

St. Joseph's Catholic Primary School

PE Medium Term Plan Y4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Hockey (Swimming)	Dodgeball (Swimming)	Gymnastics (Swimming)	Dance Warrington Wolves (Swimming)	Athletics Cricket	OAA Tennis

	I can delay an opponent and help to prevent the other team from scoring. I can dribble, pass, receive and shoot the ball with increasing control. I can move to space to help my team to keep possession and score goals. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.	I can catch with increasing consistency. I can communicate with my teammates to apply simple tactics. I can provide feedback using key terminology and understand what I need to do to improve. I can return to the ready position to defend myself. I can throw with some accuracy at a target. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.	I can explain what happens to my body when I exercise and how this helps to make me healthy. I can plan and perform sequences with a partner that include a change of level and shape. I can provide feedback using appropriate language relating to the lesson. I can safely perform balances individually and with a partner. I can watch, describe and suggest possible improvements to others' performances and my own. I understand how body tension can improve the control	I can choose actions and dynamics to convey a character or idea. I can copy and remember set choreography. I can provide feedback using appropriate language relating to the lesson. I can respond imaginatively to a range of stimuli relating to character and narrative. I can use changes in timing and spacing to develop a dance. I can use counts to keep in time with others and the music. I can use simple movement patterns to structure dance phrases on my	I can demonstrate the difference in sprinting and jogging techniques. I can explain what happens in my body when I warm up. I can identify when I was successful and what I need to do to improve. I can jump for distance with balance and control. I can throw with some accuracy and power to a target area. I show determination to improve my personal best. I support and encourage others to work to their best.	I can accurately follow and give instructions. I can confidently communicate ideas and listen to others. I can identify key symbols on a map and use a key to help navigate around a grid. I can plan and apply strategies to solve problems. I can reflect on when and why I was successful at solving challenges. I can work collaboratively and effectively with a partner and a small group.
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			and quality of my movements.	own, with a partner and in a group. I show respect for others when working as a group and watching others perform.		
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	•Swim competently, confidently and proficiently over a distance of at least 25 metres •Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] •Perform safe self rescue in different water-based situations.	•Swim competently, confidently and proficiently over a distance of at least 25 metres •Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] •Perform safe self rescue in different water-based situations.	•Swim competently, confidently and proficiently over a distance of at least 25 metres •Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] •Perform safe self rescue in different water-based situations.	Rugby (external agency) •Grip and Carry – Fundamental movement skills, technique, control, and balance. •Catch and Pass – Throwing and catching in isolation and in combination. •Play the Ball and Try Scoring - Fundamental movement skills, technique, control, and balance. •Tag/Tackle – basic principles for attacking and defending. •Modified Games – Playing competitive games and applying principles suitable for attacking and defending.	I am able to bowl a ball with some accuracy and consistency. I am learning the rules of the game and I am beginning to use them to play honestly and fairly. I can communicate with my teammates to apply simple tactics. I can persevere when learning a new skill. I can provide feedback using key terminology and understand what I need to do to improve. I can strike a bowled ball after a bounce. I can use overarm and underarm throwing, and catching skills with increasing accuracy. I share ideas and work with others to	I can communicate with my teammates to apply simple tactics. I can explain what happens to my body when I exercise and how this helps to make me healthy. I can provide feedback using key terminology and understand what I need to do to improve. I can return to the ready position to defend my own court. I can sometimes play a continuous game. I can use a range of basic racket skills. I share ideas and work with others to manage our game. I understand the rules of the game and I can
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					manage our game.	use them often and honestly.
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