



THE SULTAN'S SCHOOL

YEAR 4 - MEDIUM TERM PLANNING 2021-2022

PRIMARY PHYSICAL EDUCATION DEPARTMENT

Mrs. Sarnel

The Sultan's School Year 4 Medium Term Curriculum plan for P.E.

Block	Unit/Strand	Key Targets and Learning Objectives	Activities	Key vocabulary
1	Health & well being	<ul style="list-style-type: none"> • Increase physical activity following a long period of inactivity • Improve mental, emotional & social wellbeing following a long period of isolation • Improve awareness of healthy habits, including nutrition, hydration and sleep 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p><u>Outdoor Adventurous Activities:</u></p> <ul style="list-style-type: none"> • Walking/ Jogging (Step challenge) • Scavenger hunts (various themes) <p><u>Health & Wellbeing areas of focus (discussion time built into lessons):</u></p> <ul style="list-style-type: none"> • Physical activity & fitness <ul style="list-style-type: none"> ○ Understand the importance of staying physically active • Diet, Hydration & Sleep <ul style="list-style-type: none"> ○ What does a healthy and balanced diet look like? • Mental & emotional wellbeing <ul style="list-style-type: none"> ○ The importance of treating others with care and respect • Social wellbeing <ul style="list-style-type: none"> ○ Listening to and valuing others opinions 	Health Fitness Physical Activity Wellbeing Physical Mental Social Emotional Feelings Happiness Sad Frustration Care Respect Diet Hydration Sleep Healthy habits
	Gymnastics	<ul style="list-style-type: none"> • Pupils will replicate and improve the quality of their actions, body shapes and balances, and their ability to link phrases of movement both on the floor and when using apparatus. • Pupils will incorporate control and levels into sequences showing 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Shapes</p> <p>Rotation</p> <p>Development of sequences</p> <p>Balances</p>	Points Patches 8 Basic Shapes Tuck Puck Straddle Straight Arch Dish Pike

		<ul style="list-style-type: none"> creativity. Student will begin to describe and evaluate the effectiveness and quality of a performance. Pupils will progressively learn how to lay out apparatus safely. 	Travelling	Star Twist/turn Rotate Linking Sequencing Travelling Creative
	Net Games Catchball	<ul style="list-style-type: none"> Students will focus on developing movement on court, linking skills together to form a rally. The students will learn basic attacking and defending strategies and techniques. Students will select and apply their skills so that they can carry out basic tactics with the intention of outwitting their opponents. Students will highlight strength and weakness and improve on the weaknesses in order to improve. 	Throughout this unit of work the areas of focus within lessons are: Ball familiarisation & Ready position Footwork and movement Catching & throwing (Volleying and digging) Game play Rules and scoring	Volley Dig sending, receiving anticipation scoring. Ready position Stance movement preparation Teamwork Communication
	Athletics	<ul style="list-style-type: none"> In this unit pupils will be introduced to the concept of throwing for distance using a range of objects, jumping for distance and with accuracy. Pupils will accurately replicate running challenges and competitions that require both speed and stamina. In all athletic activity, pupils will engage in performing 	Throughout this unit of work the areas of focus within lessons are: Sprint Running Running (Relays) Jumping- Long jump Jumping - High Jump Throwing - Tennis Ball Throw	Running, jumping, throwing stance Stamina Speed Baton and exchange Scissor kick Take off and landing reaction

2		<p>skills, measuring and recording their own performance.</p> <ul style="list-style-type: none"> • Pupils will develop the ability follow safety procedures and handle equipment correctly. 	<p>Long Distance Run</p>	
	Racquet Games	<ul style="list-style-type: none"> • In this unit pupils will accurately replicate sending and receiving technique. • Pupils will work on improving the quality of their skills with the intention of outwitting opponents. • In net games, it is the players aim to get the ball to land in the target area so that the opponent cannot return it. • Pupil should begin to accurately score and officiate games of tennis to develop an attitude of fair play and sportsmanship. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Racket & Ball familiarisation</p> <p style="text-align: center;">Forehand - Striking</p> <p style="text-align: center;">Volleying</p> <p style="text-align: center;">Game play</p> <p style="text-align: center;">Rules and scoring</p>	<p>Forehand sending, receiving anticipation scoring. Ready position Grip Stance movement preparation</p>

