

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: 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. Pupils will develop their leadership attributes.

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: 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: 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.