

Tickhill Estfeld School
Year 4: PE - Teaching Sequence 2022-23

Year 4				
Autumn Term 1			Autumn Term 2	
Lesson	Football	Gymnastics	Netball	Dance
1	<p>LO: To develop controlling the ball and dribbling under pressure</p> <p>SC: Send the ball ahead of you whilst dribbling so that you can run with it</p> <p>Use all parts of your feet to control the ball</p>	<p>LO: To develop individual balances and revise small, medium and large bases.</p> <p>SC: Strong body tension will help you to hold balances with increased control</p>	<p>LO: To develop passing and moving and play within the footwork rule</p> <p>SC: Do not lift your landing foot and place it back down. This is known as footwork</p>	<p>LO: Theme: The Spy - To copy and create actions in response to an idea and be able to adapt this using changes of space</p> <p>SC: Change the direction or pathway of your actions to make your performance look interesting.</p>
2	<p>LO: To develop passing to a teammate</p> <p>SC: Finish with the inside of your kicking foot pointing towards your target</p> <p>The ball should start slightly in front of you</p> <p>Use your arms to balance your body when trying to kick</p>	<p>LO: To develop partner balances - simple level one balances.</p> <p>SC: Strong body tension will help you to hold balances with increased control</p>	<p>LO: To develop passing and moving towards a goal</p> <p>SC: Pass and then move towards your goal</p> <p>Use a shoulder pass to pass over longer distances</p>	<p>LO: Theme: The Spy - To choose actions which relate to the theme</p> <p>SC: Choose actions that represent the character</p> <p>One movement impacts another</p>
3	<p>LO: To be able to control the ball with different parts of the body</p>	<p>LO: To develop partner balances - more advanced balances (level 2 / 3), taking weight of partner.</p>	<p>LO: To develop movement skills to lose a defender</p> <p>SC: Change direction and speed to lose the defender</p>	<p>LO: Theme: The Spy - To develop a dance using matching and mirroring</p>

	<p>SC: Use the first touch to cushion the ball and take the power out of it</p>	<p>SC: Strong body tension will help you to hold balances with increased control</p>	<p>Move again if you have not lost the driver</p>	<p>SC: Assign actions to counts to help you to create your dance</p> <p>Talk through and share your ideas with your partner</p>
4	<p>LO: To develop changing the direction with the ball using an inside/outside hook</p> <p>SC: Accelerate out of the change of direction into space</p>	<p>LO: To develop control in performing and landing rotation jumps</p> <p>SC: Bend your knees when landing</p> <p>Land using a landing position with arms straight ahead</p> <p>Look forward to help maintain balance</p>	<p>LO: To be able to defend an opponent and try to win the ball</p> <p>SC: Ensure you can see the attacker and the ball</p> <p>Stay close to the attacker</p> <p>Stay in between the attacker and the ball</p>	<p>LO: Theme: Carnival - To learn and create dance moves in the theme of carnival</p> <p>SC: Count with your partner to accurately copy the set choreography</p> <p>Perform the actions to the fast samba beat showing good timing and rhythm</p>
5	<p>LO: To jockey/track an opponent</p> <p>SC: Try to slow your opponent down by moving slowly backwards in the direction that they are moving</p>	<p>LO: To develop the straight, barrel, forward and straddle roll</p> <p>SC: Keep good body tension throughout your roll</p>	<p>LO: To develop the shooting action</p> <p>SC: Begin with your feet shoulder width apart</p> <p>Hold the ball high above your head</p>	<p>LO: Theme: Carnival - To develop a carnival dance using formations, canon and unison</p> <p>SC: Consider how the actions are performed</p> <p>Count with your partner to accurately copy the set choreography</p> <p>Use changes in group formation and timing to make your dance look interesting</p>

