

COATHAM CE PRIMARY SCHOOL

LONG-TERM (YEAR) PLAN

SUBJECT P.E				YEAR GROUP 4		
Half-Term Focus -	Aut1 Invasion	Aut2 Gymnastics/ <i>Dance</i>	Spr1 Swimming (2 wk block) and <i>Well-being</i>	Spr2 Net/wall and <i>Well-being</i>	Summ1 Striking and fielding	Summ2 Athletics/ <i>OAA</i>
Statement of Intent	Children can apply a secure understanding of passing, moving, dribbling and shooting Children can develop life skills such as respect, cooperation as they collaborate with others, resilience and self-discipline.	Children can create a dance in pairs/small groups understanding timing and working to a piece of music. Children develop flexibility, strength, technique, control and balance <i>Children can explore dance movement through improvisation, introducing unison and matching</i>	Children know how to use a range of strokes effectively Children understand water safety and know how to perform safe self-rescue. <i>Children develop flexibility, strength, technique, control and balance through yoga</i>	Children can apply the principles of attack vs defence to win a game of tennis Children can hold a tennis racquet correctly for forehand and backhand shots. <i>Children develop flexibility, strength, technique, control and balance through yoga</i>	Children use running, throwing and catching in combination Children can bowl using overarm and underarm and to hit a moving ball.	Children use running, jumping, throwing and catching in isolation <i>Children can take part in outdoor and adventurous activity challenges both individually and within a team.</i>
Key Curriculum Coverage	To refine passing (Long and short passes) and receiving To develop passing and dribbling creating space for attacks	To explore changes in 'Direction' To combine changes in 'Level' and 'Direction' to create sequences in group	To swim competently, confidently and proficiently over a distance of at least 25 metres To use a range of strokes effectively [for example, front crawl,	To use the backhand technique To create space to win a point using a racket Apply the forehand and backhand in a mini game	To develop retrieving and returning the ball To know how to strike the ball at different angles and speeds To develop striking with accuracy	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

	To combine passing and dribbling to create shooting opportunities To understand defending: Blocking, tackling and marking	<i>To perform dances using a range of movement patterns</i>	backstroke and breaststroke] To perform safe self-rescue in different water-based situations <i>To develop balance and flexibility through yoga poses.</i>	To play as part of a team in a competitive game. <i>To develop strength and control through yoga poses.</i>	To develop fielding tactics	of objects. <i>To understand Cone and Point to Point Orienteering</i>
Key Vocabulary	Determination, Bounce pass, pivot, possession, marking, space, attacker, defender, dribbling, marking, tackling, blocking, free hit	Self-belief, Extension, flow, interesting, levels, direction, unison, canon, expression, creativity, emotion, motif, flow, character	Passion, front crawl, backstroke, breaststroke, strokes, buoyancy, yoga	Honesty, Outwit, space, accuracy, power, baseline, forehand, backhand, rally, out, yoga	Teamwork, Retrieving, bowling, strike, batting, fielding, the long barrier, tactics, catching, backstop	Respect, Route, map, navigate, team work, strategy, orienteering, scavenger hunt, speed, distance, pace, power, stride pattern