

Physical Education Overview 2017-18



Year 4	Objectives
Dance and Movement	<ul style="list-style-type: none"> Respond and perform with a partner, demonstrating actions that link with fluency and accuracy Respond to the stimuli through the appropriate language, creating their own ideas and movement phrases Use a range of actions and begin to combine movement phrases and patterns. Begin to respond within a small group of partnership, to speed and level. Begin to design their own movement phrases that respond to the stimuli or emotion Use a range of movement and dance phrases within different ways (unison, canon) with a partner or group Remember, perform and evaluate short dance phrase, showing an understanding and an awareness of others
Games	<ul style="list-style-type: none"> Travel with a ball showing increasing control using both hands and feet. Know and use a range of skills that allow them to keep hold of the ball, before passing to a member of their team. Perform an advancing range of skills with accuracy and control, repeatedly in a range of situations. Use a range of different skills with increasing control and skill In small groups make up a game with simple rules. Use a range of learnt techniques to ensure fair play and that they know how to score goals and win the game. Choose where they should position themselves to be a defender and an attacker. Choose the best skills to use to play the different sides within a game, knowing the skills that they should use to be successful.
Gymnastics	<ul style="list-style-type: none"> Perform a range of rolls with control and accuracy Explore different combinations of apparatus to look at shape, balance and travel. Know how to utilize this equipment to enhance their movements, Practice and refine an action or short sequence showing quality movement phrases, combining different actions for effect. Begin to perform with a partner or group. Begin to develop a longer and more varied movement phrase with smooth, planned links between actions. Perform a sequence where the children combine speed, level, direction and a variety of shapes. Work within different groups to contribute to a variety of different sequences.
Athletics	<ul style="list-style-type: none"> Increase the distance when they are running, organizing and preparing themselves, take different roles within a running sequence Choose with throw, running pace or action to complete to allow them to reduce their times/ increase distance within areas of athletics.
Swimming	<ul style="list-style-type: none"> Swim 25-30 meters unaided, use a variety of different leg and arm actions. Link arms and legs correctly to allow effective propulsion across the pool.
Outdoor and adventurous activities.	<ul style="list-style-type: none"> Use a map with confidence to navigate around a route. Adapt and respond to changes in the environment to allow them to complete the task
Evaluating and improving performance	<ul style="list-style-type: none"> Observe others carefully, in relation to the success criteria, begin to modify and change in response to what they see. Be confident to analyse and comment on what they see.
Knowledge and understanding of fitness and health.	<ul style="list-style-type: none"> Children begin to think about warm up activities that prepare them for exercise They can talk confidently about the effect exercise has on their body and why they need to exercise to stay fit and healthy.