

Year Four: Autumn One

Topic title: Fundamental Movement skills

Prior learning:

- Show balance, coordination and technique when running at different speeds, stopping with control, and consistently avoiding peers.
- Show hopping and jumping actions, attempting different take offs and landing, while generally maintaining balance.
- Jump for distance and height with an awareness of technique, balance and coordination.
- Throw a variety of different shape and size balls, or beanbags, at a target or for distance, changing action for accuracy and distance.
- Show coordination of their body with increased consistency in a variety of activities.

Future learning:

- Run at speed over longer distances or for longer periods of time.
- Demonstrate an understanding of agility and evasion, running in different directions at speed, and attempting changes of speed and changes of direction to avoid peers.
- Show control at take-off and landing in more complex jumping activities, with running transitions in-between.
- Show accuracy and power when throwing for distance, often hitting the target.
- Demonstrate good balance and control when performing other fundamental skills.
- Can coordinate a range of body parts at increased speed.

Knowledge:

- Learn how to pace yourself when running for a long period of time.
- Be able to identify when to use short or long strides and perform them both at the correct time.
- Expand on the hand-eye, foot-eye coordination developed in previous years, explaining what they are and giving examples of where they'd be used.
- Begin to understand which muscles are used when balancing.
- Be able to feel and point out which muscles are working when performing different balances and exercises.
- Be able to notice the difference on the body when exercising.
- Point out the difference that physically intense activities have on the body compared to less intense activities.

Skills:

- Be able to run for long distances.
- Be able to change stride length when needed.
- Be able to change jumping technique.
- Remain in control of their body when jumping.
- Be able to jump over hurdles and perform two footed jumping correctly.
- Be able to continuously jump by using the balls of their feet and engaging core.
- Continue developing the coordination of arms. Eyes and legs.
- Expand on the hand-eye, foot-eye coordination developed in previous years, explaining what they are and giving examples of where they'd be used.
- Be able to change through different speeds in different situations.
Develop foot speed.
- Travel around in different ways whilst avoiding others.
- Be able to accurately run through the ladders at a high speed.
- Be able to demonstrate proper catching technique.
- Apply motor skills and hand-eye coordination in group games.

Year Four: Autumn Two

Topic title: Gymnastics

Prior learning:

- Complete balances with increasing technique, control and stability.
- Be able to hold balances on different body parts for a longer period of time.
- Demonstrate increased flexibility and extension in their balances.
- Either on the floor or on apparatus to be able to put movements together that flow.

Future learning:

- Be able to maintain control when going from one balance to another.
- Understand how strength can help improve actions and movements they perform.
- Show an understanding of how flexibility can help improve movements.
- Using control and good quality movements and actions, create and perform more complex sequences, with and without a partner.

Knowledge:

- To learn and remember the seven gymnastic positions.
- Understand how we jump safely and land correctly.
- Learn five different gymnastics balances.
- Create a variety of partner balances.
- To learn and take part in drills which will help the children get closer to doing a range of different floor skills.
- To create routines.
- To work together to create a routine.

Skills:

- Perform a selection of the seven gymnastic positions as jumps.
- To be able to show correctly a stretch shape, tuck shape, straddle shape, pike shape, dish shape and arch shape.
- Develop balance.
- Travel different ways on the floor and on the level, sloped balance beam.
- Dismount the balance beam using a variety of jumps.
- Show safe and creative ways of moving from one end of a mat to the other.
- Show safety and create ways to move down a bench.
- To jump off the balance beam using correct technique and showing a good landing shape.
- To perform routines.
- Watch other routines and develop peer assessment skills.
- To add jumps into the end of the floor routines.

Year Four: Spring One

Topic title: Dance – Street Dance

Prior learning:

- Copy, remember and perform a dance phrase.
- Create short dance phrases that communicate an idea.
- Use canon, unison and formation to represent an idea.
- Match dynamic and expressive qualities to a range of ideas.
- Use counts to keep in time with a partner and group.

Future learning:

- Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing.
- Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus.
- Confidently perform choosing appropriate dynamics to represent an idea.
- Use counts accurately when choreographing to perform in time with others and the music.

