

PE Knowledge and Skills Map – Year 4 – Academic Year 2023-24

Autumn 1

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
Invasion Games Football	<ul style="list-style-type: none"> Develop the core skills of: ball control, passing, dribbling, shooting. Practise the core skills in increasingly challenging situations and as part of game play. Apply game play rules and skills in small-sided games. Re-introduce the principles of attack and defence and attempt to put these into practise during games. 	<ul style="list-style-type: none"> Know how to perform the core skills: <ul style="list-style-type: none"> ✓ What the skill should look like. ✓ Key coaching points. Know the basic rules and tactics of football. Know what action to take when playing offensive & defensive games: <ul style="list-style-type: none"> ✓ Attack – move ball forward / create chances. ✓ Defence – Jockey / Tackle. 	<ul style="list-style-type: none"> Know that participation in PE / Sport can help develop key life skills. Know how to manage own game play experience: <ul style="list-style-type: none"> ✓ Allow others to join in ✓ Take turns. ✓ Organise & officiate own games. ✓ Compromise. Develop a range of core life skills: <ol style="list-style-type: none"> (1) Self-management: <ul style="list-style-type: none"> ✓ Get changed quickly & quietly. ✓ Return to a set point and stand quietly when receiving instructions. ✓ Attempt all activities. ✓ Follow instructions. ✓ Play by the rules. ✓ Win & lose graciously. (2) Teamwork: <ul style="list-style-type: none"> ✓ Work with a variety of different people. ✓ Work co-operatively & collaboratively with others. ✓ Try your best and encourage others to do the same. ✓ Treat others with respect. 	<p><i>Dribbling</i> <i>Passing</i> <i>Shooting</i> <i>Control</i> <i>Accuracy</i> <i>Possession</i> <i>Attacking</i> <i>Defending</i> <i>Marking</i> <i>Jockey</i> <i>Tackling</i> <i>Teamwork</i></p>
Fundamental Movement Skills Multi-skills - Playground Games	<ul style="list-style-type: none"> Refine fundamental movement skills: <ul style="list-style-type: none"> ✓ SAQ (locomotion, stopping, changing direction) ✓ Jumping (skipping) ✓ Striking with hands ✓ Throwing & catching Participate in a range of playground games: <ul style="list-style-type: none"> ✓ Equipment free ✓ Skipping ✓ Ball games Experiment with adapting and developing games to suit the needs of participants. 	<ul style="list-style-type: none"> Know what the expectations are for PE and school sport. Know that rules exist and that they should be followed for fairness. Know the basic concept and rules of a variety of playground games. Know how to adapt games to meet the needs of those taking part. 		<p><i>Speed</i> <i>Agility</i> <i>Quickness</i> <i>Tag</i> <i>Jumping</i> <i>Striking</i> <i>Skipping</i> <i>Throwing</i> <i>Catching</i> <i>Passing</i> <i>Rules</i> <i>Officiate</i> <i>Honesty</i> <i>Fairplay</i> <i>Adapt / Modify</i></p>

PE Knowledge and Skills Map – Year 4 – Academic Year 2023-24

Autumn 2

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
Invasion Games Hockey	<ul style="list-style-type: none"> Develop the core skills of: ball control, passing, hitting, dribbling, shooting, tackling. Practise core skills in increasingly challenging situations and as part of game play. Apply game play rules and skills in small-sided games. Introduction to defensive play strategies and attempt to put these into practise when playing games. 	<ul style="list-style-type: none"> Know how to perform the core skills: <ul style="list-style-type: none"> ✓ What the skill should look like. ✓ Key coaching points. Know the basic concept and rules for uni-hoc. Know what is meant by the terms: <ul style="list-style-type: none"> ✓ 1v1 marking ✓ Zone defence and explain how to implement each strategy. 	<ul style="list-style-type: none"> Know that participation in PE / Sport can help develop key life skills. Develop a range of core life skills: <ol style="list-style-type: none"> Self-management: <ul style="list-style-type: none"> ✓ Dress appropriately for the activity / weather. ✓ Be ready and respectful when receiving instruction. ✓ Play by the rules. ✓ Accept the outcome. Teamwork: <ul style="list-style-type: none"> ✓ Work with a variety of different people. ✓ Work co-operatively & collaboratively with others. ✓ Try your best and encourage others to do the same. ✓ Treat others with respect. Communication: <ul style="list-style-type: none"> ✓ Use names to get attention. ✓ Speak to others as you would like them to speak to you. ✓ Use positive and kind words of encouragement. 	<i>Open stick Push Pass Hit Receive Drag Indian Dibble Shooting Control Accuracy Possession Attacking 1 v 1 Marking Zone Defence Tackling Teamwork</i>
Invasion Games Dodgeball	<ul style="list-style-type: none"> Introduction to various throwing actions: <ul style="list-style-type: none"> ✓ Underarm ✓ Overarm ✓ Jump throw Practise defensive actions: <ul style="list-style-type: none"> ✓ Dodge ✓ Catch ✓ Deflect Practise core skills in isolation and through modified game play. Introduction to basic game play rules. Introduction to basic game play tactics. 	<ul style="list-style-type: none"> Know how to make a direct hit: <ul style="list-style-type: none"> ✓ What constitutes a direct hit. ✓ Best throwing actions to use. ✓ Where to aim. Know what actions to take to avoid being hit: <ul style="list-style-type: none"> ✓ Dodge ✓ Catch ✓ Deflect Know the basic concept and rules for dodgeball. Know how to attack and defend. 		<i>Throw Underarm Overarm Jump throw Overhead pass / lob Direct Hit On the Fly Live Ball Dodge Catch Deflect Intercept Concept Rule Tactics</i>

