



Ready,
Respectful,
Safe

Year 4 PE Overview

Cathcart Street Primary School 2024-2025

	Autumn	Spring	Summer
PE- Year 4	KS2 NC Objectives Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. 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. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Compare their performances with previous ones and demonstrate improvement to achieve their personal best		
	Basketball (keeping possession) Physical outcomes- <ul style="list-style-type: none"> To use the correct dribbling technique to dribble round objects and defenders. To pass the ball to a moving target and move into space. To apply knowledge of keeping possession in game situations. Thinking outcomes- <ul style="list-style-type: none"> To develop tactics to keep possession. To judge when you have space to dribble. To evaluate team performance. Social and emotional outcomes-	Gymnastics Physical outcomes- <ul style="list-style-type: none"> To use a combination of support shapes in a sequence. To take off and land with control and precision. To select one or two balances from a wider range that can be used as part of a sequence. To improve the quality of the forward roll and develop the ability to perform a backwards roll. Thinking outcomes- <ul style="list-style-type: none"> To recognise parts of their own performance which they are happy with and parts that need improving and further practice. 	Tennis (sending and receiving) Physical outcomes- <ul style="list-style-type: none"> To improve the ability to hold the racket with the correct grip and make regular contact with the ball. To return the ball using both a forehand and backhand return, with increased control, accuracy and fluency. To use forehand and backhand consistently in rallies. Thinking outcomes- <ul style="list-style-type: none"> To recognise when their grip has altered and use their knowledge to correct their own and others grip.

	<ul style="list-style-type: none"> • To identify where resilience has been shown by themselves and others. • To understand how resilience can lead to success. • To identify their strengths and how these can help a team. <p>Healthy active lifestyle outcomes-</p> <ul style="list-style-type: none"> • To know how to improve strength and how this would improve their passing ability. • To know what speed is and how it increases the chance of keeping possession. • To understand how speed is important to get into good defensive positions. <p style="text-align: center;">Dance</p> <p>Physical outcomes-</p> <ul style="list-style-type: none"> • To gain a basic understanding of circus skills and perform key movements to fit in with the theme. • To know and perform circus-style movements, highlighting the key dynamics and shapes used. • To create and perform a short dance phase using different dynamics and expression to help communicate the theme. 	<ul style="list-style-type: none"> • To use appropriate gymnastic language and communicate with others to support/help. <p>Social and emotional outcomes-</p> <ul style="list-style-type: none"> • To be able to identify what they have done well and give possible reasons as to why. • To be able to think of their own activities which will develop identified skills. • To work safely and effectively with a partner. <p>Healthy active lifestyle outcomes-</p> <ul style="list-style-type: none"> • To know and understand the term flexibility and how regular stretching improves it. • To understand what makes a good warm up routine and take responsibility for planning and leading one section of a warm up. <p style="text-align: center;">Hockey (linking actions)</p> <p>Physical outcomes-</p> <ul style="list-style-type: none"> • To dribble the ball with speed and control. • To pass the ball with speed and accuracy. • To be able to intercept a pass. • To shoot at a target with some accuracy. 	<ul style="list-style-type: none"> • To judge body position when using forehand and backhand techniques. • To judge where to return the ball. • To judge when to use forehand/backhand. <p>Social and emotional outcomes-</p> <ul style="list-style-type: none"> • To be able to give clear instructions and explanations to a partner. • To use good communication skills to give instructions on improving techniques. <p>Healthy active lifestyle outcomes-</p> <ul style="list-style-type: none"> • To explain how muscles support us with accuracy. • To explain how a warm-up prepares muscles for sport. • To explain how muscles help support us in game like tennis.
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	<p>Thinking outcomes-</p> <ul style="list-style-type: none"> • To describe how specific movements have been performed and evaluate whether they represent different circus acts. • To evaluate how effectively shape and dynamics have been used and how well the style of different circus acts are portrayed. • To provide constructive feedback on how actions can be performed more clearly to represent the style of dance. <p>Social and emotional outcomes-</p> <ul style="list-style-type: none"> • To understand how teamwork can influence successful performance. • To understand how mindset can impact performance. • To understand the value of independent learning. <p>Healthy active lifestyle outcomes-</p> <ul style="list-style-type: none"> • To understand why their body changes temperature during exercise. • To describe what happens to the standard of performance when they tire. 	<ul style="list-style-type: none"> • To keep possession of the ball in a competitive game. <p>Thinking outcomes-</p> <ul style="list-style-type: none"> • To explain how to keep control of the ball. • To combine dribbling, passing and movement skills together. • To understand how to avoid their passes being intercepted. • To use and create space appropriately. <p>Social and emotional outcomes-</p> <ul style="list-style-type: none"> • To compare their performance to others' and give reasons as to which was more successful. • To identify the skills needed to improve (self and others). • To begin to anticipate what may happen next in a game. <p>Healthy active lifestyle outcomes-</p> <ul style="list-style-type: none"> • To describe how their heart rate is different when moving at different speeds. • To know why heart rate and breathing rate change during exercise. • To describe how their body feels and changes during the warm-up and game. 	
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	<ul style="list-style-type: none"> To understand why regular exercise is good for health and wellbeing. 		
Vocabulary	<p>Possession, creating space, control, performance.</p> <p>Mindset, independent, performance, language related to theme</p>	<p>Front/rear support, bridge, crab, arch, dish, pike/straddle, sequence, synchronization</p> <p>Possession, opposition, intercepting, attack, defence</p>	<p>Evaluate, improve, forehand, backhand, grip, swing, overarm, ready, position</p>

