

Physical Education Curriculum Progression – Year 4

*2 Units per half term (PE Unit 1 and PE Unit 2)

	Autumn Term 1	Autumn Term 2	Spring Term 1
PE 1 Learning Outcomes	<p>Invasion: Netball</p> <p>The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.</p>	<p>Invasion: Basketball</p> <p>The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.</p>	<p>Dance: Cats</p> <p>The unit of work will challenge pupils to explore movement through improvisation, introducing unison and matching. Pupils will sustain their characters to add drama and emotion to the dance. Pupils will extend their dance skills by using more complex interacting movements, actions and incorporate apparatus.</p>
Assessment Criteria	<p>Prior Assessment: 5v1 Defender Activity</p> <p>Post Assessment: 4v4 Netball Tournament</p> <p>Pupils will be able to apply a secure understanding of passing, moving and shooting in order to score points against another team.</p> <p>Pupils will demonstrate a growing understanding of the difference between attack and defence by making effective decisions and creating simple tactics.</p> <p>Pupils will develop life skills such as trust and cooperation as they collaborate with others and apply the rules of the game.</p> <p>Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.</p>	<p>Prior Assessment: Bull in the Ring Activity</p> <p>Post Assessment: Basketball Tournament</p> <p>Pupils will be able to apply a secure understanding of passing, moving, dribbling and shooting in order to score points against another team.</p> <p>Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills.</p> <p>Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game.</p> <p>Pupils will continue to develop and apply life skills such as resilience and self discipline as they strive to improve their own performance and understanding.</p>	<p>Prior Assessment: Developing the Cats Theme in Pairs</p> <p>Post Assessment: Cats Ball Performance</p> <p>Pupils will perform with big and clear movements that flow. They will perform with expression and be able to stay in character.</p> <p>Pupils will refine their ability to evaluate their own and others' performances. Pupils will problem solve and apply resourcefulness as they construct their sequences.</p> <p>Pupils will apply life skills such as cooperation and communication as they work successfully with others to execute their sequences in canon and unison.</p> <p>Pupils will demonstrate integrity as they continually strive to ensure their sequences are executed to the highest standard.</p>
PE 2 Learning Outcomes	<p>Gymnastics: Bridges</p> <p>The unit of work will focus on exploring bridge balances and the ways we can move in and out of</p>	<p>OAA: Communication</p> <p>The unit of work will develop pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there</p>	<p>Invasion: Tag Rugby</p> <p>The unit of work will develop pupils' ability to apply the principles of attack vs defence. Pupils will combine passing and moving to</p>

	<p>them over and under them, on the floor and on the apparatus.</p> <p>Pupils will create sequences combining movements and bridge balances in pairs, applying flow and challenging their creativity.</p>	<p>will be a focus on pupils applying effective communication skills, essential to working within a team to complete the activities.</p>	<p>develop ways of creating space to beat an opponent to score a try. Pupils will also develop tagging and to explore different ways the defending team can prevent the attackers from scoring.</p>
Assessment Criteria	<p>Prior Assessment: Show What You Know Activity</p> <p>Post Assessment: Performance</p> <p>Pupils will execute 'excellent' balances and movements within the 'bridges' theme. Applying flow, pupils will link these movements and balances together.</p> <p>Pupils will apply life skills such as resourcefulness and evaluation as they create their sequences in pairs, making adaptations when necessary.</p> <p>Pupils will collaborate applying cooperation skills with their partner as they work together to create their sequences and suggest ways to improve.</p> <p>Pupils will develop their resilience and ability to remain self motivated as they strive to improve their sequences even when they find it hard.</p>	<p>Prior Assessment: Noughts and Crosses Competition</p> <p>Post Assessment: Capture The Flag Activity</p> <p>Pupils will work within teams to find effective strategies and tactics in order to complete the different challenges successfully.</p> <p>Pupils will apply an ability to evaluate and improve strategies to solve the problems.</p> <p>Pupils will apply life skills such as collaboration and communication effectively as they apply both speaking and listening skills within their teams.</p> <p>Pupils will demonstrate leadership attributes as they take responsibility for their team members.</p>	<p>Prior Assessment: Run the Gauntlet 3v2 Activity</p> <p>Post Assessment: 4v4 Mini Games</p> <p>Pupils will be able to apply a secure understanding of passing, moving to create space and score. Pupils will apply tagging to prevent an attacker scoring.</p> <p>Pupils will demonstrate a growing understanding of the difference between attack and defence, understanding when and why to apply certain skills.</p> <p>Pupils will develop and apply life skills such as trust and cooperation as they collaborate with others and apply the rules of the game.</p> <p>Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.</p>

