



TSS Primary PE MTP 2023-2024 Year 4

Strand	Key Targets and Learning Objectives	Key Activities	Key Vocabulary
Block 1			
Invasion games Boys	<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, keeping possession of the ball as a team, and getting into positions to score. 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. 	<ul style="list-style-type: none"> Throughout this unit of work the areas of focus within lessons are: Ball Familiarisation Travelling with a ball Movement skills Attacking skills Competitive game situations 	<ul style="list-style-type: none"> Attacking Defending Passing Chest Pass Bounce Pass team play team positions creating space
Swimming Girls	<ul style="list-style-type: none"> Students will develop swimming skills in line with the Level 4 swimming assessment Criteria 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> Perform a sequence of changing shapes minimum of 3 whilst floating on the surface Push & glide from wall towards the surface Push & Glide start on front & back arms extended 10m Travel on front 5m using front crawl Travel on back 5m using backstroke type action Travel on front 5m using breaststroke type action Perform a headfirst sculling action for 5m in a flat position on the back Perform 3 different type jumps into deep water Survival float (sculling) 30s 	<ul style="list-style-type: none"> Body position Breathing Inhale Exhale Dive Bubbles Kicking Floating
Block 2			



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Athletics & Cross Country	<p>Athletics</p> <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 skills, measuring, and recording their own performance. • Pupils will develop the ability follow safety procedures and handle equipment correctly. <p>Cross Country</p> <ul style="list-style-type: none"> • Students will focus on developing their personal running technique, • Look at basic tactics and strategy 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. 	<ul style="list-style-type: none"> • Throughout this Athletics unit of work the areas of focus within lessons are: • 75m Sprint • Long Jump • High Jump • Tennis Ball throw • 8x50m Relay around the track • Team Endurance • Turbo Javelin (small) • Throughout this Cross country unit of work the areas of focus within lessons are: • Running Technique • Pacing • Tactics and Strategies • Stamina 	<ul style="list-style-type: none"> • Running, • jumping, • throwing • stance • Stamina • Speed • Baton and exchange • Scissor kick • Take-off and landing • reaction • Pacing • Strategy • Technique • Stamina • Fitness • Oxygen
Block 3			
Striking fielding boys	<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 develop an attitude of fair play, sportsmanship and enjoyment. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> • Catching and throwing skills • Fielding • Game play • Striking • Tactics 	<ul style="list-style-type: none"> • Accuracy • Aiming • Stance • Space • Grip • Preparation • Tactics • Sportsmanship • Teamwork
Net & wall Girls	<ul style="list-style-type: none"> • Students will focus on developing movement on court, linking skills together to form a rally. 	<p>Throughout this unit of work the areas of focus within lessons are:</p>	<ul style="list-style-type: none"> • Volley • Dig



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	<ul style="list-style-type: none"> • 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 to improve. 	<ul style="list-style-type: none"> • Ball familiarisation & Ready position • Footwork and movement • Catching & throwing (Volleying and digging) • Game play • Rules and scoring 	<ul style="list-style-type: none"> • sending, • receiving • anticipation • scoring. • Ready position • Stance • movement • preparation • Teamwork • Communication
Block 4			
Striking fielding Girls	<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 develop an attitude of fair play, sportsmanship and enjoyment. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> • Catching and throwing skills • Fielding • Game play • Striking • Tactics 	<ul style="list-style-type: none"> • Accuracy • Aiming • Stance • Space • Grip • Preparation • Tactics • Sportsmanship • Teamwork
Net & wall boys	<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 to improve. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> • Ball familiarisation & Ready position • Footwork and movement • Catching & throwing (Volleying and digging) • Game play • Rules and scoring 	<ul style="list-style-type: none"> • Volley • Dig • sending, • receiving • anticipation • scoring. • Ready position • Stance • movement • preparation • Teamwork



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		• Communication	
Block 5			
Invasion games Boys	<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, keeping possession of the ball as a team, and getting into positions to score. • 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. 	<ul style="list-style-type: none"> • Throughout this unit of work the areas of focus within lessons are: • Ball Familiarisation • Travelling with a ball • Movement skills • Attacking skills • Competitive game situations 	<ul style="list-style-type: none"> • Attacking • Defending • Passing • Chest Pass • Bounce Pass • team play • team positions creating space
Swimming Girls	<ul style="list-style-type: none"> • Students will develop swimming skills in line with the Level 4 swimming assessment Criteria 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> • Perform a sequence of changing shapes minimum of 3 whilst floating on the surface • Push & glide from wall towards the surface • Push & Glide start on front & back arms extended 10m • Travel on front 5m using front crawl • Travel on back 5m using backstroke type action • Travel on front 5m using breaststroke type action • Perform a headfirst sculling action for 5m in a flat position on the back • Perform 3 different type jumps into deep water • Survival float (sculling) 30s 	<ul style="list-style-type: none"> • Body position • Breathing • Inhale • Exhale • Dive • Bubbles • Kicking • Floating