







Physical Education			Year 4		
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
 <p><b>Multi Skills / Uni-hoc:</b></p>	 <p><b>Dance / Netball:</b></p>	 <p><b>Tag Rugby / Gymnastics:</b></p>	 <p><b>Football / Dodgeball:</b></p>	 <p><b>Athletics / Tennis:</b></p>	 <p><b>Athletics / Cricket:</b></p>
<p><b>Multi-skills:</b> LI: To demonstrate a range of FUNdamental movements at speed in a competitive setting. LI: To develop a range of throwing and catching techniques relevant to a variety of sports. LI: To develop an effective fielding technique to stop and retrieve balls during competitive play. LI: To demonstrate the ability to strike a ball effectively using your foot. LI: To demonstrate an ability to evade a moving ball. LI: To demonstrate effective striking fielding and evading techniques within a competitive setting.</p> <p><b>Uni-hoc:</b> LI: To control the ball by dribbling using a stick. LI: To pass to the right and left whilst travelling.</p>	<p><b>Dance – Tudor dance:</b> LI: To improvise movements in the style of Tudor dance. LI: To dance with co-ordination and rhythm in time with the music. LI: To choreograph a motif using action, space, relationships and body shapes. LI: To respond to a range of stimuli to develop and adapt a movement motif. LI: To choreograph gestural dance to express feelings and emotions at a Tudor banquet. LI: To perform phrases of movement which require a variety of levels, dynamics and body shapes. LI: To explore narrative through movement. LI: To rehearse and perform a dance and understand why a performance was good giving examples from</p>	<p><b>Tag Rugby:</b> LI: To develop ability to use tags effectively within competitive play. LI: To develop ability to pass and catch the ball. LI: To understand that passes in rugby have to go backwards and increase accuracy when passing and catching. LI: To develop an understanding of how to beat opponents with the ball in hand. LI: To develop effective defensive skills in competitive play. LI: To demonstrate learnt techniques in a competitive game.</p> <p><b>Gymnastics:</b> LI: To explore a wide range of balances, jumps, travels and other movements. LI: To develop the ability to roll with accuracy and control, including performing a forward roll safely.</p>	<p><b>Football:</b> LI: To demonstrate an awareness of others when playing simple football games. LI: To move a ball keeping it under control while changing direction. LI: To pass/send the ball with increasing accuracy and receive a ball with control. LI: To shoot and score with increasing success. LI: To understand and develop an ability to attack. LI: To employ simple tactics and learnt skills in a game situation.</p> <p><b>Dodgeball:</b> LI: To develop an ability to throw, catch and dodge effectively. LI: To refine the ability to dodge, throw and catch a ball with control and accuracy. LI: To develop balance and control when playing variations of dodgeball.</p>	<p><b>Athletics:</b> LI: To identify current level of performance in athletics. LI: To develop the ability to run quickly and use a stopwatch effectively. LI: To pace yourself when running over long distances to finish quicker in the race. LI: To develop the ability to perform a triple jump and understand the importance of momentum. LI: To develop an ability to throw over larger distances and measure the object thrown. LI: To identify current levels of performance in athletics and compare to the beginning.</p> <p><b>Tennis:</b> LI: To develop key movements relevant to tennis and understand key vocabulary. LI: To read the direction of the ball and get into a</p>	<p><b>Athletics:</b> LI: To develop the ability to start races quickly understanding that bent knees helps. LI: To generate power when throwing an object. LI: To perform a long jump accurately and measure the distance. LI: To participate in a relay race effectively and pass the baton. LI: To compete effectively across a variety of events. LI: To compete effectively across a variety of events.</p> <p><b>Cricket:</b> LI: To develop individual batting technique and understand the importance of running after hitting the ball. LI: To play different shots and understand the importance of shot selection. LI: To bowl the ball effectively and vary the</p>

## Individually Strong, Collectively Stronger!



<p>LI: To pass the ball whilst travelling and shoot at the goal from different positions. LI: To tackle other players and take control of the ball. LI: To understand defence and attack strategies in game situations. LI: To refine skills and techniques used in uni-hoc and apply to a game situation.</p>	<p>the dance they have watched. <b>Netball:</b> LI: To demonstrate a range of passing and catching techniques relevant to netball. LI: To understand when and why different types of pass should be used within competitive play. LI: To develop landing and pivoting skills relevant to netball. LI: To demonstrate the ability to shoot a netball effectively into a variety of targets. LI: To understand effective ways to attack opponents and focus on simple tactics. LI: To understand effective ways to defend and focus on defence tactics.</p>	<p>LI: To balance on a range of patches and points and to hold a balance for 5 seconds. LI: To create a variety of complementary and contrasting shapes with a partner. LI: To link a variety of movements together to create a sequence. LI: To refine and perform a sequence with tension and extension.</p>	<p>LI: To catch and throw the ball with power in a competitive game situation. LI: To create and participate in a new Dodgeball game by adapting the rules. LI: To play adaptations of a game of Dodgeball and comment on the enjoyment levels.</p>	<p>forehand or backhand position. LI: To return the ball over the net and understand the importance of getting into a good position to receive the ball. LI: To place shots appropriately within a competitive rally. LI: To develop the use of forehand and backhand shots within competitive play. LI: To compete appropriately within competitive play choosing shots to win. LI: To understand the scoring system in tennis.</p>	<p>bowling to make it more difficult for the batsman. LI: To field effectively with a good ability to throw and stop the ball. LI: To develop decision making in a match setting when batting, bowling and fielding. LI: To apply tactics to a competitive game situation.</p>
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