

PE - Year 4 Dance

Modern/
street



What should I already know?

I will already know. . .

Take ideas from a stimulus, motifs and phrases to improvise movements into choreography.

Begin performing dances with an awareness of rhythm, using expression, dynamics either in a group, partner or on my own.

Overview

Practice	Create a story/character based on a stimulus (video, picture, top-
	Choose linked movement to suit a theme.
Application	Explore a range of composition ideas to create a sequence.
	Combine phrases to lengthen movement into a longer dance (travel, cannon, action and reac-
Evaluation	Use key vocabulary to compare and improve my own and other's
	Make suggestive comments to improve other's work.
	Perfect movements and make improvements to performance.
Health and Fitness	To describe how to prepare the body before and after dancing.

Choose specific motifs and gestures to show a narrative or character's emotion, relationship and personality.

Sequence movement in logical order to create a fluid narrative.

Use a range of composition ideas such as: unison, repe-

Key vocabulary

Choreography	A sequence of steps and
Dynamics	The qualities of movement based upon change in
Motif	A dominant movement that is repeated and devel-
Narrative	Telling a story in dance.
Phrase	A phrase is made up of small movements that are
Sequence	A pattern of movements
Stimulus	A starting point to create movement.

Personal development

Healthy Lifestyle	Understand the positive effects of being healthy and the impact of being in-
Communication	Sharing ideas, opinions and facts from one person to

Connecting concepts

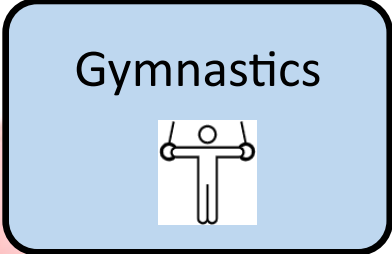
Leadership



A leader takes charge in motivating a group of people and work towards a common goal.

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PE - Year 4 Gymnastics



What should I already know?

I will already know. . .

Link phrases with simple compositional devices (travel, direction).

To evaluate and describe other's and my own performance.

Understand how the body changes after exercise and the importance of suppleness and strength in gymnastics.



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Key vocabulary

Balance	A still position, which holds the body in a shape.
Dynamics	The qualities of movement based upon change in speed, strength and flow.
Extension	Stretching or straightening a part of the body.
Fitness	Being physically fit and healthy.
Posture	The position of the body. In gymnastics there are 6: arch, pike, tuck, straddle, hollow and lunge.
Routine	A set of sequences that follow on from each other.

Personal development

Communication	Sharing ideas, opinions and facts from one person to another.
Leadership	A leader takes charge in motivating a group of people and work towards a common goal.

Overview

Practice	Include and develop a range of shapes, balances and actions into a performance.
	To perform skills with control accurately and consistently.
Application	Sequence a routine that meets a theme or criteria.
	Use compositional devices in a routine such as changing speed, levels and direction.
Evaluation	Explain why certain movements were chosen in a sequence.
	Make suggestive comments to improve other's work.
Health and Fitness	Perfect movements and make improvements to performance.
	To describe the effects of physical activity has on the body and how it changes performance.

Core task:

I will create a routine that will meet a theme and criteria. I will:

Include compositional devices (changing speed, direction and travel) to sequence movements together.

Choose appropriate movements that feature different shapes and balances.

Connecting concepts

Healthy Lifestyle



Understand the positive effects of being healthy and the impact of being inactive.

PE Year 4

Games

Invasion Games



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What should I already know?

You will have experienced a range of sports and activities throughout PE lessons: football, rugby, hockey, cricket, athletics, netball.

You will have practiced the key skills, sending and receiving, of these sports using the correct techniques and following the sport specific rules.

You will have participated in conditioned games

Key vocabulary

Tactics	A carefully planned strategy or action aimed at a successful outcome
Possession	Maintain control of the ball, and avoid giving the ball to an opposition team
Weight of pass	Judge how hard a ball, object needs to be sent to a partner to ensure an accurate and effective pass
Spatial awareness	Being aware of what or who is around you
Agility	Agility is the ability to change the direction of the body in an efficient and effective manner.
Balance	The ability to maintain equilibrium when stationary or moving
Control	To exercise restraint or direction over; dominate; command.

Overview

Practise	Combine a range of skills that you know, independently or with a partner
	Recognise techniques being used and select appropriate skill for appropriate game.
Application	Use attack and defence strategies within conditioned games
	Transfer skills across game scenarios and sports
	Use your knowledge of the sport to successful attack or defend in a conditioned game
	Create your own game which allows for attack v defence
Evaluation	Suggest ways to improve their own and others work
	Explain choice of action or skill and how it could be improved
	Focus on improving the technique used, discussing the changes needed
Health and fitness	Warming up is important so that our bodies are ready for exercise. It gets the blood flowing through the muscles which helps prevent injury
	Physical activity is good for your health as it keeps you fit and healthy, strengthens muscles, improves mental well-being
	A cool down can last for 3-10 minutes and includes stretches or gentle variations of the movements you did during your workout. The purpose of cooling down after exercise is to allow your heart rate and breathing to return to normal, and promote relaxation.

