

## Long Term Plan: Physical Education Key Stage 2 / Year 4



<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<p><b>Gymnastics: Balance and Flight</b> Pupils practise balances in various positions with a partner (plank, linked one leg, partner balance) before applying their skills in sequences. Pupils practise a range of jumps (scissor, stag, arch, ring) before incorporating apparatus to add into their routine.</p> <p><b>Invasion Games: Tag Rugby</b> Pupils practise performing passing, using footwork to dodge opponents and ball handling skills in rugby. They will develop their attacking and defending tactics and decision making to use in small sided game situations</p>	<p><b>Dance</b> Pupils explore dance artistry working individually and in a group. The pupils focus on creating a repeated longer performance with clear shapes and controlled movements.</p> <p><b>Fitness</b> During this unit pupils will describe how and why their body changes during and after exercise and explain why we need to warm up and cool down. They will be able to feel their pulse and record their heart rate. They will take part in numerous fitness activities including a circuit</p>	<p><b>Athletics</b> Pupils develop sprinting techniques and learn to pace themselves over longer distances. They practise throwing the javelin and shot put with a good technique, jump for distance and compete in competitive situations.</p> <p><b>Footwork and jumping skills</b> Pupils will move with fluent and smooth movements. They will use good jumping and landing techniques and begin to apply these when playing a game. They will select the appropriate jump for different game situations.</p>
<p><b>Invasion Games: Football</b> During this unit pupils will dribble a football keeping the ball under control using different parts of their foot. They will pass a ball using the inside of their foot and pass the ball when under pressure. They will begin to play small sided games of football.</p> <p><b>Coordination &amp; Agility (S&amp;R, Reaction and response)</b> Pupils will select and apply a range of skills with control and consistency. They will apply sending</p>	<p><b>Net and wall games: Tennis</b> Pupils explore net and wall games through tennis. They focus on basic handling of the racket, specifically holding accurately for a forehand shot, before using this in play. The pupils progress to hold accurately for a backhand shot and use this in play.</p> <p><b>Net and wall games: Badminton</b> Pupils will know the correct way to hold a badminton racket and play a successful clear shot. They will develop their shot playing by playing a</p>	<p><b>Striking and Fielding: Rounders</b> Pupils explore striking and fielding through a range of activities. They explore the basics of fielding and ball handling with a focus on throwing and catching the ball with accuracy. Pupils develop their batting and bowling skills focusing on gripping the ball properly and incorporate fielding skills. Pupils practise the skills learnt in a game situation.</p> <p><b>Coordination &amp; Agility (Ball chasing &amp; Ball Skills)</b> Pupils will use ball skills effectively when playing a</p>

and receiving skills to game situations successfully. In isolation and game they will use their reaction skills successfully.

drive and drop shot and serving towards an opponent. They will be able to rally with an opponent.

game keeping the ball under control and moving it quickly. They will accelerate with speed to stop a ball in a controlled position and use their ball stopping skills in games. Finally they will apply a stance position in a number of games effectively.