

Year 4 PE – Learning Journey

Summer

Golf

- Pupils will be able to strike the ball using the Launcher with increased power and control, Develop their putting skills.
- Understand where to hit the ball and why, in order to be able to outwit their opponent using their accurate striking skills.



Tennis

- Hit the ball into space on their opponents side of the court.
- Understanding of where, when and why we hit the ball into spaces on their opponents side of the court.



Spring

Hockey

- Attack vs defence.
- Passing, moving and shooting.
- Marking and transition.
- Creating an attack that results in a shooting opportunity.

Dodgeball

- Attack vs defence
- Dodging, aiming, throwing, jumping, ducking and catching.
- Combining these with their understanding of team work.



Autumn

Gymnastics

- Exploring bridge balances.
- Movement in, out over and under them on floor/ apparatus.
- Create sequences
- Applying flow and challenging creativity.

Netball

- Apply the principles of attack vs defence
- Creating simple attacking tactics in order to move the ball up the court
- Creating an attack that results in a shooting opportunity

Summer

Athletics

- Technique for sprinting.
- Explore pacing and the correct technique for triple jump and javelin.
- Correct technique for running fast vs pacing.

Tag Rugby

Passing, moving to create space and score.

Tagging to prevent an attacker scoring.

The difference between attack and defence,



Spring

Cricket

- Develop their bowling, throwing, catching, stopping, retrieving and batting skills
- Applying accuracy to outwit opponents and win the game.
- Utilise our fielding skills to stop the batters using their batting skills to outwit the fielders.

Problem Solving

- Work within teams to find effective strategies and tactics.
- Evaluate and improve strategies to solve the problems.



Autumn

Dance - Cats

- Explore movement through improvisation
- Introducing unison and matching.
- Sustain characters to add drama and emotion
- Incorporate apparatus.

Hockey

- Attack vs defence.
- Passing, moving and dribbling.
- Creating an attack that results in a shooting opportunity.