

PE department - Year 4 scheme of work

National curriculum: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum_-_Physical_education.pdf				
Term	Title	Unit content	Key vocabulary	Resource links:
Autumn 1	Locomotor skills - mastery within small-sided games	<ul style="list-style-type: none"> - Walking - Running - Jumping - Hopping - Skipping - Galloping - Side-sliding - Leaping - Bounding - Dodging 	<ul style="list-style-type: none"> - Stride - Gait - Alternating - Opposites - Swerving 	https://www.thepespecialist.com/podcasts/011-teaching-locomotor-skills/
Autumn 2	Invasion Games	<ul style="list-style-type: none"> - Capture the flag - Pacman - Bulldog - Red Light / Green light 	<ul style="list-style-type: none"> - Attacking - Defending - Winning - Losing 	https://kidactivities.net/7-fun-invasion-games-for-gym-class/
Assessment point 1 (Year 7 upwards)				
Spring 1	Inclusion Sports	<ul style="list-style-type: none"> - Boccia - Table Cricket - Kurling - Polybat 	<ul style="list-style-type: none"> - Fairness - Equality - Opportunity - Diversity - Disability - Alternative 	https://www.youthsporttrust.org/inclusive-sports-programme

Spring 2	Stability skills – mastery within small-sided games Dance & Gymnastics	<ul style="list-style-type: none"> - Agility, balance and coordination - Body rolling - Bending - Twisting - Landing - Rotation - Turning - Stretching 	<ul style="list-style-type: none"> - Stance - Base - Posture - 	https://www.thehespecialist.com/?s=Balance+skills
Assessment point 2 (Year 7 upwards)				
Summer 1	Object control skills – mastery within small-sided games	<ul style="list-style-type: none"> - Throwing - Catching - Kicking - Striking - Rolling - Dribbling - Collecting 	<ul style="list-style-type: none"> - Focus - Alert - Set position - Target 	https://www.movementheroes.com/manipulative-skills
Summer 2	Athletics – Throwing events	<ul style="list-style-type: none"> - Discus - Hammer - Javelin - Shot Putt 	<ul style="list-style-type: none"> - Discus - Shot putt - Hammer - Javelin - Throwing - Pushing 	https://www.dlgsc.wa.gov.au/sport-and-recreation/sports-dimensions-guide/athletics-throwing-events
Assessment point 3 (Year 7 upwards)				