Knowledge:

- To understand the meaning of unison and how it is used in dance.
- To identify different styles of dance.
- Learning to understand canon.
- Learn what top rocks are.
- Learn the choreography for the street dance.
- Learn what mirroring is and how it can be used in dance.

Skills:

- To show focus and engagement throughout the lesson.
- To show how to use unison within a creative task in both groups and pairs.
- Use repetition
- Use canon in a performance.
- Use rhythm in a dance.
- Show excellent teamwork to make the most of rehearsal time.
- Demonstrate top rocks within a routine.
- To create sections for the group routine.

Year Four: Spring Two

Topic title: Multi Skills

Prior learning:

Attempt to do different take offs and landings, while generally maintaining balance. Have an awareness of techniques to balance. Have an increased consistency when showing coordination of their body.

Future learning:

Be able to run at speed over longer distances or for longer periods of time. Demonstrate an understanding of agility & evasion, running in different directions at speed, and attempting changes of speed and changes of direction to avoid peers. Show accuracy and power when throwing for distance, often hitting the target.

Knowledge:

- € Understand how to increase speed over a short distance.
- € Understand how to avoid and move away from attackers in a game.
- € Understand the importance of finding a space.
- € Learn different evasion techniques that can be used in a game.
- € Understand basic rules and tactics for Kwik cricket.

Skills:

- € Be able to perform different movements with control over a set distance.
- € Be able change the type of throw performed depending how far the ball needs to be thrown.
- € Learn how to bowl correctly towards a target.
- € Learn how to correctly hold a cricket bat.
- € Learn how to correctly receive a rugby ball.
- € Understand how to perform a shot put throw correctly.
- € Learn how to stand correctly when batting the ball.

Year Four: Summer One

Topic title: Swimming/Invasion Games

<p>Prior learning: Dribble the ball with one hand with some control in game situations. Dribble a ball with your feet with some control in game situations. Use a variety of throwing techniques in game situations. Kick towards a partner in game situations. Catch a ball passed to them using one and two hands with some success. Receive a ball sent to them using different parts of the foot with some success. Strike a ball with varying techniques and success.</p> <p>Future learning: Change the direction of play whilst dribbling with some control under pressure. Dribble with feet with some control under increasing pressure. Use a variety of throwing techniques with some control under increasing pressure. Use a variety of kicking techniques with some control under increasing pressure. In game situations catch and intercept using one and two hands with some success. Receive and control a ball using different parts of the foot under pressure.</p>	<p>Knowledge:</p> <p>Basketball – Have a basic understanding of the scoring system in basketball. Recognise why it is important to pass the ball quickly to a teammate. Hockey - Develop their understanding and knowledge of how to shoot correctly. Rugby – Develop a general understanding of the different skills required in rugby. Netball - Develop their understanding of how to accurately pass and catch the ball. Football – Be able to incorporate all the football skills into a small, sided game. Handball – Understand when to use a jump shot in a game situation. Begin to learn basic handball rules.</p>	<p>Skills:</p> <p>Basketball - Be able to play a small, sided game of basketball, correctly scoring each successful shot. Be able to see teammates in an open space and quickly and successfully perform a pass. Hockey – Work in a team to be able to keep possession of the ball. Successfully completed 5 passes in a row as a team without losing possession of the ball. To perform and accurately replicate the correct techniques to shoot a ball. Rugby – Confidently pass and catch the ball using two hands, stationery and dynamically. Demonstrate a low, balanced body position which can be progressed into completing a full tackle. Netball – Demonstrate control and accuracy of passing and catching. Improve footwork that can be used during a game situation. Successfully pass the ball 5 times without the ball being intercepted. Football – Be able to perform the basic football skills of passing, receiving, dribbling, shooting and tackling. Handball – Perform a jump shot while scoring to get closer to the goal. Understand that when moving in handball the ball needs to be bounced every 3 steps.</p>
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Year Four: Summer One

