

Primary Phase Long Term Plan

PE (Year 4)



Overview	<p>The PE curriculum at William Hulme's Grammar School provides children with the opportunity to develop skills in four key areas: games, athletics, dance and gymnastics. This curriculum has been developed with the ambition of children achieving the Key Stage expectations, set out in the National Curriculum, by providing a year-on-year development of skills in each of the four key areas of PE. The curriculum also aims to develop each child in two ways: through physical outcomes and emotional outcomes.</p> <p>Our intent is to deliver high-quality lessons that inspire all pupils to succeed and excel in physical activities, including competitive sport, through the teaching of fundamental movement skills in the Early Years and Key Stage 1 and applying these skills to specific games in Key Stage 2. We aim to provide opportunities for pupils to become physically confident in order for them to lead healthy, active lifestyles.</p> <p>We provide opportunities to compete in sport in order to build character and help to embed values, such as fairness and respect. Children will begin to develop these skills in Key Stage 1 when taking part in simple games and developing their understanding of playing with others, learning to demonstrate honesty and playing with gratitude, empathy and fairness. This further develops throughout Key Stage 2, as children have the opportunity to take part in inter and intra-school competitions, including house competitions, creating self-motivation and self-discipline and showing communication skills by encouraging others, making decisions and being reflective.</p>
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	Indoor	Outdoor	Assessment
Autumn Term 1	<p>Unit: Health Related Fitness</p> <p>Area of learning: Develop an understanding of fitness and how to target specific elements of fitness.</p> <p>Overview:</p> <ul style="list-style-type: none"> Identify a component of fitness and how to target this through training and the impact it can have upon performance both to improve and inhibit. 	<p>Unit: Tag Rugby</p> <p>Area of learning: Learn how to carry the ball, to score a try, to tag, how to pass the ball and the rules of playing Tag.</p> <p>Overview:</p> <ul style="list-style-type: none"> Begin with tagging safely, progressing into sending and receiving under pressure. Develop dummy passes and overlaps and play/know the rules. 	<p><u>Fit to perform</u> KPI: 3.</p> <p><u>Fit to lead</u> KPI: 5 and 6.</p> <p><u>Fit for Life</u> KPI: 7, 8 and 9.</p>
Autumn Term 2	<p>Unit: Taekwondo</p> <p>Area of learning: Understand the concept of a new sport, with the disciplines and the language used for training.</p> <p>Overview:</p> <ul style="list-style-type: none"> Tenants of taekwondo – courtesy, integrity, perseverance, self-control and spirit. Perform actions for tae 'kick', kown 'fist or punch' and do 'the art of'. 	<p>Unit: Handball</p> <p>Area of learning: Learn how to bounce, dribble, pass and shoot and play a game by the rules.</p> <p>Overview:</p> <ul style="list-style-type: none"> Work on catching on the run, passing quickly under pressure. Shooting for accuracy with an overarm technique. Work on defending skills and play a game following the rules of Handball. 	<p><u>Fit to perform</u> KPI: 3.</p> <p><u>Fit to lead</u> KPI: 5 and 6.</p> <p><u>Fit for Life</u> KPI: 7, 8 and 9.</p>

	Indoor	Outdoor	Assessment
Spring Term 1	<p>Unit: Gymnastics – Arching and bridges</p> <p>Area of learning: Develop components of gymnastics through arching and bridges to support body development.</p> <p>Overview:</p> <ul style="list-style-type: none"> Children take body weight on hands and feet only to perform sequences. Developing into involving different controlled rolls, forming shapes in shoulder balances and working in unison. 	<p>Unit: Basketball</p> <p>Area of learning: Learn some terminology associated with basketball and how to send in different ways including shooting and how to receive and protect the ball.</p> <p>Overview:</p> <ul style="list-style-type: none"> Use both hands to be able to pass, control and move the ball when in space and under pressure. Use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball. Apply the correct techniques to play in a game. 	<p>Fit to perform KPI: 1 and 3.</p> <p>Fit to lead KPI: 5 and 6.</p> <p>Fit for Life KPI: 7, 8 and 9.</p>
Spring Term 2	<p>Unit: Cricket</p> <p>Area of learning: Develop the skills of bowling, ground fielding, catching, wicket keeping and batting and looks to link skills whilst developing children's understanding of how the different components fit together into the game itself.</p> <p>Overview:</p> <ul style="list-style-type: none"> Be able to play different shots and know why these are played. Be able to bat successfully with a partner, using good communication effectively. Fielding progresses to wicket keeping and what is needed for the position. Finally, bowl with a run up overarm. 	<p>Unit: Roundnet</p> <p>Area of learning: Develop hand-eye coordination and movement patterns.</p> <p>Overview:</p> <ul style="list-style-type: none"> Use the basic skills needed to play a modified game of roundnet. Be able to pass, serve and spike the ball when still and in movement. Begin to look at perform defensive and attacking skills in games. 	<p>Fit to perform KPI: 3.</p> <p>Fit to lead KPI: 4, 5 and 6.</p> <p>Fit for Life KPI: 7, 8 and 9.</p>

	Indoor	Outdoor	Assessment
Summer Term 1	<p>Unit: Tri Golf</p> <p>Area of learning: Children learn when to use the different clubs and some of the etiquette when playing on a course.</p> <p>Overview:</p> <ul style="list-style-type: none"> Be able to grip a golf club appropriately. and which club to use for approach play or finishing. Strike the ball with increasing accuracy and/or distance which avoiding hazards on the course. 	<p>Unit: Athletics</p> <p>Area of learning: Learn a range of throwing, jumping and running techniques and hone techniques to compete against self and others.</p> <p>Overview:</p> <ul style="list-style-type: none"> Develop the key elements of athletics running, jumping and throwing to improve speed. Be able to jump consistently off the same foot and throw with power for distance. 	<p>Fit to perform KPI: 1, 2 and 3.</p> <p>Fit to lead KPI: 5 and 6.</p> <p>Fit for Life KPI: 7, 8 and 9.</p>

Summer Term 2	<p>Unit: Dance – Around the World</p> <p>Area of learning: Develop a dance showing agility, balance, coordination and precision.</p> <p>Overview:</p> <ul style="list-style-type: none"> • Use the imagination to develop a mind map of ideas to form shapes and movements. • Perform as a whole class, individually, in pairs or in small groups using appropriate language. 	<p>Unit: Lacrosse</p> <p>Area of learning: Learn how to scoop, cradle, run, throw, catch and shoot.</p> <p>Overview:</p> <ul style="list-style-type: none"> • Be able to use different grips needed to manipulate the ball in different skills. • Contribute to attacking and defending, in a game. 	<p><u>Fit to perform</u> KPI: 3.</p> <p><u>Fit to lead</u> KPI: 5 and 6.</p> <p><u>Fit for Life</u> KPI: 7, 8 and 9.</p>
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Useful Resources for Supporting Your Child at Home:	Homework:
<ul style="list-style-type: none"> • Support your child in attending Extra-Curricular sport in school • Support your child in joining a local sports club • Look at TeamMCR website for more opportunities for your child - https://teammcr.co.uk/ 	