

| Term        | Autumn 1               | Autumn 2   | Spring 1   | Spring 2   | Summer 1   | Summer 2  |   |
|-------------|------------------------|--|--|--|--|---|---|
| Topic Title | Health Related Fitness | Dance  | Gymnastics   | Games  | Athletics  | Athletics and games   |   |
| Year 4      | PE                     | <p><b>L.O. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Run for short distances and times, and for longer distances and times.</li> <li>-Keep a steady pace.</li> <li>- Describe and evaluate the effectiveness of performance and recognise aspects that need improving.</li> </ul> | <p><b>L.O. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Create dances and movements that convey a definite idea.</li> <li>- Change speed and levels within a performance.</li> <li>- Develop physical strength and suppleness by practising moves and stretching.</li> </ul> | <p><b>L.O. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Plan, perform and repeat sequences</li> <li>- Move in a clear, fluent and expressive manner.</li> <li>- Refine movements into sequences.</li> <li>- Show changes of direction, speed and level during a performance.</li> <li>- Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</li> <li>- Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</li> <li>- Swing and hang from equipment safely (using hands).</li> </ul> | <p><b>L.O. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>- Pass to team mates at appropriate times.</li> <li>- Lead others and act as a respectful team member.</li> </ul> | <p><b>L.O. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Run for short distances and times, and for longer distances and times.</li> <li>-Keep a steady pace.</li> <li>- Practise 5 basic jumps e.g hop, step, jump.</li> <li>- Combine basic actions and form simple jump combinations.</li> <li>- Throw into a target using slinging, pushing and pulling actions.</li> <li>- Describe and evaluate the effectiveness of performance and recognise aspects that need improving.</li> </ul> | <p><b>L.O. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Choose and use a range of simple tactics and strategies.</li> <li>- Keep, adapt and make rules for striking and fielding games.</li> <li>- Recognise good performance and identify the parts of a performance that need improving.</li> <li>- Know what rules are needed to make games fair.</li> <li>- Understand simple patterns of play.</li> <li>- Use appropriate language to describe performance</li> <li>- Know what they need to improve their game and what they need to practice.</li> </ul> |