



What are the aims and intentions of this curriculum?

That children:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Term	Topic	Knowledge	Skills	Vocabulary
Autumn 1	Tag Rugby	<ul style="list-style-type: none"> • To know how to score a try • To know to shout 'tagged' when grabbing an opponent's tag • To know how to restart games after a try • To know how to commit a defender by running at pace • To know how to close space down • To know to support the ball carrier by staying just behind when they are carrying the ball • To know how to stagger a line and why it is important • To know how to defend across the width of the pitch • To know the offside rule 	<ul style="list-style-type: none"> • To hold a rugby ball correctly • To scoop a ball from the floor • To dodge to avoid being tagged • To tag safely • To send and receive a ball under pressure • To pass a rugby ball backwards accurately • To set up in a defensive formation • To play competitively to the rules 	<ul style="list-style-type: none"> • Tag • Offside • pop pass • pocket pass • try • attacking formation • defensive formation • knock on • ran out
Autumn 1	Gymnastics – Rolling and travelling low	<ul style="list-style-type: none"> • To know how to perform a forward roll safely • To know how to adjust hands when 	<ul style="list-style-type: none"> • To forward roll with good technique and control • To perform a forward roll as part of a 	<ul style="list-style-type: none"> • Forward roll • backward roll • unison



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		<p>rolling over apparatus</p> <ul style="list-style-type: none"> To know the correct technique for rolling backwards To know how to roll over a partner safely To know how to mirror a partner on apparatus To know how to present when performing to others 	<p>sequence</p> <ul style="list-style-type: none"> To roll along benches, nesting tables and bars To roll backwards and come to standing without knees touching the mat To roll backwards into a straddle To create a sequence with a variety of rolls To mirror a partner's rolls with good timing 	<ul style="list-style-type: none"> mirroring sequence straddle control, poise
Autumn 2	Dance – The Romans	<ul style="list-style-type: none"> To know how to use canon, formation changes, direction and level to improve a motif To know how to recognise good timing, execution and performance skills 	<ul style="list-style-type: none"> To perform in unison with others To create a sequence with defined starting and finishing points To create a sequence involving different formations and pathways To create a sequence involving flight To spin on a variety of points and patches To travel on different body parts To create sequences with pathways that cross To use choreography to create a sequence 	<ul style="list-style-type: none"> Unison Transition Mirroring Canon Pathways Formation Points patches
Autumn 2	Dodgeball	<ul style="list-style-type: none"> To know how to aim low and throw To know when to attack and defend To know the consequences of dropping an attempted catch To know to keep on the move so it is more difficult to be hit To know that tactics need to be decided as a team 	<ul style="list-style-type: none"> To throw overarm To keep eye in the opposition at all times To time when to move to the net to throw To catch to bring teammates back into the game To judge which balls to try and catch and which to dodge 	<ul style="list-style-type: none"> Dodge Block Catch Attack Defend Communication tactics



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			<ul style="list-style-type: none"> • To show peripheral awareness • To work alongside others to agree tactics 	
Spring 1	Gymnastics – Arching and bridging	<ul style="list-style-type: none"> • To know what points and patches are • To know the importance of control in movements • To know how to use floor space imaginatively • To know how to change direction and level • To know different ways of supporting using shoulder balances • To know how to work in tandem with a partner in different ways 	<ul style="list-style-type: none"> • To support bodyweight on hands and feet only • To spin from one support to another • To spin and take weight on hands • To perform sequences using front and back asymmetrical supports and symmetrical spinning • To create sequences involving varied controlled rolls and supports • To form different shapes with legs whilst in shoulder balances • To perform in unison with a set count 	<ul style="list-style-type: none"> • over and under • shoulder support • formation • sequence • supports • asymmetrical • symmetrical
Spring 1	Invasion Games 3	<ul style="list-style-type: none"> • To know how to travel with head up • To know to signal for the ball with hands so as to not alert defenders • To know how to get in between the opponent and the ball • To know how to dummy pass • To know how to trick opponents by looking one way and passing another • To know to close the space quickly when defending • To know the importance of keeping eyes on the ball and not the player's feet when defending • To know the importance of clearing the danger near own goal 	<ul style="list-style-type: none"> • To dodge whilst aware of own environment and others • To get into good positions to receive a ball • To pass and move into space • To shield a ball from an opponent • To turn in different ways whilst in possession • To dribble with control using both hands/feet • To deceive an opponent by feinting/dummying • To close the space • To jockey an opponent • To force an opponent onto a weaker side 	<ul style="list-style-type: none"> • Travel • dummy pass • defend • attack • deceive • communicate • weaker side • Feinting • shield



