

PE MEDIUM TERM PLAN (MTP) YEAR 4 2020: SEE BELOW FOR LESSON OUTLINE

PE MTP Y1	Autumn 1: 8 WEEKS	Autumn 2: 7 WEEKS	Spring 1: 6 WEEKS	Spring 2: 6 WEEKS	Summer 1: 6 WEEKS	Summer 2: 6 WEEKS
<p><i>Taken from the Year 4 curriculum map</i></p>	<p>Topic Title: Sport and games, Team games</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination and play competitive games.</p> <p>Key Skills: Master basic movements including running, jumping, throwing and catching, balance, agility and co-ordination, and apply these in a range of activities.</p> <p>Develop understanding of special awareness, work on each individual skill and then apply their skills to varying movements. Begin improve their personal best through self and peer evaluation and set different challenges for improvement. Learn simple attacking and defending tactics with a variety of equipment. Begin to think about how to use tactics, skills and strategies to outwit the opponent. Review and describe others' performances, as well as their own, and make suggestions on improvements that will help them and others to play better.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination,</p>	<p>Topic Title: Sport and games, Team games</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination and play competitive games.</p> <p>Key Skills: Master basic movements including running, jumping, throwing and catching, balance, agility and co-ordination, and apply these in a range of activities.</p> <p>Develop understanding of special awareness, work on each individual skill and then apply their skills to varying movements. Begin improve their personal best through self and peer evaluation and set different challenges for improvement. Learn simple attacking and defending tactics with a variety of equipment. Begin to think about how to use tactics, skills and strategies to outwit the opponent. Review and describe others' performances, as well as their own, and make suggestions on improvements that will help them and others to play better.</p> <p>Key vocabulary: Catching and throwing, Target</p>	<p>Topic Title: Gymnastic and Dance</p> <p>Key knowledge: To develop flexibility, strength, technique, control and balance. To perform dances using a range of movement patterns.</p> <p>Key Skills: To perform a variety of floor and vault movements, learn straight jump full turns, cat leap half turns, straddle rolls, lunges into cartwheels and the straddle on vault while developing their understanding of the necessary flexibility, strength and control needed to perform the movements successfully. To develop free movement while creating shapes with their body and expressing emotion to music. Move between high and low shapes in singular and combination movements, both slow and fast movements to the rhythm of the music. Participate in peer and self-evaluation, give positive feedback for improvement. Develop confidence and perform in front of their peers.</p> <p>Key vocabulary: Accuracy, Formation, rhythm, movement, stretch, motif, dynamic, expression, tempo, pulse, speed, control, pace, synchronise and unison, Team work, group performance and solo performance.</p>	<p>Topic Title: Striking and fielding</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination and play competitive games.</p> <p>Key Skills: Catch and throw a ball accurately, use correct throwing techniques, use correct body position, understand the different characteristics of fielding positions, directional play, use a range of fielding techniques and apply game rules.</p> <p>Key vocabulary: Striking, fielding, hand-eye coordination, cooperation, accuracy, target overarm, underarm, opposition, runs, long barrier stop, two-handed pick-up, fielder, movement, stretch, rebound, dynamic, expression, speed, control, pace, Pass, throw, catch, pivot, strike, opposition, team work.</p>	<p>Topic Title: Team Games and Sports day Preparation (Swimming – TBC due COVID – 19 Lockdown swimming lesson cancellation in 2019 2020)</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination and play competitive games</p> <p>Key Skills: Recap on essential universal skills needed to play a range of games, such as dodging, dribbling, passing and marking an opponent. It focuses specifically on attacking and defending skills, such as fake dodging, interception and goalkeeping and develop their understanding of both attacking and defending strategies.</p> <p>Develop existing running, jumping and throwing skills. Refine sprint technique, work as a relay team and practice an effective baton changeover.</p>	<p>Topic Title: Athletics and Sports day Preparation (Swimming – TBC due COVID – 19 Lockdown swimming lesson cancellation in 2019 2020)</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination and play competitive games</p> <p>Key Skills: Develop existing running, jumping and throwing skills. Refine sprint technique, work as a relay team and practice an effective baton changeover. Learn the technique for throwing the javelin (pull throw) and how to do the standing triple jump in preparation for sports day at the end the summer term.</p> <p>Swimming -Front crawl, back stroke, breast stroke, Pool safety</p> <p>Key vocabulary: Athletics, event, track, field, running, jumping,</p>

