



## Physical Education Curriculum Overview - Year 4

	Unit	Details
Autumn One	<b>Hockey/Rugby</b>	In rugby, previous learning will be revisited and improved upon. Pupils will focus primarily on moving the ball at speed. Key objectives that will be covered include catching the ball when on the move, and passing the ball backwards while moving forwards. Pupils will be introduced to a tackle and a hold at the most basic level. All pupils will be given the opportunity to play in a tag festival with other schools in partnership with the local rugby club. A smaller group of pupils will take part in contact games against other schools. In hockey, previous learning will be revisited and improved upon, in particular, being able to push pass effectively. Pupils will be introduced to the reverse stick and its importance, particularly when dribbling. Positioning in small-sided games and making decisions based on other players will be studied which will, in effect, help pupils progress in other invasion games.
Autumn Two	<b>Rugby/Netball</b>	For those that aren't swimming, rugby will be continued to ensure a deep understanding of the sport, which will be focused on further within Year 5 and 6. Within netball, passing and moving into space will be focused on. Receiving the ball in purposeful areas will be taught to pupils with the expectation that pupils will be able to adapt this learning into match situations. Pupils will also be taught how to shoot effectively.
Spring One	<b>Hockey /Rugby/ Gymnastics</b>	Gymnastics will begin for the whole of Year 4 in this term, with support from a local gymnastics coach. Pupils will be introduced to a shoulder stand, and will create sequences around this movement. This will include moving from a shoulder stand into another balance. This will be done in coordination with a partner. Pupils will also be encouraged to perform a counter balance within their routine. To ensure depth in the curriculum and to prepare for UKS2, the class that isn't swimming will continue with hockey and rugby. These are the main sports studied in the winter from Y7-13 in Games therefore it is important that pupils are given enough time to hone and develop their skills.
Spring Two	<b>Football/Dance</b>	Within football, pupils will continue to hone their skills learnt in Year 3 such as passing and shooting alongside moving into space both before and after receipt of the ball. Basic positioning will be covered within small sided games. Goalkeeping will also be briefly covered, in particular, how to position themselves between the posts. In dance, pupils will create motifs in small groups to tell the story of the Egyptian pyramids being constructed, something they previously learnt within history, earlier in the academic year. Pupils will use their imagination to create parts of the story via movement to the beat of music. This will be recorded and shared on See-saw.
Summer One	<b>Athletics/Cricket</b>	In cricket, bowling and fielding will be introduced alongside the game of Kwik-Cricket as opposed to the non-stop cricket game played in year 3. A huge emphasis on catching and throwing will be continued. In addition, a lot of time will be spent on the skill of bowling to ensure pupils bowl with a legal action. Running between the wickets effectively will also be covered to ensure pupils can play an eight a side game effectively. Athletics will be studied in the other half of PE. Pupils will be introduced to various events linked to speed, agility and reaction such as the Speedbounce and the Hi-Stepper. A baton changeover will be introduced to Year 4 pupils so that they can apply this within races in PE, and subsequently, competition with Upper KS2. Throwing technique will also be visited. Pupils will also all enter a virtual Quadkids competition which requires them to standing long jump, throw a howler, run 400m and a 50m sprint. Scores will be collated and compared against all of the other schools in North Tyneside.
Summer Two	<b>Cricket/Tennis</b>	Cricket will be continued to ensure a deep understanding of the sport, which will be focused on further within Year 5 and 6. Due to the skills being particularly finite, this extra time is required. In tennis, pupils will be taught the rules of 'Mini Red' so that they can play a game independently and score the game. Having learnt how to hit a forehand from a stationary position last year, pupils will be taught the ready position and how to move to get into a side on position to play a forehand. Pupils will also be taught how to serve the ball without the ball bouncing with an underarm technique.
	<b>Swimming (One half term throughout the year)</b>	By the end of Year 6, each child should be able to swim 25 metres in one particular stroke. Pupils will receive 6x 30 minute lessons in this year group to work towards this objective. Pupils are assessed again at the start of Year 6. Those that cannot meet the objective at that time are offered intervention sessions to help them to meet their objectives.