6	<p>LO: To be able to apply the rules and tactics you have learnt to play in a football tournament</p> <p>SC: Encourage others in your team and congratulate your opponents</p> <p>In between matches discuss with your team how to improve your next match</p>	<p>LO: To develop the straight, barrel, forward and straddle roll</p> <p>SC: Think where the momentum is coming from for each roll and remember to use it e.g. legs in a forward roll and stomach in a straight roll</p>	<p>LO: To develop playing using netball rules</p> <p>SC: Call when you are free to receive a pass</p> <p>Move into space near to your goal</p> <p>Use the netball rules: contact, obstruction, held ball, footwork</p>	<p>LO: Theme: Carnival - To develop a dance phrase and perform as part of a class performance</p> <p>SC: Perform the actions to the fast samba beat showing good timing and rhythm</p> <p>Talk through and share your ideas with a partner</p>
	Spring Term 1		Spring Term 2	
	Athletics	Gymnastics (2)	Basketball	Dance (2)
1	<p>LO: To develop stamina and an understanding of speed and pace in relation to distance</p> <p>SC: Run at a pace that you can maintain</p> <p>Run faster at the end of the race</p> <p>Run with fluency and coordination alternating your arms and legs</p>	<p>LO: To develop strength in inverted movements</p> <p>SC: Use body tension to improve the control of your body</p>	<p>LO: To develop the attacking skill of dribbling.</p> <p>SC: I am learning the rules of the game and am beginning to use them honestly.</p>	<p>LO: Theme: States of Matter - To understand how dynamics, space and relationships can be used to represent a state of matter</p> <p>SC: Choose actions that represent each state of matter</p> <p>Consider how the actions are performed</p>
2	<p>LO: To develop power and speed in the sprinting technique</p> <p>SC: Elbows bent at 90 degrees</p>	<p>LO: To be able to create a partner sequence to include small apparatus</p> <p>SC: Make the performance interesting by using different shapes, levels and pathways.</p>	<p>LO: To use protective dribbling against an opponent.</p> <p>SC: I am beginning to use simple tactics.</p>	<p>LO: Theme: States of Matter - To use actions, dynamics, space and relationships to represent a states of matter</p>

	<p>Ruth with fluency and coordination alternating your arms and legs</p> <p>Spring on the balls of your feet moving your hands from pocket to mouth</p>	<p>Use a starting and finishing position</p>		<p>SC: Choose actions that represent each state of matter</p> <p>Consider how the actions are performed and where and when you dance in relation to others</p>
3	<p>LO: To develop technique when jumping for distance</p> <p>SC: Jump with control and balance by bending your knees</p> <p>Keep looking straight ahead when you jump</p>	<p>LO: To be able to create a partner sequence to include small apparatus</p> <p>SC: Make the performance interesting by using different shapes, levels and pathways.</p> <p>Use a starting and finishing position</p>	<p>LO: To develop the bounce and chest pass and begin to recognise when to use them.</p> <p>SC: I can provide feedback using key words. I can dribble, pass, shoot and receive the ball with some control</p>	<p>LO: Theme: States of Matter - To order and structure phrases to create a dance performance.</p> <p>SC: Change level, direction, speed, timing to make actions more interesting</p> <p>Consider how the actions are performed and where and when you dance in relation to others</p>
4	<p>LO: To develop power and technique when throwing for distance</p> <p>SC: Create power in your throw by transferring your weight from your back to your front leg</p> <p>Strength and speed produce power</p>	<p>LO: To be able to perform a range of simple movements on the large apparatus - focus - balance.</p> <p>SC: Work collaboratively to put out the large apparatus.</p> <p>Understand how to use each piece of apparatus safely.</p> <p>Apply learning about balance to the large apparatus. Strong</p>	<p>LO: To develop tracking and defending an opponent.</p> <p>SC: I can track an opponent to slow them down.</p>	<p>LO: Theme: The Twist - To copy and repeat a set phrase of movement in a 1960s theme showing energy and rhythm</p> <p>SC: Exaggerate your arm and leg actions in the twist moves</p> <p>Use counting in your head to keep in time with the music</p>

		body tension will help you to hold balances with increased control		
5	<p>LO: To develop a pull throw for distance and accuracy</p> <p>SC: Begin with a straight arm</p> <p>Create power in your throw by transferring your weight from your back to your front leg</p> <p>Point the javelin tip slightly up</p>	<p>LO: To be able to perform a range of simple movements on the large apparatus - focus - jumps.</p> <p>SC: Work collaboratively to put out the large apparatus.</p> <p>Understand how to use each piece of apparatus safely.</p> <p>Apply learning about balance to the large apparatus. Bend your knees when landing. Land using a landing position with arms straight ahead. Look forward to help maintain balance.</p>	<p>LO: To develop the technique for the set shot.</p> <p>SC: I can find space away from others and near to my goal.</p>	<p>LO: Theme: The Twist - To learn and perform a partner dance in a 1960s style</p> <p>SC: Choose actions that both you and your partner can perform with control</p> <p>When matching your partner try and move to the beat at the same time</p>
6	<p>LO: To develop officiating and performing skills</p> <p>SC: Measure from the start line to where the object or performer first lands</p>	<p>LO: To be able to perform a simple sequence of movements on the large apparatus - focus - 2 x balance, travel along the apparatus, jump to finish.</p> <p>SC: Work collaboratively to put out the large apparatus.</p> <p>Understand how to use each piece of apparatus safely.</p>	<p>LO: To be able to apply the skills, rules and tactics you have learnt to a mini tournament.</p> <p>SC: I understand my role as an attacker and as a defender</p> <p>I work co-operatively with my group to self-manage games.</p>	<p>LO: Theme: The Twist - To develop my own 1960s inspired dance using changes in relationships</p> <p>SC: Exaggerate your arm and leg actions in the twist moves</p> <p>Use counting in your head to keep in time with the music</p>

