

Manor Primary School PE Year 4 – dance

Overview of the Learning:

In this unit children perform dances, focusing on creating, adapting and linking a range of dance actions. These are inspired by a variety of subjects, including some traditional, social and/or historical dances. They work with a partner and in small groups. In dance as a whole, children think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances.

Core Aims

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Pupils should be taught:

Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.
- perform dances using a range of movement patterns

Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending
- use compositional skills to create and perform a range of movement patterns
- solve problems and overcome challenges both as an individual and within a team

Evaluating and improving performance

- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- compare their performance with previous ones and demonstrate improvement in order to achieve their personal best

Knowledge and understanding of fitness and health

- be physically active for sustained periods of time
- develop flexibility, strength, stamina to be able to play in games, take part in performances, overcome challenges and achieve personal bests



Expectations

Children can:

- 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.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- 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.
- perform dances using a range of movement patterns
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Manor Primary School PE Year 4 – Gymnastics

Overview of the Learning:

In this unit children will focus on improving the quality of their gymnastic movement and develop them to create simple sequence. They plan and perform sequences of contrasting actions, and develop flow by linking actions smoothly and planning variations in speed. In gymnastics as a whole, children use skills and abilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible. This unit lays the foundations for future gymnastic units, in which children will refine and combine their abilities and actions to answer set movement tasks. They will work with a partner on the floor and using apparatus. They will choose and adapt actions from their individual sequences to create sequences together. They will learn that strength and suppleness affect the performance of gymnastic actions, and will know whether or not the layout of apparatus is safe. In all physical education units, children will make simple assessments of their performance based on clear criteria that their teacher gives them.

Core Aims

Pupils should be taught:



- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.
- perform dances using a range of movement patterns
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Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending
- use compositional skills to create and perform a range of movement patterns
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Evaluating and improving performance

- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
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Knowledge and understanding of fitness and health

- be physically active for sustained periods of time
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Expectations

Children can:

- 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.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.



- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- use running, jumping, throwing and catching in isolation and in combination
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Manor Primary School PE Year 4 – Archery

Overview of the Learning: Archery is a sport that is fun for everyone; all kids can shoot a bow and have fun doing it. It teaches patience, self-worth and self-reliance.

In this unit children will be able to follow the rules of archery while playing either target or field archery, have a strong understanding of the safety that is involved with archery, demonstrate proper techniques such as stringing a bow: the push-pull method and the step-through method, holding a bow, drawing and anchoring, aiming and holding, releasing and follow through, execute accuracy and consistently by hitting a general area 4 out of 6, recognize and describe the opportunities to pursue archery in their local community.

Core Aims

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time

Pupils should be taught:

Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.



- engage in competitive sports and activities
- lead healthy, active lives.

Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending
- use compositional skills to create and perform a range of movement patterns
- solve problems and overcome challenges both as an individual and within a team
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Evaluating and improving performance

- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
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Knowledge and understanding of fitness and health

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Expectations

Children can:

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Terminology:

Aim: to place the arrow up over a particular point

Alignment: the relationship of the trunk and the arms

Anchor: to draw the bowstring to the anchor point

Anchor Point: a fixed position against the body to which the draw hand is brought

Arm Guard: a piece of leather or plastic placed on the inside forearm of the bow arm to protect it from a slap of the bowstring upon release

Arrow Rest: a projection from the bow window, above the arrow shelf, on which the arrow lies when drawn

Arrow Shelf: a horizontal projection at the bottom of the bow window on which the arrow can lie in the absence of an arrow rest

Dominant Eye: the eye preferred by an archer for sighting or visually fixating on an object

End: a series of 3 or 6 arrows for each archer

Follow-through: the archer's position after release of the arrow

Gold: an arrow that lands in the centre of the target. The outer portion of the gold is worth 9 points; inner portion is worth 10

Nock: a removable piece of plastic on the end of the arrow with a slit for the bowstring

Nocking: placing the arrow on the bowstring in preparation

Push-Pull Draw: a method of reaching full draw by pushing the bent bow arm away from the body while the string hand draws the string

Release: letting go of the bowstring by opening the finger hook

Round: a series of ends- the total number of arrows that each archer shoots in the competition



Manor Primary School PE Year 4 – Athletics

Overview of the Learning:

In this unit children will explore running, jumping and throwing activities, and take part in simple challenges and competitions, (including sports day). They experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance.

