNASTICS</b>	<b>DANCE</b>	<b>GAMES INVASION HOCKEY</b>	<b>GAMES INVASION NETBALL</b>	<b>GAMES NET/WALL TENNIS</b>	<b>GAMES STRIKING AND FIELDING CRICKET</b>
INDOOR	<p><b>SKILLS TAUGHT</b> (GYMNASTICS UNIT YEAR 4)</p> <p><b>Successful lesson</b></p> <ul style="list-style-type: none"> <li>Can I perform actions, balances, body shape and agilities with control?</li> <li>Can I plan, perform and repeat longer sequences that include changes of speed and level, clear shapes and quality of movement?</li> <li>Can I adapt my own movements to include a partner in a sequence?</li> <li>Can I understand that strength and suppleness can be improved?</li> <li>Can I lead a partner through a short warm up?</li> <li>Can I suggest improvements?</li> </ul>	<p><b>SKILLS TAUGHT</b> (DANCE UNIT YEAR 4)</p> <p><b>Successful lesson</b></p> <ul style="list-style-type: none"> <li>Can I respond imaginatively to a range of stimuli related to mood, character and narrative?</li> <li>Can I use simple motifs and patterns to structure dance phrases on my own with a partner or in a group?</li> <li>Can I refine, repeat and remember dance phases and dances?</li> <li>Can I perform dances clearly and fluently?</li> <li>Can I show a clear understanding of how to warm up and cool down safely?</li> <li>Can I use language appropriate to dance?</li> </ul>	<p><b>SKILLS TAUGHT</b> (INVASION GAMES UNIT YEAR 4)</p> <p><b>Successful lesson</b></p> <ul style="list-style-type: none"> <li>Can I pass with control?</li> <li>Can I dribble with control?</li> <li>Can I shoot with control?</li> <li>Can I identify tactics to help my team keep the ball and take it towards the opponent's goal?</li> <li>Can I mark opponents and help my team mates defend?</li> <li>Can I understand how to carry out a warm up helpful for hockey?</li> <li>Can I pick out things that could be improved?</li> </ul>	<p><b>SKILLS TAUGHT</b> (INVASION GAMES UNIT YEAR 4)</p> <p><b>Successful lesson</b></p> <ul style="list-style-type: none"> <li>Can I pass with control?</li> <li>Can I shoot with control?</li> <li>Can I identify tactics to help my team keep the ball and take it towards the opponent's goal?</li> <li>Can I mark opponents and help my team mates defend?</li> <li>Can I understand how to carry out a warm up helpful for netball?</li> <li>Can I pick out things that could be improved?</li> </ul>	<p><b>SKILLS TAUGHT</b> (NET GAMES UNIT YEAR 4)</p> <p><b>Successful lesson</b></p> <ul style="list-style-type: none"> <li>Can I keep up a continuous game using a range of throwing and catching skills?</li> <li>Can I use basic racket skills to hit a ball over a net?</li> <li>Can I use a range of simple tactics for sending the ball in different directions?</li> <li>Can I choose tactics to defend my court?</li> <li>Can I make up my own net games?</li> <li>Can I understand the point of the game?</li> <li>Can I keep rules effectively and fairly?</li> <li>Can I recognise how net games make the body work?</li> <li>Can I talk about what I do well?</li> </ul>	<p><b>SKILLS TAUGHT</b> (STRIKING AND FIELDING GAMES UNIT YEAR 4)</p> <p><b>Successful lesson</b></p> <ul style="list-style-type: none"> <li>Can I throw to a team mate during a game with some accuracy?</li> <li>Can I strike a ball with some accuracy?</li> <li>Can I stop a ball with some accuracy?</li> <li>Can I choose the correct skills to suit a game?</li> <li>Can I carry out tactics successfully?</li> <li>Can I understand some rules and use them fairly?</li> <li>Can I carry out warm ups, know why I am doing them?</li> <li>Can I describe what I and others do well?</li> </ul>

