


	Autumn Term			Spring Term			Summer Term			
Area of PE	Invasion Games			Net and Wall Games			Striking and Fielding Games			
	Swimming			Dance	Gymnastics		OAA	Athletics		
<b>Lesson 1 – Multi-Skills/ Fundamental Skills</b>	<b>Invasion Games (Y4)</b> <ul style="list-style-type: none"> <li>◆ Work with a team mate to travel into space, at pace</li> <li>◆ Deny space for defence</li> <li>◆ Demonstrate defensive supporting (helping a team mate by getting into good positions to block passes)</li> <li>◆ Apply these invasion game skills within a game situation</li> <li>◆ Play small-sided games within a competition</li> </ul>			<b>Net and Wall Games (Y4)</b> <ul style="list-style-type: none"> <li>◆ Send a ball over the net/wall to a desired area within a game situation</li> <li>◆ Hit a backhand return successfully</li> <li>◆ Know where to stand to make it more difficult for an opponent</li> <li>◆ Work as a team to defend their side</li> <li>◆ Apply these net and wall game skills within a game situation</li> <li>◆ To play with a team or individually, within a competition</li> </ul>			<b>Striking and Fielding Games (Y4)</b> <ul style="list-style-type: none"> <li>◆ Send a ball to a desired area within a game situation</li> <li>◆ Work as part of a team to limit an opponent's space</li> <li>◆ Demonstrate supportive play when playing as a team</li> <li>◆ Know how to bowl and consider where to 'pitch' it, in a variety of striking and fielding games</li> <li>◆ Demonstrate risk management</li> <li>◆ Apply these skills within a game situation</li> <li>◆ Play with a team within a competition</li> </ul>			
<b>Lesson 2 – PE - Skills</b>	<b>Swimming (Y4)</b> <ul style="list-style-type: none"> <li>◆ Perform a flat stationary scull on the back</li> <li>◆ Tread water for 30 seconds</li> <li>◆ Perform three difference shaped jumps into deep water</li> <li>◆ Push and glide and swim 10m backstroke</li> <li>◆ Push and glide and swim 10m front crawl</li> <li>◆ Push and glide and swim 10m breaststroke</li> <li>◆ Perform a handstand and hold for 3 seconds</li> <li>◆ Perform a forward somersault</li> <li>◆ Demonstrate an action for getting help</li> </ul>			<b>Dance (Y4)</b> <ul style="list-style-type: none"> <li>◆ Give feedback about a performance</li> <li>◆ Create sequences with a partner/group, in time with each other</li> <li>◆ Create sequences of movements to a rhythm</li> </ul>		<b>Gymnastics (Y4)</b> <ul style="list-style-type: none"> <li>◆ Roll and get up with momentum</li> <li>◆ Seamlessly move into an out of rolls</li> <li>◆ Adapt shapes when using equipment</li> <li>◆ Work with a partner to create, repeat and improve a sequence with 3 phases</li> </ul>		<b>OAA (Y4)</b> <ul style="list-style-type: none"> <li>◆ 'Thumb' a map</li> <li>◆ Follow a route accurately and safely, within a time limit</li> </ul>		<b>Athletics (Y4)</b> <ul style="list-style-type: none"> <li>◆ Show correct technique when throwing a foam javelin an increased distance</li> <li>◆ Successfully run and jump a sequence of hurdles</li> <li>◆ Perform a standing triple long jump</li> <li>◆ Use effective positioning to receive a relay baton</li> </ul>
<b>Key Vocabulary</b>	<b>Invasion Games</b> defending, marking, opponent, space, support, position, block, pass, attack, receive, send, combination play, possession, direct play, pace, control, opposition, competition, football, netball, basketball, hockey, rugby			<b>Net and Wall Games</b> net, wall, aiming, desired, forehand, backhand smashing, defending, serving, return, pace, opponent, competition, tennis, volleyball, badminton, scoring, points			<b>Striking and Fielding Games</b> aiming, opponent, striking, bat, racket, club, technique, space, receiving, support play, risk management, efficiency, bowl, pitch, competition, scoring, points			
	<b>Swimming</b> poolside, submerge, water safety, sink, push, glide, streamlined, extend, travel, front, back, enter water, exit water, breaststroke, front crawl, backstroke, tread water, scull, handstand, forward somersault			<b>Dance</b> creative, creativity, interpretation, themes, music, shapes, rhythm, beat, improvise, routines, stimulus, sequence		<b>Gymnastics</b> balance, strength, flexible, coordination, tuck, pike, straddle, star, rolls, teddy bear, forwards roll, backwards roll, sequence, momentum		<b>OAA</b> map, orientated, travelling, 'thumb' a map, route, accurate, safe, time limit		<b>Athletics</b> throwing, jumping, running, sprint, long-distance, short-distance, javelin, long-jump, triple-jump, obstacles, hurdles, skipping, positioning
<b>Personal Challenges</b>	 Weekly mile times and personal challenges to complete during PE lessons and at playtimes / lunchtimes									
<b>Level 1 Competitions</b>	Intra-school competition - A team competition is incorporated into the last week of each unit of work – children compete in their rainbow groups. This encourages the promotion of the School Games Values and creates leadership opportunities.									
<b>Level 2&amp;3 Competitions</b>	Local Inter-School Competition - Compete in inter-school competitions organised by CGS Outreach (Festival Fridays) and Newark School Spots Organiser. Some of these events are qualifies and could lead to Level 3 competitions (County competitions)									
<b>Leadership Skills</b>	Help the teacher by organising equipment	Lead a warm up or physical activity for the class	Recognise good performances or individuals	Identify areas for development in a class mate	Demonstrate a skill or technique to a group	Umpire or refer a class sport competition	Use result data to determine winners	Within a group, lead physical activities at play times	Present PE or sports information in an assembly	