



THE SULTAN'S SCHOOL

YEAR 4 - MEDIUM TERM PLANNING 2019-2020

PRIMARY PHYSICAL EDUCATION DEPARTMENT

MR SCOTT.

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>Benchball 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"> 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. 	<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>Swimming</p>	<ul style="list-style-type: none"> Students will develop swimming skills in line with the Level 2 swimming assessment Criteria 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Pencil jump, submerge & retrieve object</p> <p>Push & Glide start travel using backstroke kick</p> <p>Push & 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>

2	Athletics	<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. • All lessons working towards developing and refining skills ready for TSS athletics day. 	<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>
	Net Games Catchball	<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 in order to improve. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Ball familiarisation & Ready position</p> <p style="text-align: center;">Footwork and movement</p> <p style="text-align: center;">Catching & 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>

3	Cross Country	<ul style="list-style-type: none"> • Students will focus on developing their personal running technique, • Look at basic tactics and strategy in order 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. • Course length: 1.04km • All lessons working towards developing skills and stamina ready for TSS cross-country day. 	<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
	Unihoc (Boys) Netball (Girls)	<ul style="list-style-type: none"> • In these units students will focus on refining their fundamental movement skills. • working individually, in pairs, and team activities, • students will learn skills and strategies associated with unihoc/Netball • Pupils will focus on improving the skills of sending, receiving, • Skills aim to increase self confidence and participation in physical activity. • Pupils will develop the ability follow safety procedures and handle equipment correctly. 	<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 & Scoring</p>	Movement Control Space Tactics Attacking Defending Positioning Dribbling Overloading Supporting communicating

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

5	Swimming	<ul style="list-style-type: none"> Students will continue to develop and refine swimming skills from earlier on in the year in line with the Level 2 swimming assessment Criteria. They will also prepare for the TSS inter-house swimming gala. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Pencil jump, submerge & retrieve object Push & Glide start travel using backstroke kick Push & 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>
	Striking and Fielding (T Ball)	<ul style="list-style-type: none"> Pupils will develop the range and consistency of their striking skills using various types of bats. Pupils will work on aiming for space to outwitting opponents. To implement simple tactics to form a striking and fielding principle. To develop an attitude of fair play, sportsmanship and enjoyment. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Catching and throwing skills</p> <p style="text-align: center;">Fielding</p> <p style="text-align: center;">Striking</p> <p style="text-align: center;">Tactics</p> <p style="text-align: center;">Game play</p>	<p>Accuracy Aiming Stance Space Grip Preparation Tactics Sportsmanship Teamwork</p>
	Tournaments & Problem solving	<ul style="list-style-type: none"> During the last few lessons Pupils will undertake a variety of challenges and tasks based around teamwork and problem solving. 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. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Team Work</p> <p style="text-align: center;">Logical thinking</p> <p style="text-align: center;">Competition</p>	<p>Team work Problem solving Leadership Collaborating</p>