Topic title: Swimming/Invasion Games

Prior learning:	Knowledge:	Skills:
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<p>Dribble the ball with one hand with some control in game situations. Dribble a ball with your feet with some control in game situations. Use a variety of throwing techniques in game situations. Kick towards a partner in game situations. Catch a ball passed to them using one and two hands with some success. Receive a ball sent to them using different parts of the foot with some success. Strike a ball with varying techniques and success.</p> <p>Future learning: Change the direction of play whilst dribbling with some control under pressure. Dribble with feet with some control under increasing pressure. Use a variety of throwing techniques with some control under increasing pressure. Use a variety of kicking techniques with some control under increasing pressure. In game situations catch and intercept using one and two hands with some success. Receive and control a ball using different parts of the foot under pressure.</p>	<p>Basketball – Have a basic understanding of the scoring system in basketball. Recognise why it is important to pass the ball quickly to a teammate. Hockey - Develop their understanding and knowledge of how to shoot correctly. Rugby – Develop a general understanding of the different skills required in rugby. Netball - Develop their understanding of how to accurately pass and catch the ball. Football – Be able to incorporate all the football skills into a small, sided game. Handball – Understand when to use a jump shot in a game situation. Begin to learn basic handball rules.</p>	<p>Basketball - Be able to play a small, sided game of basketball, correctly scoring each successful shot. Be able to see teammates in an open space and quickly and successfully perform a pass. Hockey – Work in a team to be able to keep possession of the ball. Successfully completed 5 passes in a row as a team without losing possession of the ball. To perform and accurately replicate the correct techniques to shoot a ball. Rugby – Confidently pass and catch the ball using two hands, stationery and dynamically. Demonstrate a low, balanced body position which can be progressed into completing a full tackle. Netball – Demonstrate control and accuracy of passing and catching. Improve footwork that can be used during a game situation. Successfully pass the ball 5 times without the ball being intercepted. Football – Be able to perform the basic football skills of passing, receiving, dribbling, shooting and tackling. Handball – Perform a jump shot while scoring to get closer to the goal. Understand that when moving in handball the ball needs to be bounced every 3 steps.</p>
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Year Four: Summer Two B

Topic title: Athletics

<p>Prior learning:</p>	<p>Knowledge:</p> <ul style="list-style-type: none"> • Understand how to generate power. 	<p>Skills:</p> <ul style="list-style-type: none"> • Learn how to push off the back foot when in a standing position to create power for sprints.
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<ul style="list-style-type: none"> • Show balance, coordination and technique when running at different speeds, stopping with control, and consistently avoiding peers. • Show hopping and jumping actions, attempting different take offs and landing, while generally maintaining balance. • Jump for distance and height with an awareness of technique, balance and coordination. • Throw a variety of different shape and size balls, or beanbags, at a target or for distance, changing action for accuracy and distance. • Show coordination of their body with increased consistency in a variety of activities. <p>Future learning:</p> <ul style="list-style-type: none"> • Run at speed over longer distances or for longer periods of time. • Demonstrate an understanding of agility and evasion, running in different directions at speed, and attempting changes of speed and changes of direction to avoid peers. • Show control at take-off and landing in more complex jumping activities, with running transitions in-between. • Show accuracy and power when throwing for distance, often hitting the target. • Demonstrate good balance and control when performing other fundamental skills. • Can coordinate a range of body parts at increased speed. 	<ul style="list-style-type: none"> • Understand what happens to their body when running. • Understand how the body moves when jumping. • Be able to follow safety instructions when performing javelin. • Learn correct throwing technique. • Demonstrate the ability to follow strict safety rules and understand why they are in place. • Understand what pacing is, and how longer distance running differs to sprinting. 	<ul style="list-style-type: none"> • Highlight key points such as, they feel out of breath, and begin to sweat. • Be able to complete all jumps with control. • Demonstrate how the arms can also contribute to a higher or longer jump. • Use core muscles to be able to perform jumping/hopping without losing body control. • Be able to demonstrate the correct grip and placement when throwing a javelin. • Demonstrate a determination to continue running when the body starts to become fatigued.
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