



THE SULTAN'S SCHOOL

# YEAR 4 - MEDIUM TERM PLANNING 2018-2019

PRIMARY PHYSICAL EDUCATION DEPARTMENT

MR ANDY.

# 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	<p><b>Benchball</b> 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"> <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>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Ball Familiarisation</p> <p>Passing Skills</p> <p>Pivoting and making space</p> <p>Movement</p> <p>Self Assessment</p> <p>Competitive game situations</p>	<p>Attacking</p> <p>Defending</p> <p>Passing</p> <p>Chest Pass</p> <p>Bounce Pass</p> <p>Shoulder pass</p> <p>Marking</p> <p>Covering</p> <p>team play</p> <p>team positions</p> <p>anticipation</p> <p>creating space</p>
	<p><b>Swimming</b></p>	<ul style="list-style-type: none"> <li>Students will develop swimming skills in line with the Level 2 swimming assessment Criteria</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Pencil jump, submerge &amp; retrieve object</p> <p>Push &amp; Glide start travel using backstroke kick</p> <p>Push &amp; Glide start travel using breaststroke kick</p> <p>Travel 10m/more using front crawl type kicking action</p> <p>Travel 5m/more using backstroke type kicking action</p> <p>Travel 5m/more using breaststroke type kicking action</p> <p>Travel 5m/more using front crawl type action</p> <p>Travel 5m/more using backstroke type arm motion</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>

<b>2</b>	<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> <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> <li>• All lessons working towards developing and refining skills ready for TSS Cross country Day.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Sprint Running</p> <p style="text-align: center;">Running (Relays)</p> <p style="text-align: center;">Jumping- Long jump</p> <p style="text-align: center;">Jumping - High Jump</p> <p style="text-align: center;">Throwing - Tennis Ball Throw</p> <p style="text-align: center;">Long Distance Run</p>	<p>Running, jumping, throwing stance Stamina Speed Baton and exchange Scissor kick Take off and landing reaction</p>
	<b>Net Games Catchball</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 in order to improve.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Ball familiarisation &amp; Ready position</p> <p style="text-align: center;">Footwork and movement</p> <p style="text-align: center;">Catching &amp; throwing (Volleying and digging)</p> <p style="text-align: center;">Game play</p> <p style="text-align: center;">Rules and scoring</p>	<p>Volley Dig sending, receiving anticipation scoring. Ready position Stance movement preparation Teamwork Communication</p>



<b>3</b>	<b>Cross Country</b>	<ul style="list-style-type: none"> <li>• Students will focus on developing their personal running technique,</li> <li>• Look at basic tactics and strategy in order 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> <li>• Course length: 1.04km</li> <li>• All lessons working towards developing skills and stamina ready for TSS Cross country Day.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Running Technique</p> <p style="text-align: center;">Pacing</p> <p style="text-align: center;">Tactics and Strategies</p> <p style="text-align: center;">Target setting</p> <p style="text-align: center;">Stamina</p> <p style="text-align: center;">Competition</p>	Pacing Strategy Technique Stamina Fitness Oxygen Warm up Cool down
	<b>Unihoc (Boys) Netball (Girls)</b>	<ul style="list-style-type: none"> <li>• In these units students will focus on refining their fundamental movement skills.</li> <li>• working individually, in pairs, and team activities,</li> <li>• students will learn skills and strategies associated with unihoc/Netball</li> <li>• Pupils will focus on improving the skills of sending, receiving,</li> <li>• skills aim to increase self confidence and participation in physical activity.</li> <li>• Pupils will develop the ability follow safety</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Passing (Sending)</p> <p style="text-align: center;">Catching (Receiving)</p> <p style="text-align: center;">Movement</p> <p style="text-align: center;">Game play</p> <p style="text-align: center;">Rules &amp; Scoring</p>	Movement Control Space Tactics Attacking Defending Positioning Dribbling Overloading Supporting communicating

		procedures and handle equipment correctly.		
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4	<b>Football</b>	<ul style="list-style-type: none"> <li>• Pupils will focus on developing basic passing skills for football.</li> <li>• To develop ball control and familiarity whilst both stationary and moving.</li> <li>• Understand concept and importance of space.</li> <li>• To understand the effect of exercise and 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> <p>Ball familiarisation</p> <p>variety of Passing</p> <p>Dribbling and movement</p> <p>Striking and long passing</p> <p>Defending</p> <p>Conditioned games</p>	<p>Control</p> <p>Passing</p> <p>Receiving</p> <p>Positioning</p> <p>Attacking</p> <p>Defending</p> <p>Space</p> <p>Movement</p> <p>Pressure</p> <p>Accuracy</p> <p>Sportsmanship</p> <p>Fair play</p>
	<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Pupils will replicate and develop further the quality of their actions, body shapes and balances.</li> <li>• Pupils will start to link more complex phrases of movement both on the floor and when using medium to high apparatus.</li> <li>• Pupils will develop their gymnastics vocabulary to describe and evaluate the effectiveness and quality of a performance.</li> <li>• Pupils will develop the ability how to setup the apparatus safely.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Body Shapes</p> <p>Mirroring</p> <p>Unison &amp; Canon</p> <p>Balance &amp; sequence</p> <p>Rotation</p> <p>Travelling and partner work</p> <p>Refinement and self assessment</p>	<p>Points</p> <p>Patches</p> <p>8 Basic Shapes</p> <p>Tuck</p> <p>Puck</p> <p>Straddle</p> <p>Straight</p> <p>Arch</p> <p>Dish</p> <p>Pike</p> <p>Star</p> <p>Twist/turn</p> <p>Rotate</p> <p>Linking</p> <p>Sequencing</p> <p>Travelling</p> <p>Creative</p> <p>Mirror</p> <p>Match</p>

				Unison Canon
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5	<b>Swimming</b>	<ul style="list-style-type: none"> <li>Students will continue to develop and refine swimming skills from earlier on in the year in line with the Level 2 swimming assessment Criteria.</li> <li>They will also prepare for the TSS interhouse swim gala.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Pencil jump, submerge &amp; retrieve object  Push &amp; Glide start travel using backstroke kick  Push &amp; Glide start travel using breaststroke kick  Travel 10m/more using front crawl type kicking action  Travel 5m/more using backstroke type kicking action  Travel 5m/more using breaststroke type kicking action  Travel 5m/more using front crawl type action  Travel 5m/more using backstroke type arm motion</p>	<p>Body position  Breathing  Inhale  Exhale  Dive  Bubbles  Kicking  Floating</p>
	<b>Striking and Fielding (T Ball)</b>	<ul style="list-style-type: none"> <li>Pupils will develop the range and consistency of their striking skills using various types of bats.</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> <p>Catching and throwing skills</p> <p>Fielding</p> <p>Striking</p> <p>Tactics</p> <p>Game play</p>	<p>Accuracy  Aiming  Stance  Space  Grip  Preparation  Tactics  Sportsmanship  Teamwork</p>
	<b>Tournaments &amp; Problem solving</b>	<ul style="list-style-type: none"> <li>During the last few lessons Pupils will undertake a variety of challenges and tasks based around teamwork and problem solving.</li> <li>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.</li> </ul>	<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>Team work  Problem solving  Leadership  Collaborating</p>