3	Cross Country	<ul style="list-style-type: none"> • Students will focus on developing their personal running technique, • Look at basic tactics and strategy in order to pace themselves and complete the race to the best of their ability • Students will refine and apply their knowledge across a series of weeks so that they can improve on personal best times and positions within the year group. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Running Technique</p> <p>Pacing</p> <p>Tactics and Strategies</p> <p>Stamina</p>	<p>Pacing Strategy Technique Stamina Fitness Oxygen</p>
	Football	<ul style="list-style-type: none"> • Pupils will focus on developing basic passing skills for football. • To develop ball control and familiarity whilst both stationary and moving. • Understand concept and importance of space. • To understand the effect of exercise and develop an attitude of fair play, sportsmanship and enjoyment. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Ball familiarisation</p> <p>Short passing</p> <p>Dribbling and movement</p> <p>Striking and long passing</p> <p>Conditioned games</p>	<p>Control Passing Receiving Positioning Attacking Defending Space Movement Pressure Accuracy Sportsmanship Fair play</p>
	<p>Benchball</p> <p>is used to develop ball skills and spatial awareness, and is an excellent progression to both netball and basketball.</p>	<ul style="list-style-type: none"> • Pupils will focus on developing game play with some fluency and accuracy, • Use a range of throwing and catching techniques. • In all games activities, pupils will find ways of attacking successfully. • Use a variety of simple tactics for attacking well, 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Ball Familiarisation</p> <p>Travelling with a ball</p> <p>Movement skills</p> <p>Attacking skills</p>	<p>Attacking Defending Passing Chest Pass Bounce Pass team play team positions creating space</p>

4		<p>keeping possession of the ball as a team, and getting into positions to score.</p> <ul style="list-style-type: none"> • Will begin to watch and describe others' performances, as well as their own, and suggest basic ways to improve. • To keep and run a game using a set of rules. 	Competitive game situations	
	<p>Striking and Fielding</p>	<ul style="list-style-type: none"> • Pupils will develop the range and consistency of their striking skills. • Pupils will work on aiming for space to outwitting opponents. • To implement simple tactics to form an striking and fielding principle. • To develop an attitude of fair play, sportsmanship and enjoyment. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Catching and throwing skills</p> <p>Fielding</p> <p>Game play</p> <p>Striking</p> <p>Tactics</p>	<p>Accuracy</p> <p>Aiming</p> <p>Stance</p> <p>Space</p> <p>Grip</p> <p>Preparation</p> <p>Tactics</p> <p>Sportsmanship</p> <p>Teamwork</p>
	<p>Team games & Problem solving</p>	<ul style="list-style-type: none"> • During the last few lessons Pupils will undertake a variety of challenges and tasks based around teamwork and problem solving. • They will also play in a variety of small tournaments to provide an opportunity to recap and perform the skills they have learnt this year. • students will learn skills and strategies associated with unihoc/basketball • Pupils will focus on improving 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Team Work</p> <p>Logical thinking</p> <p>Competition</p> <p>Passing (Sending)</p> <p>Catching (Receiving)</p> <p>Movement</p>	<p>Team work</p> <p>Problem solving</p> <p>Leadership</p> <p>Collaborating</p> <p>Movement</p> <p>Control</p> <p>Space</p> <p>Tactics</p> <p>Attacking</p> <p>Defending</p> <p>Positioning</p>

5		<p>the skills of sending, receiving,</p> <ul style="list-style-type: none"> • skills aim to increase self confidence and participation in physical activity. • Pupils will develop the ability follow safety procedures and handle equipment correctly. 	<p>Game play</p> <p>Rules & Scoring</p>	
	<p>Swimming</p>	<ul style="list-style-type: none"> • Students will develop swimming skills in line with the Level 1 swimming assessment Criteria 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Submerge face in water & retrieve objects</p> <p>Float (star & tuck)</p> <p>Push & Glide start on front/Back</p> <p>Travel on front and back using floating device (front crawl kick & backstroke kick)</p> <p>Front crawl arm action and breathing</p> <p>Pencil jump, twist and exit pool without support</p>	<p>Body position</p> <p>Breathing</p> <p>Inhale</p> <p>Exhale</p> <p>Dive</p> <p>Bubbles</p> <p>Kicking</p> <p>Floating</p>