	Innings, Field, Fielding, Position, Passing, Game area, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate.	throwing, Co-ordination, Innings, Field, Fielding, Position, Passing, Game area, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate.			Learn the technique for throwing the javelin (pull throw) and how to do the standing triple jump in preparation for sports day at the end the summer term. Swimming -Front crawl, back stroke, breast stroke, Pool safety Key vocabulary: Athletics, event, track, field, running, jumping, throwing, fundamental movement skills, fundamentals, Form, Catching and throwing, Target throwing, Co-ordination. Stroke, kick, front, back, push, glide, breathe, breath, alternating leg kicks.	throwing, fundamental movement skills, fundamentals, Form, Catching and throwing, Target throwing, Co-ordination. Stroke, kick, front, back, push, glide, breathe, breath, alternating leg kicks. Reflect and improve To be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Lesson 1	<p>Lesson objective (s): To understand skills required in games</p> <p>Brief outline of main tasks: During our team games lessons this term, we will be learning new skills as well building on existing skills, including:</p> <ul style="list-style-type: none"> travelling with the ball (dribbling) in different ways; passing the ball in different ways; attacking strategies (tactics); defending strategies; playing a variety of team based games. 	<p>Lesson objective (s): To understand catching and throwing in tag rugby</p> <p>Brief outline of main tasks: This term will focus on understanding the difference between rugby and tag rugby. Know the skills needed to play tag rugby such as :</p> <ul style="list-style-type: none"> Dodging Interception Passing the ball Receiving the ball Tagging Defending Attacking 	<p>Gymnastics - Lesson objective (s): To understand jumps and leaps in Gymnastics</p> <p>Brief outline of main tasks: This lesson will teach children the importance of taking off and landing in gymnastic and the skills required to execute them safely. The children will recap, build on and perform gymnastic jumps and leaps:</p> <ul style="list-style-type: none"> Pike Straight jump – half/full turn Straddle Cat leap – half/full turn <p>Dance - Lesson objective (s): To understand how to create movement from a stimulus using specific skills</p> <p>Brief outline of main tasks:</p>	<p>Lesson objective (s): To understand how to catch a ball in fielding</p> <p>Brief outline of main tasks: This term the children will learn techniques and skills in striking and fielding, how to hit the ball, rules of the game and how to catch the ball when fielding. This lesson will focus on catching the ball using the correct technique, practice catching in</p>	<p>Lesson objective (s): To understand how to pass and receive the ball in hockey</p> <p>Brief outline of main tasks: This term will look at lots of skill and techniques required to play hockey:</p> <ul style="list-style-type: none"> Passing and receiving Dribbling Tackling Getting past a player Hitting and shooting 	<p>Lesson objective (s): To practise existing running, jumping and throwing skills</p> <p>Brief outline of main tasks: This lesson will focus on practicing existing skills in running, jumping and throwing using fun activities such as:</p> <ul style="list-style-type: none"> Hopscotch Capture the flag Hoop guard

	This week's lesson will be recapping previous year 3 skills and developing dodging and swerving, moving in multiple directions.	This week's lesson will focus on passing and receiving the ball in tag rugby. Building on the skills from the previous term and applying it to a specific sport.	These dance lessons will teach the children different dance skills and techniques to help create a motif that describes the water cycle. This lesson will focus on improvisation to create a water dance using a picture as a stimulus. The children will learn the techniques of : <ul style="list-style-type: none"> • Unison • Canon • Call and response to create their dance. 	games such as caterpillar catching and evaluating their performance.	<ul style="list-style-type: none"> • Attacking and defending This lesson will focus on passing and receiving the ball using a hockey stick, the children will learn how to hold a hockey stick, stop the ball with the stick, roll the ball back and forth using a hockey stick and how to position your body when using a hockey stick.	
