



# Curriculum Coherence – Year 4 - PE

Term 1  
**School games values**



Mr Tilbury – Multi Skills (baseline)  
Class teacher – Tag rugby/hockey

Prior learning - Build on skills learnt in KS1. Using throwing/catching and multiskills to apply this to a game situation.  
NC - use running, jumping, throwing and catching in isolation and in combination.  
play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

**INTENT**

**KNOWLEDGE**

**Multiskills**

Understand what agility, balance and coordination are.

**Tag Rugby**

Demonstrate knowledge of how to hold a rugby ball.

Accurately pass a rugby ball.

Catch a rugby ball with some success.

Explain the rules for a tag rugby game.

**Hockey**

Pass, receive and travel with the ball with some control and accuracy;

Know how to win the ball back by tackling and intercepting;

Begin to use and create space to pass and receive the ball;

Know what they and their team needs to do to keep possession and contribute to this occasionally; Identify some areas that could be improved in games.

**Questioning**

How do we stand to throw?

How do we stand to catch?

Which direction do we pass the ball in rugby?

What are the types of passes in hockey?

**Challenge**

Expert learners leading groups and warm up activities. Giving demonstrations.

**Support**

Paired with an expert learner, TA to help closer demonstrations.

**VOCABULARY**

**Multiskills**

Throw, catch, move, space, send, receive, aim.

**Tag Rugby**

Backwards, try, attack, defend, pass, throw, catch.

**Hockey**

Slap pass, push pass, stop, attack, defend, intercept, tackle.

**IMPLEMENTATION**

**ACTIVITIES**

**Multiskills**

Basic movements & spatial awareness, moving with a ball, sending & receiving (rolling, throwing+catching, kicking), aiming, striking and fielding.

**Tag Rugby**

How to hold the ball properly and how to accurately throw and catch a rugby ball.

How to run with the ball and pass backwards.

Moving the ball up the field between teammates.

Scoring a try, attacking, defending and tagging opponents.

Playing a game of tag rugby.

**Hockey**

How to hold a hockey stick.

How to pass the ball (push/slap pass).

How to stop a ball.

Creating space and passing between teammates.

How to keep possession of the ball, attacking and defending, tackling and interception.

Knowing some rules of a hockey game.

**IMPACT**

**OUTCOMES**

**Multiskills**

**PUPILS will know**

Which parts of their body they need for different skills.

**will be able to**

Complete a variety of skills using agility, balance and coordination.

**will understand**

How different exercises affect their body.

**Tag Rugby**

**PUPILS will know**

the rules for a tag rugby game.

**will be able to**

hold, pass and catch a rugby ball accurately

**will understand**

the difference between tag rugby and other invasion games

**Hockey**

**PUPILS will know**

The difference between a slap and push pass.

**will be able to**

Accurately pass and stop the ball.

**will understand**

Some rules of a hockey game.

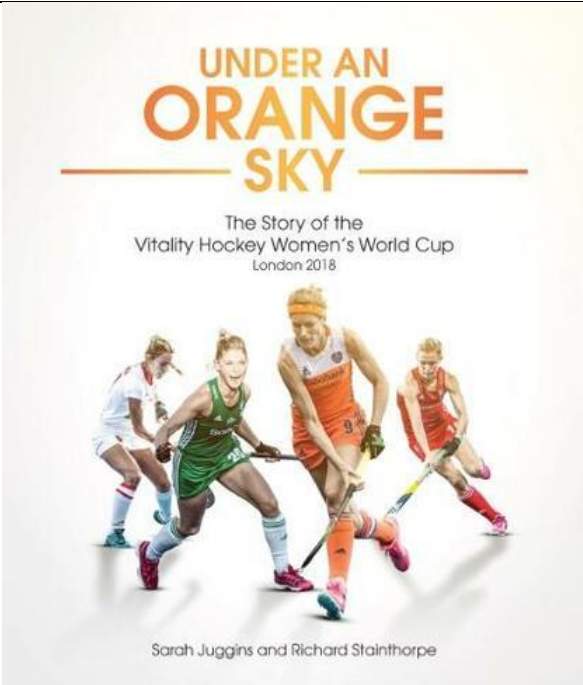
**LINKS**



Maths - counting, directional language.

