

Year 4 Term	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
What	During Autumn 2 in PE Year 4 will be starting to look at different movements within Dance based on the theme of dances from around the world. Year 4 will be looking more in depth into transitions and how to be creative when moving from one action to another. They will be exploring dynamic movements as well as canon, timings and spacing. They will be working as part of a small group to build on their teamwork and co-operation skills, listening to other ideas and being able to implement these into their own dance phases. We will begin to explore critical feedback and how it can improve our dance phases. By the end of the half term they will have created their own dance and will perform this confidently to their peers. Netball will be year 4's outdoor lesson within these lessons year 4 will be looking at tactics and rules that are used in netball they will be looking at placement and what is meant by defending and attacking and how this can be done effectively to gain possession of the ball. They will also begin to look at the importance of teamwork and communication in a game situation.	Year 4's indoor lesson for Spring 1 will be Dodgeball. During this unit they will be continuing to build on the skills that they learnt in year 3. With more of an emphasis on the tactics to be successful during a dodgeball match. Each team will be encouraged to come up with their own game plan and then discuss what was successful and what they could have changed to make it even better. Their knowledge of different terminology will be expanded, and the rules will be fully in play. We will look at the importance of the 'snatch' at the beginning of a dodgeball game and what is meant by dead ball. During Spring 1, Year 4 will be exploring the rules and tactics of Tag Rugby. They will be successfully improving on their passing and catching skills, practising dodging and teamwork, and learning how to move safely while wearing and pulling tags. Year 4 will be building on their knowledge of the rules and tactical understanding. Looking at how	During Spring 2 year 4 will be exploring body awareness and alignment in Gymnastics with a specific look at arching and bridges. they will be looking at body tensions and discuss critical feedback and how this can support us within sport. After starting to explore this Year 4 will then move on to look at linking movements to create a short a routine with and emphasis on being able to transition smoothly between positions. They will then confidently perform this routine in front of their peers at the end of the half term. During Spring 2 Year 4 will be exploring Outdoor Adventurous Activities where the focus will be navigation and Orienteering. We will be building on the prior knowledge learnt in year 3 to create our own maps with specific features. We will also be taking part in some orienteering where we will need to show we are able to work as part of a team in order to problem solve and be successful.	In Year 4 for Summer 1 we will continue to build on the skills learnt in year 3 we will be expanding our knowledge of the fundamental movement skills of running, jumping and throwing. We will start to look at competing against our peers and begin to record our personal bests with more accuracy. We will look at the difference between long distance running and short distance running and how the body needs to adapt depending on what distance you are running. We will also be exploring the relay and how a successful changeover can make a difference. In Summer 2 year 4 will be introduced to another new sport, Danish Longball. Pupils will learn the key skills needed for a striking and fielding game, including how to strike a ball with control, throw and catch accurately, and work together effectively as a team. They will develop their running skills by choosing safe moments to run to and from the safe zone, and they will begin to understand simple tactics such as where to place fielders and when to return the ball quickly. Throughout the unit,	In summer 2 Year 4 will continue to build on prior knowledge acquired in Year 3. The focus will be on tactics and communication within a team setting. Identifying the key roles on a fielding team and building on their hand eye coordination to be able to successfully strike the ball. Year 4 will also be looking at the importance of being aware of other players on the pitch and how their decisions can Impact others during the game. In Year 4 Tennis, pupils will continue to build on the fundamental skills needed to play a simple game, including how to hold a racket correctly, control the ball using forehand and backhand strokes, and develop accuracy when sending the ball over a net. They will practise rallying with a partner, moving into position to receive the ball, and using basic footwork to stay balanced

		a defensive line works. Year 4 will continue to build confidence, cooperation.		pupils will focus on playing safely, following rules, communicating with teammates, and improving their decision-making during fast-paced game situation	and ready. Pupils will also learn simple rules of play, how to start a rally with an underarm serve, and how to work cooperatively with others while showing good sportsmanship and awareness of safety.
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