		<p>Make the performance interesting by using different shapes, levels and pathways.</p> <p>Use a starting and finishing position</p>		
	Summer Term 1		Summer Term 2	
	Rounders	Tennis	Cricket	Orienteering
1	<p>LO: To play different roles in a game and begin to think tactically about each role</p> <p>SC: I am learning the rules of the game and I am beginning to use them.</p>	<p>LO: To develop hitting the ball using a forehand</p> <p>SC: Hit the ball when the racket face is facing your partner</p> <p>The racket starts low with one hand and finishes high over your opposite shoulder with two hands</p>	<p>LO: To develop overarm throwing and catching.</p> <p>SC: I am learning the rules of the game and I am beginning to use them honestly.</p>	<p>LO: To develop co-operation and teamwork skills.</p> <p>SC: Share and listen to ideas in your team.</p> <p>Think about your role in supporting other team members.</p>
2	<p>LO: To develop the bowling action and learn the rules of bowling</p> <p>SC: I am able to bowl a ball towards a target</p>	<p>LO: To develop returning the ball using a forehand</p> <p>SC: As the ball approaches, move your feet to get in line with it</p> <p>Start in the ready position</p>	<p>LO: To develop underarm bowling.</p> <p>SC: I am able to bowl a ball towards a target.</p> <p>I can use overarm and underarm throwing and catching skills.</p>	<p>LO: To be able to orientate a map and navigate around a grid.</p> <p>SC: Look carefully at the map to ensure you follow the directions.</p> <p>Move your map so that it is facing the same direction as you.</p>
3	<p>LO: To run around the outside of the bases and make</p>	<p>LO: To develop the backhand and understand when to use it</p>	<p>LO: To learn how to grip the bat and develop batting technique.</p>	<p>LO: To develop trust and teamwork whilst listening to</p>

	<p>decisions about when to stop and when to run</p> <p>SC: I am developing an understanding of tactics and I am beginning to use them in game situations</p>	<p>SC: Contact the ball when your racket face is facing your target</p> <p>Turn sideways so that your dominant arm is closest to the net</p>	<p>SC: I am beginning to strike a bowled ball after a bounce.</p>	<p>others and following instructions.</p> <p>SC: Be clear and descriptive with your instructions.</p> <p>Use key vocabulary to help your team.</p>
4	<p>LO: To field a ball using a two-handed pick and a shot barrier</p> <p>SC: I can use overarm and underarm throwing and catching skills</p>	<p>LO: To work co-operatively with a partner to keep a continuous rally going</p> <p>SC: Hit the ball away from your opponent to make it hard for them to return it</p> <p>Move your feet to the ball and then return to the ready position</p>	<p>LO: To be able to field a ball using a two-handed pick up and a short barrier.</p> <p>SC: I can persevere when learning a new skill.</p>	<p>LO: To practise for sports day.</p> <p>SC: Feel confident in starting positions and skills needed for race / activity.</p>
5	<p>LO: To develop batting technique and an understanding of where to hit the ball</p> <p>SC: I am beginning to strike a bowled ball</p>	<p>LO: To use simple tactics in a game to outwit an opponent</p> <p>SC: Cover space on the court between you and your partner</p> <p>Hit the ball away from your opponent to make it hard for them to return it</p>	<p>LO: To develop overarm bowling technique.</p> <p>SC: I can provide feedback using key words.</p>	<p>LO: To practise for sports day.</p> <p>SC: Feel confident in starting positions and skills needed for race / activity.</p>
6	<p>LO: To apply skills and rules learnt to play rounders</p> <p>SC: I can provide feedback using key words</p>	<p>LO: To demonstrate honesty and fair play when competing against others</p>	<p>LO: To play skills learnt to mini cricket.</p>	<p>LO: To develop trust whilst listening to others and following instructions.</p>

	<p>I work co-operatively with my group to self-manage games</p>	<p>SC: Agree the score after each point</p> <p>Shake hands with your opponent at the end of each game</p>	<p>SC: I work co-operatively with my group to self-manage games.</p> <p>I am developing an understanding of tactics and I am beginning to use them in game situations.</p>	<p>SC: Listen carefully to your team members.</p> <p>Share your ideas with your team.</p> <p>Think about your role in supporting other team members.</p>
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