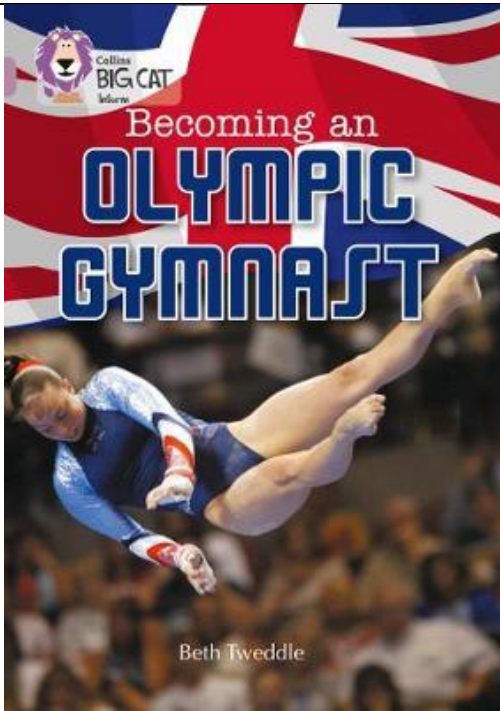
Science – the human body

**SMSC**

Growth mindset, healthy lifestyles, sense of right and wrong, competition, abiding by rules, co-operation, group work, leadership skills, exploring a variety of sports.

		<p><b>VALUES</b> Co-operation, honesty, sharing, determination, excellence</p>
<p><b>SKILLS</b> <b>Multiskills</b> Coordination, balance, agility, throwing, catching. <b>Tag Rugby</b> Passing, catching, scoring, attacking and defending. <b>Hockey</b> Passing, stopping, scoring, attacking, defending.</p>		<p><b>NEXT STEPS IN LEARNING</b> <b>Continue with KS2 NC</b> - use running, jumping, throwing and catching in isolation and in combination. <i>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</i> <b>Building on these skills, further progressing with other sports in upper KS2/Middle School.</b></p>

<b>Curriculum Coherence – Year 4 - PE</b> 		
<p>Term 2 <b>School games values</b></p> 	<p>Mr Tilbury – Gym Class teacher – Dance/Netball</p> <p>Prior learning - Build on skills from KS1 and Year 3. Use multiskills and attacking/defending from their learning in hockey and tag rugby in Autumn term. NC - <i>Develop flexibility, strength, technique, control and balance.</i> <i>Perform dances using a range of movement patterns.</i> <i>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i> <i>Use running, jumping, throwing and catching in isolation and in combination.</i> <i>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</i></p>	
<b>INTENT</b>	<b>IMPLEMENTATION</b>	<b>IMPACT</b>
<p><b>KNOWLEDGE</b> <b>Gym</b> What a tuck, straddle and pike shape are. What a forward roll and backward roll look like. Using the 3 shapes in jumps. How to safely use a variety of apparatus. <b>Netball</b> What chest, bounce and shoulder passes are. How to mark another player. What it means to intercept the ball. Know how to attack and defend. The rules of a game of netball.  <b>Dance (BBC schools' radio programmes – Winter Sports and Carnival)</b></p>	<p><b>ACTIVITIES</b> <b>Gym</b></p> <ul style="list-style-type: none"> <li>Floor activities – practicing a range of skills using mats/balances and showing what they know and what they can perform effectively.</li> <li>Performing – in small groups or to whole class and giving/receiving feedback.</li> <li>Adding jumps and leaps between moves.</li> <li>Apparatus – using apparatus safely.</li> <li>Showing shapes and balances on a variety of apparatus.</li> </ul> <p><b>Netball</b></p> <ul style="list-style-type: none"> <li>Passing (chest, bounce and shoulder) and how to receive the ball.</li> <li>Pivoting and not moving when in possession of the ball.</li> <li>Shooting – using two hands to push the ball towards the target.</li> <li>Attacking play – passing quickly, pivoting and creating space.</li> <li>Defending play – marking, intercepting and creating space.</li> <li>Game play – 4/5 on a team using skills learnt in previous lessons.</li> </ul>	<p><b>OUTCOMES</b> <b>Gym</b> <b>PUPILS will know</b> The key jumps, leaps, shapes and rolls. How to improve their performance. <b>will be able to</b> Name and perform a range of jumps, leaps, shapes and rolls. How to create shapes and balances on a variety of apparatus. <b>will understand</b> The importance of health and safety when using equipment.  <b>Netball</b> <b>PUPILS will know</b> What the 3 main passes are. What marking and intercepting are. How to attack and defend. The rules of a netball game. <b>will be able to</b></p>