As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.

Core Aims

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Pupils should be taught:

Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.

Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending



- use compositional skills to create and perform a range of movement patterns
- solve problems and overcome challenges both as an individual and within a team

Evaluating and improving performance

- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
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Manor Primary School

PE Year 4 – Outdoor and adventure – orienteering

Overview of the Learning:

In this unit children will be set physical challenges and problems to solve, and work on their own and in small groups. They will take part in simple orientation activities using maps and diagrams. In outdoor and adventurous activities as a whole, children follow maps and trails, try to solve physical problems and challenges, and learn how to work safely in a range of situations.

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Pupils should be taught:

Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.

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<p>Expectations Children can:</p> <ul style="list-style-type: none"> ▪ 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. ▪ enjoy communicating, collaborating and competing with each other. ▪ develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. ▪ develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. ▪ engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. ▪ 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. 	

Manor Primary School
PE Year 4 – striking and fielding – Quicksticks

<p>Overview of the Learning:</p> <p>In this unit children will learn simple attacking tactics through the game of quicksticks and start to think about how to organise themselves to defend their goals. They start by playing small, uneven-sided games, and move on to even-sided games. In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.</p>	
<p>Core Aims</p> <ul style="list-style-type: none"> ▪ develop competence to excel in a broad range of physical activities 	<p>Pupils should be taught:</p> <p><u>Acquiring and developing skills</u></p>



<ul style="list-style-type: none"> ▪ are physically active for sustained periods of time ▪ engage in competitive sports and activities ▪ lead healthy, active lives. 	<ul style="list-style-type: none"> ▪ apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength. <p><u>Selecting and applying skills, tactics and compositional ideas</u></p> <ul style="list-style-type: none"> ▪ apply basic principles suitable for attacking and defending ▪ use compositional skills to create and perform a range of movement patterns ▪ solve problems and overcome challenges both as an individual and within a team <p><u>Evaluating and improving performance</u></p> <ul style="list-style-type: none"> ▪ develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success ▪ compare their performance with previous ones and demonstrate improvement in order to achieve their personal best <p><u>Knowledge and understanding of fitness and health</u></p> <ul style="list-style-type: none"> ▪ be physically active for sustained periods of time ▪ develop flexibility, strength, stamina to be able to play in games, take part in performances, overcome challenges and achieve personal bests ▪
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- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Manor Primary School PE Year 4 – Rounders

Overview of the Learning:

In this unit children will children develop the range and quality of their skills and understanding. They learn how to play the different roles of bowler, backstop, fielder and batter. In all games activities, children have to think about how they use skills, strategies and tactics to outwit the opposition. In striking and fielding games, players achieve this by striking a ball and trying to deceive or avoid fielders, so that they can run around bases to score runs. When fielding, they try to prevent runs or points being scored.

Core Aims

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Acquiring and developing skills

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Selecting and applying skills, tactics and compositional ideas

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PE Year 4 – Tennis

Overview of the Learning:

In this unit children will learn about the importance of being active when learning the basic skills in tennis. They will also learn to work as part of a team and to cooperate with others when working in pairs. They will develop skills in working within a given space and how to use a ball and racket correctly. The main teaching points will appear on the interactive DVD for children to refer to in all parts of the lesson. Each lesson includes a warm-up, agility, balance and coordination skills, a main theme and a game. They will also learn why we need to warm up before exercise and cool down afterwards and how to do this safely.

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- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Year 4 – Tri golf

Overview of the Learning:

In this unit children will develop the range and quality of their skills and understanding. They learn how to play the different strokes involved in tri golf.

In all games activities, children have to think about how they use skills, strategies and tactics to outwit the opposition. In striking and fielding games, players achieve this by striking a ball to reach a target.

Core Aims

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities

Pupils should be taught:

Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.



- lead healthy, active lives.

Selecting and applying skills, tactics and compositional ideas

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