

PHYSICAL EDUCATION Long Term Planning - Summary of YEAR 4 Units

AUTUMN 1	AUTUMN 2
<p><u>Basketball</u> Children understand the different types of passing; chest pass, shoulder pass and bounce pass Children can perform dribbling and shooting skills accurately with some control from different ranges Children will combine dribbling, passing and shooting skills in a game.</p>	<p><u>Dance</u> Children will explore a range of movements and cooperate and collaborate with a group Children will respond imaginatively to a stimulus and show a variety of movements with control and fluency at different levels and pathways. Children will dance in unison and canon with a partner/group performing a range of movement patterns, showing control</p> <p><u>Swimming</u> Children will know how to make a supervised safe entry and exit. Enter the pool, rotate and return to the side with adult support if required.</p> <p>Children will keep chest and hips up and head back with ears in water to maintain a float on back with adult support behind the head</p> <p>Children will blow bubbles at the water surface and wet head without submersion, kick 5 metres on back with adult support and travel without adult support 2 metres to a floating object</p>
SPRING 1	SPRING 2
<p><u>Gymnastics</u> Children will be able to perform a range of jumps in a sequence with control, body tension and pointed toes, perform a Teddy Bear roll on their own/with a partner showing precision, control and fluency and perform complex matching and mirroring balances in a sequence with control, precision and fluency</p> <p>Children will consistently perform controlled bunny hops lifting hips high to varying levels- always with pointed toes and hop onto apparatus with a short run up showing control, precision and fluency.</p> <p>Children will rehearse a gymnastics sequence including movements, balance, jumps and rolls with good fluency, and control using apparatus and props</p> <p><u>Swimming</u> Children will understand how to make a sitting entry with adult support if required They will know that turning the head, shoulders, hips and kick the legs round will enable a rotation in the water and rotate 180 degrees using flotation equipment and without adult support Children will be able to submerge their face with confidence, move 5 metres along the rail or wall without adult support and enter the pool, rotate and return to the side with no support</p>	<p><u>Football</u> Children will be able to stop a ball using the sole, inside and outside of my feet with great control, demonstrate a variety of passes and dribble a ball using feet and turn with control</p> <p>They will sometimes show a good body position when defending a 1v1 and play and embrace the rules, inspiring others with fair play</p> <p><u>Swimming</u> Children will know that looking up, head back and body flat to the surface is needed in order to perform backstroke and understand that a streamlined body position is required to swim longer distances</p> <p>They will make a supervised jump to an adult with or without support, float on the front or back without adult support, push off on the front or back in a streamlined shape from a supporting adult and blow bubbles with the mouth and nose underwater</p> <p>Children will be able to kick and travel 5 metres on the front to the side of the pool without adult support.</p>

SUMMER 1	SUMMER 2
<p><u>Rounders</u> Children will develop throwing and catching skills to increase accuracy - underarm and overarm and sometimes bat a ball striking it at a given target</p> <p>They will understand the positions and rules of a rounders game and apply throwing, catching, batting and rules into a rounders game.</p> <p><u>Swimming</u> Children will be able to stand on the poolside with toes over the edge, bent knees and push off will enable a safe jump into the pool</p> <p>Children will be able to complete a 360 degrees rotation either using a log roll or an upright position, perform a mushroom or star float, push and glide achieving a streamlined position on the front or back and submerge completely underwater.</p> <p>They will be able to confidently travel 15 metres on the front or back, without adult support and jump into the water unaided, turn around, swim back to the point of entry and hold on to the side or rail.</p>	<p><u>Athletics</u> Children will be able to react quickly and accelerate over short distances and run over an obstacle with speed and control</p> <p>They will be able to throw a javelin, discuss and push a tennis ball/netball/basketball using the correct stance and technique and pass a relay baton with control and timing</p> <p>They will perform a hop, step and jump with control and balance</p> <p><u>Swimming</u> Children will understand that by moving the arms correctly in a straight position sweeping past the ears will enable me to swim more confidently</p> <p>They will understand that by kicking my legs faster will enable me to swim faster and know the appropriate time to breath when swimming a longer distance</p> <p>Children will understand how to perform safe self-rescue in different open and pool-based water situations and know when the personal water survival skills learned might be used in real situations</p> <p>Children will be able to climb out from water of at least full reach depth without using the steps or rail or any other assistance.</p> <p>They will travel 25 metres on the front or back without adult support to retrieve a floating objet, tread water for two minutes and hold the 'H.E.L.P.' position for five minutes in water of at least full reach depth and enter water of at least full reach depth from the side of the pool by sliding in from a sitting position</p> <p>Children will reflect on my own and others swimming performance and consider strengths and improvements</p>