

Curriculum Intent: PE (2025 - 2027)

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...
Dodgeball (Y3/4) 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.	Netball (Y3/4) 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.	Swimming (Y3/4) <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.	Swimming (Y3/4) <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.	Tennis 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.	Athletics 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.
Gymnastics L1: know how to develop individual and partner balances. L2: know how to develop individual and	Dance (The Spy and States of Matter) L1: know how to copy and create actions in response to an idea and adapt this using changes of space.			OAA L1: know how to develop co-ordination and teamwork skills.	Rounders (Y3/4) L1: know how to develop throwing and catching with accuracy and apply

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