



Subject Overview | Physical Education
Zetland Primary School

Year Group: 4

PE	Autumn	Spring	Summer
<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. Pupils should be taught to:</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	<p>Outdoor AA Take part in outdoor and adventures activity challenges, both individually and within a team. Using the local community to do this. Problem Solving-Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges</p> <p>Dance Responding to stimuli working together Extending sequences with a partner in character Exploring two contrasting Relationships and interlinking dance moves Extending sequences with a partner in character Developing sequences with a partner in character that show relationships and interlinking dance moves Sequences, relationships, choreography and performance</p>	<p>Gym Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion</p> <p>Team Games Hockey- Refine dribbling and passing Develop shooting; combine passing and dribbling to create shooting opportunities Develop passing and dribbling creating space for attacking opportunities Introduce defending; blocking and tackling Tag Rugby- Develop passing, moving and creating space Apply learning to 3v3 mini games Develop defending in game situations Combine passing and moving to create an attack and score</p>	<p>Net and Wall Basket Ball- Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities Introduce marking Tennis- Developing the forehand Creating space to win a point using a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point</p> <p>Athletics Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Javelin Standing triple jump</p>



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<ul style="list-style-type: none">• 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.			
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