



## Year 4 – PE Overview

<b>Autumn</b> Basketball- Invasion games Gymnastics	<b>Spring</b> Dance Swimming	<b>Summer</b> Swimming
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Games	Gym	Dance	Swimming	Outdoor	Evaluation
G1 I can apply basic skills of traveling for attacking and defending	GY1 I can develop a range of rolls, jumps, travel, body shapes and balances and include in a performance.	D1 I can improvise with a partner or on my own.	S1 I can swim 5m with face dipped in the water	O1 I can develop listening skills.	E1 I can watch and describe a performance.
G2 I can strike a ball with intent and throw it more accurately when bowling and/or fielding.	GY2 I can begin to use gym vocabulary to describe how to improve and refine performances	D2 I can demonstrate provision and some control in response to stimuli.	S2 I can enter shallow then deep water by a) turning and sliding-in & b) jumping in independently and exiting the pool.	O2 I can begin to use a simple map.	E2 I can begin to think about how I can improve my work.



G3 I can show confidence in using ball skills in various ways and can link these together (passing, shooting and throwing)	GY3 I can create gymnastic sequences that meet a theme or set of objectives.	D3 I can begin to vary dynamics and develop active and motifs.	S3 I can glide from side and back horizontally on front for slow count of 3, both face-out and face-in.	O3 I can begin to think activities through and problem solve.	E3 I can work with a partner or with a small group to improve my skills.
G4 I can use running, jumping, throwing and catching in isolation and combination	GY4 I can begin to develop strength, technique and flexibility throughout performances	D4 I can modify a sequence using dance vocabulary as a result of selfevaluation.	S4 I can swim 10m front and back paddle with arms pulling and legs kicking – 5 metres must be in the deep.	O4 I can begin to choose and apply strategies.	E4 I can make suggestions in how to improve my work.
G5 I can use skills with coordination, control and fluency	GY5 I can begin to apply sequences of taught skills to equipment	D5 I can perform dances with rhythm and use spatial awareness.		O5 I can begin to demonstrate an understanding in how to stay safe.	
G6 I can take part in a competitive game.		D6 I understand the need to warm up			
G7 I begin to create my own game using knowledge and skills taught.					
G8 I begin to use skills to keep possession and control of the ball.					
G9 I can effectively play a competitive net/wall game.					



G10 I can experiment with different techniques to attack and defend.					

Topic Coverage		
Autumn Basketball- Invasion games Gymnastics	Spring Dance Swimming	Summer Swimming
G1, G3, G5, G6, G7, G8, G10, G10 GY1, GY2, GY3, GY4, GY5 E1, E2, E3, E4,	D1, D2, D3, D4, D5, D6 S1, S2, S3, S4 E1, E2, E3, E4,	S1, S2, S3, S4 E1, E2, E3, E4
Vocabulary	Vocabulary	Vocabulary
<u>Basketball- Invasion Games</u> Possession, Scoring, Space, Pass, send, receive,  <u>Gymnastics</u> Tuck, Straddle, Pike, Arch, Back support, Balance	<u>Dance</u> Spatial awareness, Repetition, Mirroring, Reaction, Pattern, Stimulus  <u>Swimming</u> Front Crawl, Submerge, Backstroke, Treading Water, Breaststroke, Floating	<u>Swimming</u> Front Crawl, Submerge, Backstroke, Treading Water, Breaststroke, Floating
I will know...	I will know...	I will know...
<b>Basketball-Invasion Games</b>	<b>Dance</b>	<b>Swimming</b>



- To develop the attacking skill of dribbling
- To protect the ball when dribbling against an opponent
- To develop passing and begin to recognise when to use different skills
- To use defending skills to delay an opponent and gain possession
- To develop technique in the attacking skill of shooting
- To apply the skills and knowledge to a basketball game

#### **Gymnastics**

- To develop individual and partner balances
- To develop control in performing and landing rotation jumps
- To develop the straight, barrel and straddle roll
- To link actions using the rolls I have learnt
- To develop strength in inverted movements
- To create a greater partner sequence to include the skills I have learnt and use apparatus

- To copy and create actions in response to an idea and be able to adapt this using changes of space.
- To develop a dance using matching and mirroring.
- To develop a dance using formations, canon and unison.
- To use actions, dynamics, space and relationships in a dance
- To order and structure phrases to create a dance performance. - To copy and repeat a set phrase showing energy and rhythm.

#### **Swimming**

- To develop an understanding of buoyancy and balance in the water.
- To develop independent movement and submersion.
- To develop gliding and crawl legs.
- To develop front crawl breathing.
  - To develop gliding and backstroke.
  - To develop rotation, sculling and treading water.

- To develop rotation, sculling and treading water.
- To develop front crawl breathing.
- To develop gliding and backstroke. - To develop head above water breaststroke technique.
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- To develop basic skills in water safety and floating.