

COATHAM CE PRIMARY SCHOOL

LONG-TERM (YEAR) PLAN

SUBJECT P.E				YEAR GROUP 4			
Half-Term	Aut1	Aut2	Spr1	Spr2	Summ1	Summ2	
Statement of Intent	Children can use the ladders and hurdles showing quick feet and correct technique. Children can pass and receive a ball on the move.	Children can create a dance in pairs/small groups understanding timing and working to a piece of music. Children can use balances on different body parts to form a routine of movements showing fluency.	Swimming – I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	Swimming Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	Children can hold a tennis racquet correctly for forehand and backhand shots. Children can bowl using overarm and underarm and to hit a moving ball.	Children can use different technics for running and throwing. Children can improve their stamina and core strength through HIIT activities.	
Key Curriculum Coverage	I can accurately pass to someone else. I can move with a ball. I can talk about reasons for warming up/ why exercise is good for health.	I can improvise freely on my own & with a partner. I can copy, remember, explore & repeat simple actions, and link & vary ideas with control & coordination.	I can swim competently, confidently and proficiently over a distance of at least 25 metres I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	I can swim competently, confidently and proficiently over a distance of at least 25 metres I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	I can accurately pass to someone else. I can play as part of a team in a competitive game.	I can run at a speed appropriate to the distance I am running. I can take a running jump. I can demonstrate a range of throwing actions using a variety of objects.	

Key Vocabulary	Influence, oppose, control, pass, dribble, movement, warm up, exercise health.	angular, pointed, straight, curved, smooth, circular, connect, interlock, perimeter, crossover, spiral, oval, copy, remember, explore, repeat, simple actions, control, coordination.	front crawl, backstroke, breaststroke, strokes.	front crawl, backstroke, breaststroke, strokes.	Backstop, base, batter, bowler, fielder	Speed, distance, throwing range, heart rate, temperature, breathing rate, demonstrate, stamina, core.	
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