Personal development

Communication	Share ideas verbally and non-verbally with a teammate
Fair play	Show respect for the rules and equal treatment of others
Problem Solving	Fostering cooperation, encouraging strategic and supportive dialogue, listening to a different opinion than your own, and having fun at the same time
Strength	state of being physically strong

Connecting Concept

Leadership 	To lead others or a group
Tactics and strategy 	Apply different tactics to game situations to effect the outcome of the game

Core skills which are essential for all 'games':

1. passing a ball with accuracy and control
2. Receiving a ball with control, being prepared to make the next action (pass, dribble or shoot)
3. Recognise the importance of space and be able to create your own space within a game
4. Tackling or blocking effectively and with accuracy

PE - Year 4 Swimming

Stoke Development



What should I already know?

I know how to push and glide in the water and am beginning to demonstrate accurately.

I am beginning to use a variety of strokes effectively, demonstrating some use of the correct body, head and arm positions (front, back breast stroke)

I am beginning to develop a dolphin leg kick.

Overview

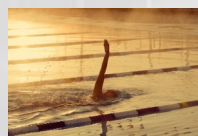
Practise	Dolphin leg kicks
	Body position
Application	Choose which stroke technique to use when set distance and sprint challenges
Evaluation	Recognise the stroke being used and explain the technique and breathing technique used for both front, back and breast stroke.
Health and fitness	Remain safe in the water at all times. Building stamina by practicing all techniques taught.

Key vocabulary



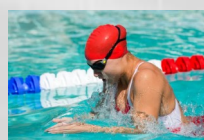
Front Crawl

The front crawl requires you to flutter kick your feet while reaching forward with alternating strokes



Back stroke

The backstroke is similar to the freestyle (or front crawl), in that the arm pulling motion alternates, and there is a flutter kick (albeit inverted) to aid in



Breast Stroke

This style requires the swimmer to be on their **chest** and the **torso** does not rotate. It can be referred to as the "frog" stroke, as the arms and legs move somewhat like a frog swimming in the water.

Dolphin Kicks

During the butterfly stroke, the legs move up and down together, with the knees bent on the upward motion.



Butterfly

The butterfly sometimes shortened to fly is a swimming stroke swum on the chest, with both arms moving symmetrically, accompanied by the butterfly kick (also known as the "dolphin kick").

Tread Water

Maintain a vertical position to keep their head above the surface of the water

Key outcomes:

Swim a recognisable breaststroke for 5 metres Answer 2 water safety questions

Perform 2 different types of entries and tread water for 15 seconds each time; performed in shoulder-deep water

Swim 15 metres of back crawl

Swim 15 metres of a recognised front stroke, either front crawl or breaststroke

Swim 10 metres, holding a float under each arm, using lifesaving backstroke leg kick


Swim 5 metres, dolphin kick on front

Swim 5 metres, dolphin leg kick on back

Perform a handstand with both hands on the pool floor; performed in chest-deep water

Perform a horizontal float on the back and hold for 5 seconds, roll on to the front, hold for 5 seconds, roll to the original back float position and hold for 5 seconds. submerge, push and glide on the side, roll to a face down position

Connecting Concept

Personal Development 

Continue to make personal gains in swimming and extending the distance and length of time you can swim for

PE - Year 4 Athletics

Athletics— Personal Best



What should I already know?

I will already know. . .

To combine and demonstrate running, jumping and throwing actions.
To use my body and equipment with good control and coordination.
To compete against challenges that have been set.

Overview

Practice	To improve the range and demonstrate techniques more consistently.
	Vary jumping actions to create jumping combinations.
Application	To carefully choose the best actions for the task set.
	Change the running pace for the differently distanced activities.
Evaluation	Evaluate my own and other's performance and suggest improvements.
	Explain how different movements are suited to different activities.
Health and Fitness	To describe the effects of physical activity has on the body and how it changes performance.

Key vocabulary

Shot put	The shot put is a track and field event involving "putting" (pushing rather than throwing) a heavy, spherical ball as far as possible.
Triple Jump	The <i>triple jump</i> , sometimes referred to as the hop, step and <i>jump</i> or the hop, skip and <i>jump</i> , is a track and field event, similar to the long <i>jump</i> . The competitor runs down the track and performs a hop, a bound and then a <i>jump</i> into the sand pit.
Javelin	A javelin is a light spear designed primarily to be thrown. The javelin is almost always thrown by hand.
Pacing	To move at a steady speed, the pace will change depending on the distance of the track.
Track & Field	Track and field is a sport which includes athletic contests established on the skills of running, jumping, and throwing. The name is derived from where the sport takes place, a running track and a grass field for the throwing and some of the jumping events.

Core Task:

Perform running, jumping and throwing actions, increasing range and consistency.

Running:

Explore changing speed and the importance of pacing in differently distanced running including: 100m, 200m, 800m and 1500m.

Jumping: Combine jump actions to form jumping combinations for activities (triple jump).

Decide the best type of jumping actions for length (long jump) and height (high jump).

Throwing: Throw and measure a range of different equipment using slinging, pushing and pulling motions.

Personal Development

Target Setting	Striving for personal best by making changes to techniques, performance and mindset.
Healthy Lifestyle	Understand the positive effects of being healthy and the impact of being inactive.

Connecting concepts

Personal Development

When running, throwing and jumping use new knowledge to apply different techniques to skills to achieve a personal best performance



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