



## TSS Primary PE MTP 2022-2023

### Year 4

Strand	Key Targets and Learning Objectives	Key Activities	Key Vocabulary
Block 1 & 6			
Invasion games Boys	<ul style="list-style-type: none"><li>Pupils will focus on developing game play with some fluency and accuracy,</li><li>Use a range of throwing and catching techniques.</li><li>In all games activities, pupils will find ways of attacking successfully.</li><li>Use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score.</li><li>Will begin to watch and describe others' performances, as well as their own, and suggest basic ways to improve.</li><li>To keep and run a game using a set of rules.</li></ul>	<ul style="list-style-type: none"><li>Throughout this unit of work the areas of focus within lessons are:</li><li>Ball Familiarisation</li><li>Travelling with a ball</li><li>Movement skills</li><li>Attacking skills</li><li>Competitive game situations</li></ul>	<ul style="list-style-type: none"><li>Attacking</li><li>Defending</li><li>Passing</li><li>Chest Pass</li><li>Bounce Pass</li><li>team play</li><li>team positions</li><li>creating space</li></ul>
Swimming Girls	<ul style="list-style-type: none"><li>Students will develop swimming skills in line with the Level 4 swimming assessment Criteria</li></ul>	<ul style="list-style-type: none"><li>Throughout this unit of work the areas of focus within lessons are:</li><li>Perform a sequence of changing shapes minimum of 3 whilst floating on the surface</li><li>Push &amp; glide from wall towards the surface</li><li>Push &amp; Glide start on front &amp; back arms extended 10m</li><li>Travel on front 5m using front crawl</li><li>Travel on back 5m using backstroke type action</li><li>Travel on front 5m using breaststroke type action</li><li>Perform a headfirst sculling action for 5m in a flat position on the back</li><li>Perform 3 different type jumps into deep water</li><li>Survival float (sculling) 30s</li></ul>	<ul style="list-style-type: none"><li>Body position</li><li>Breathing</li><li>Inhale</li><li>Exhale</li><li>Dive</li><li>Bubbles</li><li>Kicking</li><li>Floating</li></ul>
Block 2			
Athletics & Cross Country	<b>Athletics</b> <ul style="list-style-type: none"><li>In this unit pupils will be introduced to the concept of throwing for distance using a range of objects,</li><li>jumping for distance and with accuracy.</li></ul>	<ul style="list-style-type: none"><li>Throughout this Athletics unit of work the areas of focus within lessons are:</li><li>75m Sprint</li></ul>	<ul style="list-style-type: none"><li>Running,</li><li>jumping,</li><li>throwing</li><li>stance</li></ul>



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	<ul style="list-style-type: none"><li>• Pupils will accurately replicate running challenges and competitions that require both speed and stamina.</li><li>• In all athletic activity, pupils will engage in performing skills, measuring, and recording their own performance.</li><li>• Pupils will develop the ability follow safety procedures and handle equipment correctly.</li></ul> <p><b>Cross Country</b></p> <ul style="list-style-type: none"><li>• Students will focus on developing their personal running technique,</li><li>• Look at basic tactics and strategy to pace themselves and complete the race to the best of their ability</li><li>• 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.</li></ul>	<ul style="list-style-type: none"><li>• Long Jump</li><li>• High Jump</li><li>• Tennis Ball throw</li><li>• 8x50m Relay around the track</li><li>• Team Endurance</li><li>• Turbo Javelin (small)</li></ul> <p>• Throughout this Cross country unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"><li>• Running Technique</li><li>• Pacing</li><li>• Tactics and Strategies</li><li>• Stamina</li></ul>	<ul style="list-style-type: none"><li>• Stamina</li><li>• Speed</li><li>• Baton and exchange</li><li>• Scissor kick</li><li>• Take-off and landing</li><li>• reaction</li><li>• Pacing</li><li>• Strategy</li><li>• Technique</li><li>• Stamina</li><li>• Fitness</li><li>• Oxygen</li></ul>
<b>Block 3 &amp; 4</b>			
<b>Striking &amp; fielding Girls</b>	<ul style="list-style-type: none"><li>• Pupils will develop the range and consistency of their striking skills.</li><li>• Pupils will work on aiming for space to outwitting opponents.</li><li>• To implement simple tactics to form an striking and fielding principle.</li><li>• To develop an attitude of fair play, sportsmanship and enjoyment.</li></ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"><li>• Catching and throwing skills</li><li>• Fielding</li><li>• Game play</li><li>• Striking</li><li>• Tactics</li></ul>	<ul style="list-style-type: none"><li>• Accuracy</li><li>• Aiming</li><li>• Stance</li><li>• Space</li><li>• Grip</li><li>• Preparation</li><li>• Tactics</li><li>• Sportsmanship</li><li>• Teamwork</li></ul>
<b>Net &amp; wall games boys</b>	<ul style="list-style-type: none"><li>• Students will focus on developing movement on court, linking skills together to form a rally.</li><li>• The students will learn basic attacking and defending strategies and techniques.</li><li>• Students will select and apply their skills so that they can carry out basic tactics with the intention of outwitting their opponents.</li><li>• Students will highlight strength and weakness and improve on the weaknesses to improve.</li></ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"><li>• Ball familiarisation &amp; Ready position</li><li>• Footwork and movement</li><li>• Catching &amp; throwing (Volleying and digging)</li><li>• Game play</li><li>• Rules and scoring</li></ul>	<ul style="list-style-type: none"><li>• Volley</li><li>• Dig</li><li>• sending,</li><li>• receiving</li><li>• anticipation</li><li>• scoring.</li><li>• Ready position</li><li>• Stance</li></ul>



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			<ul style="list-style-type: none"><li>• movement</li><li>• preparation</li><li>• Teamwork</li><li>• Communication</li></ul>
<b>Block 5</b>			
<b>Gymnastics</b>	<ul style="list-style-type: none"><li>• 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.</li><li>• Pupils will incorporate control and levels into sequences showing creativity.</li><li>• Student will begin to describe and evaluate the effectiveness and quality of a performance.</li><li>• Pupils will progressively learn how to lay out apparatus safely.</li></ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"><li>• Shapes</li><li>• Rotation</li><li>• Development of sequences</li><li>• Balances</li><li>• Travelling</li></ul>	<ul style="list-style-type: none"><li>• Points</li><li>• Patches</li><li>• 8 Basic Shapes</li><li>• Tuck</li><li>• Puck</li><li>• Straddle</li><li>• Straight</li><li>• Arch</li><li>• Dish</li><li>• Pike</li><li>• Star</li><li>• Twist/turn</li><li>• Rotate</li><li>• Linking</li><li>• Sequencing</li><li>• Travelling</li><li>• Creative</li></ul>