## LOWER KEY STAGE TWO PE YEARLY PLAN YEAR 4

	GAMES INVASION <b>FOOTBALL</b>	GAMES INVASION <b>BASKETBALL</b>	<b>OAA</b>	GAMES INVASION <b>RUGBY</b>	<b>ATHLETICS</b>	GAMES STRIKING AND FIELDING <b>ROUNDERS</b>
OUTDOOR 1	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 4)</p> <p><b>Successful lesson</b></p> <ul style="list-style-type: none"> <li>• Can I pass with control?</li> <li>• Can I dribble with control?</li> <li>• Can I shoot with control?</li> <li>• Can I identify tactics to help my team keep the ball and take it towards the opponent's goal?</li> <li>• Can I mark opponents and help my team mates defend?</li> <li>• Can I understand how to carry out a warm up helpful for football?</li> <li>• Can I pick out things that could be improved?</li> </ul>	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 4)</p> <p><b>Successful lesson</b></p> <ul style="list-style-type: none"> <li>• Can I pass with control?</li> <li>• Can I dribble with control?</li> <li>• Can I shoot with control?</li> <li>• Can I identify tactics to help my team keep the ball and take it towards the opponent's basket?</li> <li>• Can I mark opponents and help my team mates defend?</li> <li>• Can I understand how to carry out a warm up helpful for basketball?</li> <li>• Can I pick out things that could be improved?</li> </ul>	<p><u>SKILLS TAUGHT</u> (<u>OAA UNIT 2</u>)</p> <p><b>Successful lesson</b></p> <ul style="list-style-type: none"> <li>• Can I use maps and diagrams to orientate myself and travel around a simple course?</li> <li>• Can I respond when the task or environment changes and the challenge increase?</li> <li>• Can I start to plan sensible responses to physical challenges or problems, talk and work with others in my group?</li> <li>• Can I recognise some of the physical demands that activities make on me?</li> <li>• Can I identify parts of the work that were successful? Can I respond to feedback on how to go about my work differently?</li> </ul>	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 4)</p> <p><b>Successful lesson</b></p> <ul style="list-style-type: none"> <li>• Can I pass with control?</li> <li>• Can I run with the ball with control?</li> <li>• Can I score a try with control?</li> <li>• Can I identify tactics to help my team keep the ball and take it towards the opponent's try line?</li> <li>• Can I mark opponents and help my team mates defend?</li> <li>• Can I understand how to carry out warm ups helpful for rugby?</li> <li>• Can I pick out things that could be improved?</li> </ul>	<p><u>SKILLS TAUGHT</u> (ATHLETICS UNIT 2)</p> <p><b>Successful lesson</b></p> <ul style="list-style-type: none"> <li>• Can I understand the difference between sprinting and distance running?</li> <li>• Can I understand and demonstrate a range of throwing techniques?</li> <li>• Can I throw with some power and accuracy to a target area?</li> <li>• Can I perform a range of jumps using a short run up?</li> <li>• Can I play different roles in small groups?</li> <li>• Can I relate different activities to different heart rates and body temperatures?</li> <li>• Can I compare performances using appropriate language?</li> </ul>	<p><u>SKILLS TAUGHT</u> (STRIKING AND FIELDING GAMES UNIT YEAR 4)</p> <p><b>Successful lesson</b></p> <ul style="list-style-type: none"> <li>• Can I throw to a team mate during a game with some accuracy?</li> <li>• Can I strike a ball with some accuracy?</li> <li>• Can I stop a ball with some accuracy?</li> <li>• Can I choose the correct skills to suit a game?</li> <li>• Can I carry out tactics successfully?</li> <li>• Can I understand some rules and use them fairly?</li> <li>• Can I carry out warm ups know why I am doing them?</li> <li>• Can I describe what I and others do well?</li> </ul>
<b>SWIMMING (YEAR 4)</b>						