

# Physical Education



## Curriculum End Points

### Year 4

#### Unit: Games Sense Invasion

- Pupils will apply a secure understanding of passing, moving and shooting whilst developing dribbling skills to score points against another team.
- Pupils will demonstrate a growing understanding of the difference between attack and defence. Pupils will know where and when to attack and when to defend.
- Pupils will develop life skills such as communication and encouragement as they collaborate with others and apply the rules of the game.
- Pupils will continue to develop and apply life skills such as resilience and self-discipline as they strive to improve their own performance and understanding.

#### Unit: Gymnastics – Bridges

- Pupils will execute 'excellent' balances and movements within the 'bridges' theme. Applying flow, pupils will link these movements and balances together.
- Pupils will apply life skills such as resourcefulness and evaluation as they create their sequences in pairs, making adaptations when necessary.
- Pupils will collaborate applying cooperation skills with their partner as they work together to create sequences and suggest ways to improve.
- Pupils will develop their resilience and ability to remain self-motivated as they strive to improve their sequences even when they find it hard.

#### Unit: Dance – Space

- Pupils will perform with big and clear movements that flow. They will perform with expression and be able to stay in character.
- Pupils will refine their ability to evaluate their own and others' performances. Pupils will problem solve and apply resourcefulness as they construct their sequences.
- Pupils can apply life skills such as cooperation and communication as they work successfully with others to execute their interacting sequences.
- Pupils will demonstrate integrity as they continually strive to ensure their sequences are executed to the highest standard.

## Unit: Hockey

- Pupils will be able to apply a secure understanding of passing, moving and dribbling and develop their skills of blocking and tackling, to prevent attacks.
- Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills.
- Pupils will develop life skills such as trust and cooperation as they collaborate with others and apply the rules of the game.
- Pupils will continue to develop and apply life skills such as resilience and self-motivation as they strive to improve their own performance and understanding.

## Unit: Handball

- Pupils will be able to apply a secure understanding of passing, moving and shooting in order to score points against another team.
- Pupils will demonstrate a growing understanding of the difference between attack and defence.
- Pupils will know where and when to shoot and when to defend.
- Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game.
- Pupils will continue to develop and apply life skills such as resilience and self-motivation as they strive to improve their own performance and understanding.

## Unit: Running

- Pupils will be able to apply the correct technique for sprinting. They will explore pacing and the correct technique for triple jump and javelin.
- Pupils will apply a developing understanding of the correct technique for running fast vs pacing, triple jump, javelin and why the correct technique is important.
- Pupils will develop life skills such as communication and encouragement as they collaborate with others and support each other to improve and develop.
- Pupils will continue to develop and apply life skills such as resilience and self-motivation as they strive to improve their own performance and understanding.

## Unit: Tennis

- Pupils will hit the ball into space on their opponents' side of the court, creating space for the next shot that will win them the point.
- Pupils will apply an accurate understanding of where, when and why we hit the ball into spaces on their opponents' side of the court.
- Pupils will develop life skills such as trust and cooperation as they collaborate with others, applying the rules of the game.
- Pupils will continue to develop and apply life skills such as resilience and self-

motivation as they strive to improve their own performance and understanding.

## Unit: Football

- Pupils will be able to apply a secure understanding of passing, moving and dribbling in order to shoot and score goals against another team.
- Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills.
- Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game
- Pupils will continue to develop and apply life skills such as resilience and self-discipline as they strive to improve their own performance and understanding.

## Unit: Athletics

- Pupils will be able to apply the correct technique for sprinting. They will explore pacing and the correct technique for triple jump and javelin.
- Pupils will apply a developing understanding of the correct technique for running fast vs pacing, triple jump, javelin and why the correct technique is important.
- Pupils will develop life skills such as communication and encouragement as they collaborate with others and support each other to improve and develop.
- Pupils will continue to develop and apply life skills such as resilience and self-motivation as they strive to improve their own performance and understanding.

## Unit: Outdoor Adventure Activities – Orienteering

- Pupils will apply their developing ability to orientate a map and locate points, returning to base as quickly as possible.
- Pupils will apply a strong understanding of what makes an effective team and understand how important teamwork is when orienteering.
- Pupils will develop life skills such as trust and communication as they collaborate with their team to complete orienteering challenges.
- Pupils will apply integrity and determination as they complete the orienteering challenges. Pupil's will develop their leadership attributes.

