

Year 4 One Goal – PE Overview

Autumn Term 1

Basketball

Dribbling

How to dribble effectively over distance and around obstacles

How to dribble under passive pressure

Passing

Different ways to pass the ball and receive the ball when static

Linking passing and receiving with dribbling

Catching/ ready position

Body shape and stance to prepare for catching the ball

Basic catching technique when static and whilst moving

Shooting

Different ways to try and score a goal including; lay-up and free-throws (where nets are accessible)

Different ways to try and score a goal under passive pressure

Attacking as a team

Basic attacking principles

Communication and teamwork

Defending as a team

Basic defending principles

Communication and teamwork

Small sided games

Variety of conditioned small sided games

Free-play games to practice/improve skills

Autumn Term 2

Hockey

Dribbling

How to hold and move a hockey stick

How to dribble the ball over distance and around obstacles

How to dribble under passive pressure

Passing and trapping

How to perform push pass technique

How to trap/stop the ball

Linking passing and trapping with dribbling

Tackling

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Different ways to tackle opposition including; block,jab
Rules for tackling in hockey

Shooting

Different ways to try and score a goal under passive pressure

Attacking as a team

Basic attacking principles
Communication and teamwork

Defending as a team

Basic defending principles
Communication and teamwork

Small sided games

Variety of conditioned small sided games
Free-play games to practice/improve skills

Spring Term 1

Gymnastics

Shapes

How to maintain gymnastics shapes including; straight, tuck, dish, arch, pike, star, straddle, letters with good accuracy and posture
Linking shapes and travelling together

Balances

To hold point and patch balances with good accuracy
To hold balances individually and with a partner using a variety of body parts
To hold balances for a sustained period of time
Counterbalancing with a partner

Travelling

Different ways of moving including; animal movements, basic leaping, bunny hops
Link travelling movements together individually and with a partner
Link travelling and balances

Flight

Jump and land safely from floor level incorporating shapes
Jump and land safely from a small height incorporating shapes e.g. bench
Linking flight and travelling together

Rolls

Perform rocking techniques with good control
Shoulder stands
Safely perform rolls including; pencil, teddy bear, forward, backwards
Link rocking and rolls together

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Link rolls and travelling

Partner work

Mirror, matching and contrasting movements with a partner, including counterbalancing
Linking sequences together using mirror, matching and contrasting

Sequences

Link basic skills together to create a sequence individually and with a partner

Spring Term 2

Tag-Rugby

Handling/ ready position

How to hold a rugby ball

Stance ready to catch the ball and transition into movement

Passing

How to pass the ball when static and when moving

Technique and understanding of passing backwards

Running/ carrying the ball

Keep the ball safe when travelling

Dodging and weaving movements

Tagging

Different ways to tag an individual

Understanding of tagging rules of the game

Scoring

Scoring system for tag-rugby

Different methods to help them score a try

Attacking as a team

Basic attacking principles

Communication and teamwork

Defending as a team

Basic defending principles

Communication and teamwork

Small sided games

Variety of conditioned small sided games

Free-play games to practice/improve skills

Summer Term 1

Cricket

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Throwing

Throwing technique when static and when moving
How to increase accuracy

Catching

Body shape, stance and technique for catching the ball
How to catch a ball whilst moving in line

Rolling and stopping

Under-arm rolling technique over variety of distances
Technique for stopping the ball; long-barrier

Bowling

Under-arm and overarm bowling techniques
How to increase accuracy

Batting

Handling a cricket bat and correct batting stance
Batting shots including; straight drive
How it increase accuracy

Fielding

How to combine skills to run gather and throw/roll
How to improve accuracy

Small sided games

Variety of conditioned small sided games
Free-play games to practice/improve skills

Summer Term 2

Athletics

Running

Running/sprinting technique
Crouch start

Throwing

Throwing techniques for athletics events including; shot-put, javelin, discus
How to gain good accuracy when throwing

Jumping

Jumping techniques for athletics events including; long jump, triple jump, speed bounce

Relay

How to perform in a team-relay
How to receive and pass the baton
Smooth transition when running

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Mini-olympics

Pupils should experience

Mini-olympic style event to practice/improve their skills