Lesson 2	<p>Lesson objective (s): To understand how to use a range of techniques to move a ball</p> <p>Brief outline of main tasks:</p> <p>This week will recap and practise different ways of moving and travelling with the ball in a range of team games. We will be dribbling and moving with a variety of balls by experimenting with different equipment. Understanding dribbling in basketball, football and hockey and how this effects ball transfer. We will also be focusing on teamwork and problem-solving!</p>	<p>Lesson objective (s): To understand how to move with the ball in tag rugby</p> <p>Brief outline of main tasks:</p> <p>This week will build on the previous lesson and understand how to move into a space using side step techniques to get past a defender. Understand the strategies you need to receive and pass the ball while on the move.</p>	<p>Gymnastics - Lesson objective (s): To understand how to perform astraddle forward and backward roll to straddle correctly</p> <p>Brief outline of main tasks:</p> <p>This lesson will recap on rolls in gymnastics:</p> <ul style="list-style-type: none"> • Forward roll crouched • Forward roll from standing • Teddy bear roll • Log roll • Tucked backward roll <p>Then build on to their the skills and techniques of a straddle forward roll and backward to straddle. The children will then perform and evaluate their skills in groups.</p> <p>Dance - Lesson objective (s):</p> <p>To understand how to design movement phrases to represent rivers and seas</p> <p>Brief outline of main tasks:</p> <p>This lesson will focus on creating movement phrases using the following skills:</p> <p>Isolation</p> <ul style="list-style-type: none"> • Travel • Locomotor • Non-locomotor <p>Children will practice their movement phrase and evaluate their performance.</p>	<p>Lesson objective (s):</p> <p>To use an overarm throw accurately</p> <p>Brief outline of main tasks:</p> <p>This lesson will recap on throwing a ball and focus on the technical aspects of the overarm throw. The children will learn how to use the overarm throw accurately by applying the correct skills. The children will practice taught skills in games such as Bean bag rush and knock-out stump.</p>	<p>Lesson objective (s):</p> <p>To understand how to dribble in hockey</p> <p>Brief outline of main tasks:</p> <p>Today's lesson will focus on how to dribble the ball using a straight dribble. The children with practice dribbling making sure they are using the correct body posture.</p>	<p>Lesson objective (s):</p> <p>To understand how to improve running technique and sprint finish</p> <p>Brief outline of main tasks:</p> <p>This lesson will look at athletics over time and how to improve running technique, improve body position of arms, knees and head through the sprint and use light, quick movements of the feet to increase momentum and only slowing down at the finish.</p>
Lesson 3	<p>Lesson objective (s):</p> <p>To understand how to pass and receive a football with</p>	<p>Lesson objective (s):</p> <p>To understand and apply the rules of tagging in rugby</p>	<p>Gymnastics - Lesson objective (s): To understand how to perform a straddle correctly</p>	<p>Lesson objective (s):</p> <p>To strike the ball in an intended direction</p>	<p>Lesson objective (s):</p>	<p>Lesson objective (s):</p> <p>To understand and practice relay running</p>

	<p>increasing accuracy and success</p> <p>Brief outline of main tasks: This week we are going to learn, recap and practise passing the ball using our feet in football. We will be passing the ball over different distances and investigating how this affects the power and speed at which it needs to be passed. We will also be learning the best technique to stop and control the ball and will be applying this skill in lots of different passing and receiving drills.</p>	<p>Brief outline of main tasks: This week's lesson will focus on understanding the rules of tagging in rugby, know how to wear the tag belt, knowing that tackling is done by removing the tag from the opponent's belt.</p>	<p>Brief outline of main tasks: This lesson will focus on body position and movement to execute a safe and accurate straddle on a vault.</p> <p>Dance - Lesson objective (s): To understand how to link and combine movement phrases and patterns</p> <p>Brief outline of main tasks: This lesson will use the water cycle to design and link actions that represent the movement of evaporation to music. The techniques will include:</p> <ul style="list-style-type: none"> • Level it up • Body parts • Motif development • Evaporation motif 	<p>Brief outline of main tasks: The children will learn how to strike a ball at a specific point using the correct bat and body position. The children will practice in small groups, evaluate their performance and feedback to each other.</p>	<p>To understand how to get past an opponent in hockey</p> <p>Brief outline of main tasks: The children will learn how to Indian dribble past an opponent. Understand how to move the ball at a fast pace with control, while ensuring the correct body posture.</p>	<p>Brief outline of main tasks: This lesson will teach the rules of relay, baton hand over. Practice receiving and passing the baton to ensure a smooth changeover and prevent slowing down the team.</p>