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			<ul style="list-style-type: none"> To communicate with fellow players 	
Spring 2	Tennis	<ul style="list-style-type: none"> To know what the ready position is To know to try and get to the centre of the court after playing each shot To know how to hit the ball with a full backswing To know to keep the head still when trying to hit the ball To know how to volley a ball and deflect it downwards To know how to play a backhand To know the rules of tennis 	<ul style="list-style-type: none"> To take up a ready position To hit a forehand return To constantly get into good positions to return the ball after one bounce To strike the ball on the backhand with consistency To volley a ball sending the ball downwards To serve from the baseline To move into the correct position to play a variety of shots 	<ul style="list-style-type: none"> Forehand Backhand Serve Court Backswing Volley Centre Court serve
Spring 2	Handball	<ul style="list-style-type: none"> To know to signal with hands when wanting to receive a pass To know to move into space after passing To know if a player is in possession, they can take 3 steps for up to 3 seconds without dribbling To know how to back up teammates To know the rules of handball To know how to make the most of having an extra player To know how to adapt when having one fewer player To know the importance of demonstrating values of teamwork and sportsmanship 	<ul style="list-style-type: none"> To send using a javelin style pass accurately To catch a ball on the run To pass and receive the ball on the move To pass quickly under pressure To throw/shoot accurately using good overarm technique To intercept passes To block a shot To participate purposefully in a small sided game To play in a variety of positions with equal proficiency 	<ul style="list-style-type: none"> javelin style pass possession signal teamwork sportsmanship intercept technique back up
Summer 1	Cricket	<ul style="list-style-type: none"> To know how to grip the bat To know how to move back and across to play a pull shot 	<ul style="list-style-type: none"> To stand sideways with a high back lift when ready to receive a ball To step back and across to play a pull 	<ul style="list-style-type: none"> Grip pull shot



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		<ul style="list-style-type: none"> • To know what the crease is for • To know how to grip a ball when bowling • To know the position for wicket keeping • To know what 'backing up' means when fielding • To know how to form a long barrier to field a hard shot • To know when to stand still in the field and when to walk in • To know the need to call when going for a catch 	<p>shot</p> <ul style="list-style-type: none"> • To bowl overarm • To take up a wicket keeping stance • To throw powerfully and accurately • To make different calls when batting • To stop balls struck hard by forming a long barrier • To back up fellow fielders 	<ul style="list-style-type: none"> • wicket keeper • long barrier • backing up • wicket • run out
Summer 1	Basketball	<ul style="list-style-type: none"> • To know how to vary movement to control the ball when moving • To know the rules and understand double dribble, travelling and pivoting • To know the techniques of passing the ball • To know when to do a chest pass • To know how to maintain possession of the ball when under pressure • To know how to work as a team to find space to shoot • To know how to communicate with teammates • To know the principles of attacking and defending 	<ul style="list-style-type: none"> • To control a basketball using both hands • To control the ball on the move (Dribble) • To pass the ball using good technique • To receive a pass • To pass the ball on the move • To use the correct technique of balance, elbow, eye line and follow through to shoot 	<ul style="list-style-type: none"> • Dribble • bounce pass • double dribble • travelling • pivoting • balance • eye line • follow through
Summer 2	Athletics	<ul style="list-style-type: none"> • To know how to start a sprint race • To know which foot is the take-off foot • To know the technique associated with hurdling 	<ul style="list-style-type: none"> • To use the correct technique to start a sprint • To develop coordination to improve speed 	<ul style="list-style-type: none"> • sprint technique • take off foot • scissor kick



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		<ul style="list-style-type: none">• To know that the furthest point backwards in long jump is the point measured in competition• To know to position the body sideways when throwing• To know how to transfer and receive a baton safely	<ul style="list-style-type: none">• To sprint between hurdles• To jump consistently from the same take off foot• To throw overarm with accuracy• To throw overarm with power for distance• To run a relay effectively as part of a team	<ul style="list-style-type: none">• pull technique
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