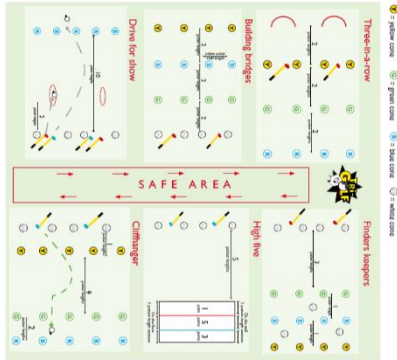
<p>How to travel, jump and turn in different ways. Creating movements at different levels. Working independently, with a partner, in a small group and as a whole class.</p> <p><b>Questioning</b> How do we stand to throw? How do we stand to catch? What are the 3 passes in netball? How do we move with the ball in football?</p> <p><b>Challenge</b> Expert learners leading groups and warm up activities.</p> <p><b>Support</b> Paired with an expert learner, TA to help closer demonstrations.</p>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• 3x lessons on winter sports:       <ol style="list-style-type: none"> <li>1. Focus on moving into spaces, coordination, levels and jumping.</li> <li>2. Moving in different ways, changing direction, solo and paired work.</li> <li>3. Putting together all they have learnt, performing and evaluating.</li> </ol> </li> <li>• 3x lessons on Carnival (Samba):       <ol style="list-style-type: none"> <li>1. Quick movements in a samba style, stretching and balancing.</li> <li>2. Add arm movements to steps learnt in the previous week. Work on solo sections as well as partner and small group.</li> <li>3. Put together all they have learnt, perform and evaluate.</li> </ol> </li> </ul>	<p>Pass the ball with some control and accuracy. Mark an opposing player with some success. Demonstrate getting into a position ready to intercept a pass. Work as a team and follow the rules of the game.</p> <p><b>will understand</b> The reasons for warming up and cooling down. The rules of a game of netball. What it means to intercept and defend/attack.</p> <p><b>Dance</b> <b>PUPILS will know</b> How to create movement using different speeds, shapes and levels when jumping and turning.</p> <p><b>will be able to</b> Perform a variety of movements in the style of winter sports and Samba (Carnival)</p> <p><b>will understand</b> How to move into spaces, create shapes and travel around the room in a variety of ways.</p>
<p><b>VOCABULARY</b></p> <p><b>Gym</b> Jump, leap, roll, shape, tuck, straddle, pike.</p> <p><b>Netball</b> Attack, Defend, Intercept, Mark, Pivot, Possession.</p> <p><b>Dance</b> Move, turn, balance, stretch, control.</p>		<p><b>LINKS</b> Maths Science Music</p> <p><b>SMSC</b> Growth mindset, healthy lifestyles, sense of right and wrong, competition, abiding by rules, co-operation, group work, leadership skills, exploring a variety of sports.</p> <p><b>VALUES</b> Co-operation, honesty, sharing, determination, excellence</p>
<p><b>SKILLS</b></p> <p><b>Gym</b> Jumping, leaping, rolling and creating shapes in a variety of ways.</p> <p><b>Netball</b> Passing, Marking, Shooting, Intercepting, Pivoting,</p> <p><b>Dance</b> Creating space and a variety of movements, working in groups, performing and evaluating.</p>		<p><b>NEXT STEPS IN LEARNING</b> <b>Continue with KS2 NC - Develop flexibility, strength, technique, control and balance.</b> <i>Perform dances using a range of movement patterns.</i> <i>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i> <i>Use running, jumping, throwing and catching in isolation and in combination.</i> <i>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</i> <b>Building on these skills, further progressing with other sports in upper KS2/Middle School.</b></p>

