



Moorside Primary School

Year 4 PE Overview

	Dance	Individual Sports	Team Sports	OAA and Health Related Fitness
National Curriculum reference	<p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Develop flexibility, strength, techniques, control and balance (for example, through athletics and gymnastics)</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p>	<p>Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
Knowledge and Skills	<p>Can create and demonstrate a series of phrases to be performed in a range of formations.</p> <p>Can use a range of Space and Relationships between Dancers when performing and composing.</p> <p>Can identify and demonstrate aspects of safe dance practice within practice and performance. Can demonstrate and talk about strength and stamina and understand the importance of this within dance.</p> <p>Can analyse improvements and comment constructively to suggest areas of development for themselves and others.</p>	<p>Gymnastics</p> <p>Can warm up a small group of others including pulse raising activities, stretching and conditioning, completed in the correct order.</p> <p>Can perform more complex sequences using actions and smooth transitions.</p> <p>Can perform sequences, which have elements of flow, displaying multiple skills and a range of dynamics.</p> <p>Can use a variety of apparatus, linking movements together using travelling, jumping, balancing and rolling arrangements.</p> <p>Can identify and demonstrate the following Shapes: Straight, Tuck, Star, Landing shape, Pike, Straddle, Squat sit, Straddle stand and Needle.</p> <p>Can identify and demonstrate the following Balances: 1-point & 2 point balances: Arabesque, Flamingo, Dish, Arch and V-sit and introduction to Bridge.</p>	<p>Invasion Games</p> <p>Children can pass over a medium distance and move away from opponents effectively.</p> <p>Can move into space effectively during a game scenario.</p> <p>Children can shield a ball from an opponent, knowing how to position the body correctly to retain possession.</p> <p>Can track an opponent whilst being aware of where the ball is and where opponents are on the pitch.</p> <p>Can defend as part of a team.</p> <p>Striking and Fielding Games</p> <p>Can strike a ball correctly without a tee.</p> <p>Can identify and attempt to catch a high ball.</p> <p>Can attempt underarm bowling using the correct technique.</p> <p>Can use the long barrier to stop a moving ball.</p>	<p>OAA</p> <p>Children can take part in basic orienteering and running activities by matching symbols.</p> <p>Children can complete activities blindfolded using apparatus.</p> <p>Can give and follow instructions to keep a partner safe.</p> <p>Can solve problems through discussion with others.</p> <p>Health Related Fitness</p> <p>Children can warm up successfully prior to exercise, identifying some components.</p> <p>Can recognise success in self and others in relation to improvements.</p> <p>Can identify basic components of fitness – speed, agility, coordination, power, strength and flexibility.</p>



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		<p>Can identify and demonstrate the following Jumps: Straight, Tuck, Star, Straddle, Half Turn, Bunny hops, over apparatus and Pike.</p> <p>Can identify and demonstrate the following Rolls: Pencil, Egg, Forwards Roll, Teddy Bear and preparation for Backwards Rolls.</p> <p style="text-align: center;">Athletics</p> <p>Children can demonstrate a Triple jump whilst taking off one foot.</p> <p>Can run and jump medium and high sized hurdles, attempting a same leg lead.</p> <p>Can demonstrate middle distance pacing whilst demonstrating a good starting position, correct form throughout and a dip finish.</p> <p>Can transfer a relay baton in motion.</p> <p>Standing overarm throw for distance, understanding the importance of using the non-throwing arm in achieving elevation and trajectory.</p>	<p>Can communicate effectively with their teammates e.g. calling name and taking responsibility for decisions made.</p> <p>Can position themselves effectively to achieve a positive outcome in a game situation.</p> <p style="text-align: center;">Net & Wall Games</p> <p>Can bounce the ball continuously using forehand and backhand</p> <p>Can cushion the impact of a ball using a racket.</p> <p>Can demonstrate and talk about how to get into the best position to return a ball successfully.</p> <p>Can take part in a singles rally, knowing and demonstrating some attacking and defending techniques.</p> <p style="text-align: center;">Target Games</p> <p>Can aim successfully at a static target using the correct techniques.</p> <p>Can demonstrate throwing and catching techniques, using them effectively.</p> <p>Begin to develop coordination in a range of forms to enable successful performance.</p>	
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