Lesson 4	<p>Lesson objective (s): To understand attacking skills and strategies</p> <p>Brief outline of main tasks: This week we are going to be learning and recapping on some important attacking skills, such as passing and dodging, to help us to try to keep possession of the ball and create space. We will then move on to feigning (fake dodging).</p>	<p>Lesson objective (s): To understand how to intercept the ball to gain possession</p> <p>Brief outline of main tasks: This week's lesson will focus on how to intercept the ball, understand what interception means, know how to position your body when intercepting a ball and apply new and previous skills learnt within mini games.</p>	<p>Gymnastics - Lesson objective (s): To understand how to perform a lunge into cartwheel correctly</p> <p>Brief outline of main tasks: This lesson will recap lung into handstand and cartwheel then build on to combined the movements into a lung into a cartwheel safely and accurately.</p> <p>Dance - Lesson objective (s): To understand how to perform a short dance phrase with expression</p> <p>Brief outline of main tasks: This lesson will focus on dynamics and repetition, examine different emotions that represent condensation and use stimulus to create different representations of movement.</p>	<p>Lesson objective (s): To successfully use a range of fielding techniques</p> <p>Brief outline of main tasks: The children will play a series of games to practice fielding techniques such as the long barrier stop and the two handed pick up and throw.</p>	<p>Lesson objective (s): To understand how to tackle an opponent</p> <p>Brief outline of main tasks: Children will recap previous learning and build on their skills as they learn how to use the block tackle to secure the ball safely.</p>	<p>Lesson objective (s): To understand how to improve jumping distance</p> <p>Brief outline of main tasks: This lesson will practice jumping and safe landing and then focus on perfecting the hop, step and jump in triple jump from a standing position</p> <p>Sports Day – 1/7/2021</p>
Lesson 5	<p>Lesson objective (s): To understand defending skills and strategies</p> <p>Brief outline of main tasks: This week we are going to be learning and practicing some important defending</p>	<p>Lesson objective (s): To understand how to use attacking and defending skills tactically</p> <p>Brief outline of main tasks: This lesson will recap on attacking and defending</p>	<p>Gymnastics - Lesson objective (s): To understand how to link movements to create a sequence</p> <p>Brief outline of main tasks: The children will learn different ways of linking the movements they have learnt so far to create a sequence such as:</p> <ul style="list-style-type: none"> • Tiptoe • Jump 	<p>Lesson objective (s): To use striking and fielding skills in a game</p> <p>Brief outline of main tasks: Children will play games to practice striking and fielding skills they have</p>	<p>Lesson objective (s): To understand how to hit a hockey ball</p> <p>Brief outline of main tasks: This lesson will focus on how to hit the ball safely. The children</p>	<p>Lesson objective (s): To understand the pull throw technique</p> <p>Brief outline of main tasks: This lesson will engage the children is using strength, power and</p>

	skills that will help us to try and win back possession of the ball. We will developing the skill of marking and interception as a defender.	skill, the purpose of attacking and defending then build on how you make purposeful decision on how to reach the end goal. Children will then put these skills into practice and learn to make tactical decision based on the situation they are faced with.	<ul style="list-style-type: none"> • Step • Hopscotch • Hop • Skip <p>Dance - Lesson objective (s): To understand how to respond to a changing stimulus</p> <p>Brief outline of main tasks: This lesson will focus on movement changes in dance to the different tempo of music (Little April Showers). https://www.youtube.com/watch?v=fge24IASxHM</p>	learnt over the term. The children will evaluate their performance and identify what went well and areas for improvement.	will understand that the hit is the most powerful play in hockey and the importance of grip on the hockey stick and ensuring the area around them is clear to take a shot. The children will practice hitting the ball in isolation before moving onto mini games.	speed to practice the pull throw technique. Children will recall throwing techniques they have previously used and use those skills to help improve their technique.