	Spring Term 2	Summer Term 1	Summer Term 2
PE Unit 1 Learning Outcomes	<p>Invasion: Football</p> <p>The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the pitch, creating an attack that results in a shooting opportunity.</p>	<p>Swimming</p> <p>Prior Assessment: 25m proficiency</p> <p>Post Assessment: At the end of the block – 25m+ proficiency, Range of Strokes, Self-Rescue</p>	<p>Athletics</p> <p>The unit of work will develop pupils' ability to develop their own sprinting technique, analysing their own performance. Pupils will compare sprinting to running for distance and pacing. The unit will introduce throwing for distance with javelins and explore the triple jump.</p>

Assessment Criteria	<p>Prior Assessment: Knockout Activity</p> <p>Post Assessment: Football Tournament</p> <p>Pupils will be able to apply a secure understanding of passing, moving and dribbling in order to shoot and score goals against another team.</p> <p>Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills.</p> <p>Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game</p> <p>Pupils will continue to develop and apply life skills such as resilience and self discipline as they strive to improve their own performance and understanding.</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>	<p>Prior Assessment: Sprinting Competition</p> <p>Post Assessment: Inter-house Sports competition (in-class)</p> <p>Pupils will be able to apply the correct technique for sprinting. They will explore pacing and the correct technique for triple jump and javelin.</p> <p>Pupils will apply a developing understanding of the correct technique for running fast vs pacing, triple jump, javelin and why the correct technique is important.</p> <p>Pupils will develop life skills such as communication and encouragement as they collaborate with others and support each other to improve and develop.</p> <p>Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.</p>
	PE Unit 2 Learning Outcomes	<p>OAA: Problem Solving</p> <p>The unit of work will develop pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils' ability to apply skills essential to working within a team as well as create effective tactics.</p>	<p>Net and Wall: Tennis</p> <p>The unit of work will develop pupils' ability to apply the principles of attack vs defence in order to win a game of tennis. Pupils will create space to win points and apply the developing racket skills using forehand and backhand techniques.</p>
Assessment Criteria	<p>Prior Assessment: Challenges</p> <p>Post Assessment: Ultimate Cave</p> <p>Pupils will work within teams to find effective strategies and tactics in order to complete the different</p>	<p>Prior Assessment: Show What You Know 1:1</p> <p>Post Assessment: 1v1 Ladder Tournament</p> <p>Pupils will hit the ball into space on their opponents side of the court,</p>	<p>Prior Assessment: Racing Rounders Consolidation</p> <p>Post Assessment: Racing Rounders Competition</p> <p>Pupils will be able to apply developing batting skills in order to</p>

	<p>problem solving challenges successfully.</p> <p>Pupils will apply an ability to evaluate and improve strategies to solve the problems.</p> <p>Pupils will develop life skills such as trust and collaboration as they work effectively with their team mates to complete the challenges.</p> <p>Pupils will demonstrate leadership attributes as they take responsibility for their team members.</p>	<p>creating space for the next shot that will win them the point.</p> <p>Pupils will apply an accurate understanding of where, when and why we hit the ball into spaces on their opponents side of the court.</p> <p>Pupils will develop life skills such as trust and cooperation as they collaborate with others, applying the rules of the game.</p> <p>Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.</p>	<p>score points. Pupils will continue to develop accurate throwing, catching and retrieving skills.</p> <p>Pupils will understand the difference between batting and fielding. Pupils will understand why batters need to aim at space when striking the ball.</p> <p>Pupils will develop life skills such as trust and cooperation as they collaborate with others and apply the rules of the game.</p> <p>Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.</p>
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