



The Federation of St. Mary's Catholic Schools

Year 4

PE Long Term Planner



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Dance: Strictly Dance! Competitive games: Football	Competitive games: Quidditch Develop flexibility, strength, technique, control and balance: Fitness	Develop flexibility, strength, technique, control and balance: Gymnastics Competitive games: Tag rugby	Dance: Anglo Saxons Competitive games: Tennis	Competitive games: Cricket Competitive games: Tri-golf	Develop flexibility, strength, technique, control and balance: Athletics Indoor Athletics

CURRICULUM DOCUMENT				
Competitive Games	Develop flexibility, strength, technique, control and balance	Dance	Outdoor and Adventurous	Swimming
<i>Striking/fielding (cricket, tri-golf)</i> <ul style="list-style-type: none"> Roll the ball with one hand and stop the ball from different directions using barrier method. Throw and catch under pressure in modified games. Bowl at a wicket underarm/overarm and control. Hit a drop fed ball and/or moving ball with a bat. 	<i>Gymnastics</i> <ul style="list-style-type: none"> Perform a variety of shapes with good control when performing various skills. Perform a rocket jump with a ¾ and a full turn with pointed toes. Perform a teddy bear roll with a partner in a sequence with pointed toes. Perform matching and mirroring balances on apparatus. Perform a bunny hop onto variety of apparatus with control. 	<i>Strictly Dance! Anglo Saxons</i> <ul style="list-style-type: none"> Co-operate to make a dance warm up and take on a leadership role. Respond imaginatively to a stimulus. Dance in unison with a partner/group performing a range of movement patterns. Perform a canon showing a range of movement patterns. Perform a variety of levels and pathways in a dance. 		

<ul style="list-style-type: none"> • Play a game communicating as a team. • Hold a golf club appropriately. • Stand appropriately for putting, chipping and striking a ball. • Aim a putter and a chipping club. • Show control of aim and distance when putting, chipping and striking. <p><i>Invasion (football, quidditch, tag-rugby)</i></p> <ul style="list-style-type: none"> • Move body to correct position to stop and control a ball. • Pass the ball with inside of feet whilst on the move. • Dribble the ball using inside, outside hook and drag back beginning to accelerate. • Begin to defend making a standing tackle or intercept a pass. • Kick a ball whilst moving past a goal keeper with some accuracy. • Tag a player whilst moving using tag belts. 	<ul style="list-style-type: none"> • Hopscotch across the floor to develop hurdle step. • Perform a short sequence on mats showing levels, control and pointed toes. <p><i>Athletics</i></p> <ul style="list-style-type: none"> • Perform 'FAST' technique confidently when sprinting. • Throw a javelin with height and distance. • Perform a hop, step and jump (standing triple jump). • Develop running for distance, increasing over time. • Pass a relay baton with control. • Run and jump over hurdles with some speed and control. <p><i>Fitness</i></p> <ul style="list-style-type: none"> • Beat personal best • Improve technique showing good co-ordination • Support own body weight • Keep good balance • Keep good control • Challenge myself 			
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<ul style="list-style-type: none">• Move with control in a variety of directions holding the ball in the correct position.• Pass the ball backwards/sideways with control whilst moving.• Develop running for distance• Use speed and space to avoid a passive defender.• Beat a defender at speed to avoid a passive defender.• Inspire others with fair play and being gracious in victory and defeat. <p><i>Net/wall (tennis)</i></p> <ul style="list-style-type: none">• Move with balance and control to catch a ball.• Hit/bounce ball on racket when moving.• Hit a ball in forehand position with drop feed.• Hit a ball in back hand position with drop feed.• Hit a ball into a target from a variety of distances, with and without bounce.				
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