Lesson 6	<p>Lesson objective (s): To understand goalkeeping skills and strategies To used attacking and defending skills in a game</p> <p>Brief outline of main tasks: This week's lesson will engage previous skills of throwing and catching to focus on good ball-handling skills, including catching and saving the ball at different heights. Understanding the skills of a goalkeeper:</p> <ul style="list-style-type: none"> • quick reflexes; • quick feet to be able to shuffle or sidestep between the goalposts; • to read/anticipate where a player is going to shoot; • good ball-handling skills, including catching and punching the ball away; • good accuracy with kicking the ball over long distances; 	<p>Lesson objective (s): To apply skills learnt in a game and understand how to evaluate performance</p> <p>Brief outline of main tasks: This lesson will include tournament games where the children can apply all the skills they have learnt. Children will watch other games and evaluate their performance, give feedback on what went well and areas of improvement.</p>	<p>Gymnastics - Lesson objective (s): To understand how to create a gymnastic sequence with a theme</p> <p>Brief outline of main tasks: This lesson will focus on choreographing, performing and evaluating a gymnastic sequence in groups using the skills learnt over the term</p> <p>Dance - Lesson objective (s): To understand how to use a range of dance movements to create a sequence</p> <p>Brief outline of main tasks: This lesson will allow the children to create a dance sequence to represent the water cycle in small groups using the skills and techniques they have learnt over the term.</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>	<p>Lesson objective (s): To create and play games that use striking and fielding skills</p> <p>Brief outline of main tasks: The children will use the skills and techniques they have learnt in catching, throwing, striking and fielding and apply it to games they design.</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>	<p>Lesson objective (s): To recall and apply hockey skills</p> <p>Brief outline of main tasks: The children will recall the skills they have learnt over the term, practice the skills and apply them with a game.</p> <p>The children will then evaluate their performance and the performance of others.</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>	<p>Lesson objective (s): To refine jumping, throwing and running skills</p> <p>Brief outline of main tasks: The children will be taught how the pentathlon has changed over the years. They will focus on modern pentathlon and how games are combined to create a pentathlon. Children will then use the skills they have learnt to participate in a class pentathlon.</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>

	<ul style="list-style-type: none"> to communicate well with the rest of the team; to stay cool under pressure – especially during penalties! <p>Practice the skills learnt in a game setting.</p>					
Lesson 7	<p>Lesson objective (s): To understand how to use the skills learn within a game setting</p> <p>Brief outline of main tasks:</p> <p>This lesson will allow the children to practice the skills they have learnt within a game setting. Use team work, communication and technical strategies in a competitive game. They children will reflect on their performance and feedback to each other.</p>	<p>Lesson objective (s): To understand how to improve performance based on feedback</p> <p>Brief outline of main tasks:</p> <p>This lesson will allow children to use feedback from previous lesson to assess and improve their performance.</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>	TERM END	TERM END	TERM END	TERM END
Lesson 8	<p>Lesson objective (s): To understand the purpose of skills and strategies learnt.</p> <p>Brief outline of main tasks:</p> <p>Children will evaluate what they have learnt this term and use these skills and strategies withing a competitive game.</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>	TERM END				