



# Whitegate Physical Education Curriculum

## Year Four

### ‘Enjoy Achieving Together’

**Statutory requirements: Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequencing of movements. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.**

Statutory requirements	Games/Athletics Use running, jumping, throwing and catching in isolation and in combination.  Play competitive games, modified where appropriate (basketball, rounders, etc) And apply basic principles suitable for attacking and defending.  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Dance Perform dances using a range of movement patterns.  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Gymnastics Develop flexibility, strength, technique, control and balance  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Athletics Use running, jumping, throwing and catching in isolation and in combination.  Develop flexibility, strength, technique, control and balance  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Swimming	Outdoor and adventurous activities Take part in outdoor and adventurous activity challenges both individually and within a team (orienteeing, nightline, rafting, etc)
<b>Year Four</b>	<ul style="list-style-type: none"> <li>• Strike a ball and field with control (cricket, rounders)</li> <li>• Choose</li> </ul>	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences</li> <li>• Move in a clear, fluent and expressive manner</li> <li>• Create movements</li> </ul>	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences</li> <li>• Move in a clear, fluent and expressive</li> </ul>	<ul style="list-style-type: none"> <li>• Run over a longer distance, conserving energy to sustain</li> </ul>	<ul style="list-style-type: none"> <li>• Swim unaided between 25m/50m</li> <li>• Use more than one</li> </ul>	<ul style="list-style-type: none"> <li>• Be equipped for OAA</li> <li>• Understand a need to manage risks</li> <li>• Support</li> </ul>

	<p>appropriate tactics to cause problems for opposition (hockey)</p> <ul style="list-style-type: none"> <li>• Lead a team effectively (tag rugby)</li> </ul>	<p>and dances which convey a clear idea</p> <ul style="list-style-type: none"> <li>• Develop physical strength by practising moves</li> </ul>	<p>manner</p> <ul style="list-style-type: none"> <li>• Travel in a variety of ways (flight by transferring weight to generate power)</li> <li>• Understand centre and gravity and use this to create interesting body shapes</li> </ul>	<p>performance</p> <ul style="list-style-type: none"> <li>• Throw with accuracy to hit a target or cover a distance (rounders, athletics)</li> <li>• Jump in a number of ways, using appropriate run up if required</li> <li>• I can compete with others to improve personal best performances</li> </ul>	<p>stroke</p> <ul style="list-style-type: none"> <li>• Co-ordinate breathing</li> </ul>	<p>others</p> <ul style="list-style-type: none"> <li>• Seek support where necessary</li> <li>• Be an effective team member</li> <li>• Show resilience</li> <li>• Use initiative to try new ways of working</li> <li>• Remain aware of changing conditions</li> </ul>
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