

Year 4 PE – Learning Journey

Summer

Athletics

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

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.



Spring

Hockey

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

Problem Solving

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



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

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.

Football

- Dribbling, and keeping possession.
- Creating spaces to shoot and score.
- Participating in tournaments.

Spring

Dodgeball

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

Tag Rugby

Passing, moving to create space and score.

Tagging to prevent an attacker scoring.

The difference between attack and defence,



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.

