

# Curriculum Intent: PE (2024 - 2025)

Year 4 PE					
ADVENT 1 Children will...	ADVENT 2 Children will...	LENT 1 Children will...	LENT 2 Children will...	PENTECOST 1 Children will...	PENTECOST 2 Children will...
<b>Dodgeball (Y3/4)</b> L1: know how to develop throwing and apply this to a target game. L2: know how to develop dodging skills to avoid being hit. L3: know how to develop catching and learn the rules of the skill within the game. L4: know how to develop catching and use the rules of the skill within the game. L5: know how to begin to think tactically and apply this to a game. L6: know how to apply skills and knowledge to compete in a tournament.	<b>Netball (Y3/4)</b> L1: know how to develop passing and moving and play within the footwork rule. L2: know how to use a variety of passes to move towards a goal. L3: know how to develop movement skills to lose a defender. L4: know how to defend an opponent and try to win the ball. L5: know how to develop the shooting action. L6: know how to apply skills and knowledge to play games using netball rules.	<b>Swimming (Y3/4)</b> <i>External provider may have a sequence of lessons that they follow.</i> L1: know how to develop an understanding of buoyancy and balance in the water. L2: know how to develop independent movement and submersion. L3: know how to develop gliding and crawl legs. L4: know how to develop front crawl breathing. L5: know how to develop gliding and backstroke. L6: know how to develop rotation, sculling and treading water.	<b>Swimming (Y3/4)</b> <i>External provider may have a sequence of lessons that they follow.</i> L1: know how to develop surface dives, submersion and handstands. L2: know how to develop head above water breaststroke technique. L3: know how to develop head above water breaststroke technique. L4: know how to develop basic skills in water safety and floating. L5: know how to learn techniques for personal survival. L6: know how to develop water safety skills and an understanding of personal survival.	<b>Tennis</b> L1: know how to develop racket and ball control. L2: know how to develop returning the ball using a forehand and understand when to use it. . L3: know how to develop the backhand and understand when to use it. L4: know how to keep a continuous rally going showing increased technique. L5: know how to use and apply rules and simple tactics. L6: know how to understand and use rules to manage a game.	<b>Athletics</b> L1: know how to develop stamina and an understanding of speed and pace in relation to distance. L2: know how to develop power and speed in the sprinting technique. L3: know how to develop technique when jumping for distance. L4: know how to develop power and technique when throwing for distance. L5: know how to develop a pull throw for distance and accuracy. L6: how to develop officiating and performing skills.
<b>Gymnastics</b> L1: know how to develop individual and partner balances. L2: know how to develop individual and	<b>Dance (The Spy and States of Matter)</b> L1: know how to copy and create actions in response to an idea and adapt this using changes of space.			<b>OAA</b> L1: know how to develop co-ordination and teamwork skills.	<b>Rounders (Y3/4)</b> L1: know how to develop throwing and catching with accuracy and apply

<p>partner balances using apparatus.</p> <p>L3: know how to develop control in performing and landing rotation jumps.</p> <p>L4: know how to develop rotation jumps and sequence building using apparatus.</p> <p>L5: know how to develop straight, barrel, forward and straddle roll.</p> <p>L6: know how to assess my straight, barrel, forward and straddle roll.</p>	<p>L2: know how to choose actions which relate to the theme.</p> <p>L3: know how to develop a dance using matching and mirroring.</p> <p>L4: know how to understand how dynamics, space and relationships can be used to represent a state of matter.</p> <p>L5: know how to use actions, dynamics, space and relationships to represent a state of matter.</p> <p>L6: know how to order and structure phrases to create a dance performance.</p>			<p>L2: know how to be able to orientate a map and navigate around a grid.</p> <p>L3: know how to develop observational skills, listening to others and following instructions.</p> <p>L4: know how to develop trust whilst listening to others and following instructions.</p> <p>L5: know how to be able to identify, draw and follow a simple map.</p> <p>L6: know how to be able to orientate and navigate around a map and draw a route using directions.</p>	<p>these to a striking and fielding game.</p> <p>L2: know how to develop bowling and learn the rules of the skill within this game.</p> <p>L3: know how to develop batting technique and understand where to hit the ball.</p> <p>L4: know how to develop fielding techniques and apply them to game situations.</p> <p>L5: know how to play different roles in a game and begin to think tactically about each role.</p> <p>L6: know how to apply skills and knowledge to compete in a tournament.</p>
VOCABULARY					
<p><b>Dodgeball</b></p> <p>Throw, catch, possession, opposition, dodge, rules, court, defend, attack, protect, block, caught, communicate</p>	<p><b>Netball</b></p> <p>Footwork, landing foot, attack, pivot, interception, defence, opponent, rebound, contact, opposition, obstruction, mark, receiver, possession</p>	<p><b>Swimming</b></p> <p>Sculling, crawl, breaststroke, submersion, rotation backstroke, buoyancy, survival, alternate, huddle, stroke, treading water</p>	<p><b>Swimming</b></p> <p>Sculling, crawl, breaststroke, submersion, rotation backstroke, buoyancy, survival, alternate, huddle, stroke, treading water</p>	<p><b>Tennis</b></p> <p>Ready position, return, serve, rally, control, opponent, forehand, backhand</p>	<p><b>Athletics</b></p> <p>Stamina, speed, pace, technique, determination, perseverance, officiate, power, accuracy, personal best, flight</p>
<p><b>Gymnastics</b></p> <p>Technique, quality, sequence, perform rotation, extension, apparatus, inverted, shape</p>	<p><b>Dance</b></p> <p>Space, action, levels, timing, reaction, performance, dynamics, unison, represent, expression</p>			<p><b>OAA</b></p> <p>Navigate, rules, grid, route, discuss, trust, plan, leader, inclusive, effectively, orientate, symbol</p>	<p><b>Rounders</b></p> <p>Strike, batting, bowl, fielding, retrieve, two-handed pick up, stance, stumped, short barrier, technique, backstop, post, rounder</p>