**Curriculum Coherence – Year 4 - PE**



Term 3

Mr Tilbury – Cricket/Tennis  
Class Teacher – Athletics/Tri Golf

<p><b>School games values</b></p> 	<p>Prior learning - Build on skills learnt in KS1 and Year 3 including striking and fielding from rounders as well as general athletic skills and multiskills.</p> <p>NC - Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	
<p><b>INTENT</b></p>	<p><b>IMPLEMENTATION</b></p>	<p><b>IMPACT</b></p>
<p><b>KNOWLEDGE</b></p> <p><b>Cricket</b> How to hold a cricket bat. How to accurately strike the ball. How to effectively field. How to bowl the ball.</p> <p><b>Tennis</b> How to hold a tennis raquet. How to serve the ball. How to make contact with the ball and return the ball from a partners serve. How to complete a rally. How to beat your opponent.</p> <p><b>Athletics</b> How to compete in a variety of athletic events including running, jumping and throwing</p> <p><b>Tri Golf</b> How to hold a golf club, the difference between a driver and a putter, how to swing the club/hit the ball, how to control the height of a ball.</p> <p><b>Questioning</b> How do you hold a tennis racquet How can you complete a rally? How do you hold a golf club? What are the differences between the different gold club??</p> <p><b>Challenge</b> Expert learners leading groups and warm up activities. Demonstrations of skills.</p> <p><b>Support</b> Paired with an expert learner, TA to help closer demonstrations.</p>	<p><b>ACTIVITIES</b></p> <p><b>Cricket</b> Holding the bat and striking the ball. Bowling the ball. Throwing and catching to effectively field. Scoring runs. Playing a game.</p> <p><b>Tennis</b> Controlling the ball – balancing, bouncing up, bouncing down. Serving the ball – throwing it up and then striking it. Returning the ball from a partners serve. Completing a rally/beating an opponent in a game.</p> <p><b>Athletics</b> A variety of athletic events in preparation for sports day. Including; sprinting races, relay races, throwing a javelin, target throwing.</p> <p><b>Tri Golf</b> Holding the clubs, correct stance and striking the ball. Choosing between driver and putter. How to swing the club and vary the length/height the ball travels. Safety rules.</p> 	<p><b>Cricket</b> <b>PUPILS will know</b> How to strike and field effectively <b>will be able to</b> Bat, bowl, catch and throw the ball with accuracy. <b>will understand</b> Some rules of cricket.</p> <p><b>Tennis</b> <b>PUPILS will know</b> How to hit the ball with accuracy. <b>will be able to</b> Complete a rally with a partner. <b>will understand</b> How to score a point.</p> <p><b>Athletics</b> <b>PUPILS will know</b> Which skills to use for different events. <b>will be able to</b> Practice skills in order to compete in a range of events and work on personal best. <b>will understand</b> How to make improvements to their own performance.</p> <p><b>Tri Golf</b> <b>PUPILS will know</b> The correct stance for striking the ball. <b>will be able to</b> Accurately strike the ball using a driver and putter over varying distances. <b>will understand</b> How to choose between a driver and a putter.</p>
<p><b>VOCABULARY</b></p> <p><b>Cricket</b> Strike, aim, bowl, field, catch, throw, run.</p> <p><b>Tennis</b> Hit, serve, rally, return.</p> <p><b>Athletics</b> Javelin, baton, relay, sprint, race, compete, target.</p> <p><b>Tri Golf</b> Club, putter, driver, swing.</p>		<p><b>LINKS</b> Maths – counting runs and scores Science – the human body</p> <p><b>SMSC</b> Growth mindset, healthy lifestyles, sense of right and wrong, competition, abiding by rules, co-operation, group work, leadership skills, exploring a variety of sports.</p> <p><b>VALUES</b> Co-operation, honesty, sharing, determination, excellence</p>

## **SKILLS**

### ***Cricket***

How to bat, bowl and field effectively.

### ***Tennis***

Underarm serving, hitting the ball, complete a short rally.

### ***Athletics***

Sprinting, throwing to a target, using accuracy, personal skills.

### ***Tri Golf***

Choosing the correct club, striking the ball, swinging the club accurately.



## **NEXT STEPS IN LEARNING**

**Continue with KS2 NC** - Use running, jumping, throwing and catching in isolation and in combination.

Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

Develop flexibility, strength, technique, control and balance.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**Building on these skills, further progressing with other sports in upper KS2/Middle School.**