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Sportshall Athletics	<ul style="list-style-type: none"> • Introduction to the core skills: <ul style="list-style-type: none"> ✓ Throwing – Chest Push ✓ Jumping – Triple jump • Develop running technique and speed: <ul style="list-style-type: none"> ✓ Relay – Change over ✓ Turning – using reverse-boards • Experiment with different actions to see how they impact on performance: <ul style="list-style-type: none"> ✓ Jumping – generating distance for long jump. • Participate in a SHA festival. 	<ul style="list-style-type: none"> • Know how to perform the core skills: <ul style="list-style-type: none"> ✓ What the skill should look like. ✓ What constitutes a valid action. • Key coaching points. • Know how to pace when running long distance. • Know that changing a technique can alter performance. • Know how to measure & record results for SHA events. 	<ul style="list-style-type: none"> • Know that participation in PE / Sport can help develop key life skills. • Develop a range of core life skills: <ol style="list-style-type: none"> (1) Self-management: <ul style="list-style-type: none"> ✓ Dress appropriately for the activity / weather. ✓ Participate in a safe manner. ✓ Make good use of time to practise within the lesson. ✓ Try your best & set personal challenges. (2) Communication: <ul style="list-style-type: none"> ✓ Discuss ideas with others. ✓ Provide feedback on own & others performance. (3) Leadership: <ul style="list-style-type: none"> ✓ Organise group – agree roles / responsibilities. ✓ Measure & record results. (4) Teamwork: <ul style="list-style-type: none"> ✓ Work co-operatively & collaboratively with others. ✓ Try your best and encourage others to do the same. ✓ Compromise. 	<p><i>Push</i> <i>Sequence</i> <i>Speed</i> <i>Acceleration</i> <i>Relay</i> <i>Change over</i> <i>Technique</i> <i>Valid action</i> <i>Coaching point</i> <i>Stamina</i> <i>Pace</i> <i>Power</i> <i>Force</i></p>
Gymnastics	<ul style="list-style-type: none"> • Refine the core skills: <ul style="list-style-type: none"> ✓ shapes / balances ✓ jumps ✓ rolls • Copy, practise and perform a set routine. • Practise a range of partner balances. • Experiment with the performance skills needed to create a group routine. • Work with others to create, practise and perform a group routine. 	<ul style="list-style-type: none"> • Know how to safely set up and pack away equipment. • Know how to perform a range of core skills: <ul style="list-style-type: none"> ✓ What the skill should look like. ✓ Key coaching points. • Know that consideration must be given to: <ul style="list-style-type: none"> ✓ Skill selection ✓ Travel ✓ Formation ✓ Transition when creating group routines. 		<p><i>Shapes / Balances</i> <i>Control / Extension</i> <i>Mirror / Counter</i> <i>balance / Counter</i> <i>tension</i> <i>Straight / Tuck / Pike</i> <i>/ Straddle</i> <i>Jumps</i> <i>Stick the landing</i> <i>Roll</i> <i>Pencil / Egg / Teddy</i> <i>bear / Commando /</i> <i>Forward / Backward</i> <i>Routine / Sequence</i> <i>Travel</i> <i>Transition</i></p>

PE Knowledge and Skills Map – Year 4 – Academic Year 2023-24

Spring 2

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
Invasion Games Handball	<ul style="list-style-type: none"> • Introduction to the basic throwing actions: <ul style="list-style-type: none"> ✓ Bounce pass ✓ Overhead pass • Practise selecting the right throwing action for the situation. • Practise passing on the move. • Practise core skills in isolation and as part of game play. • Introduction to the basic game play rules and skills. • Introduction to the basic principles of attack and defence and attempt to put these into practise in games. 	<ul style="list-style-type: none"> • Know how to perform the core skills: <ul style="list-style-type: none"> ✓ What the skill should look like. ✓ Key coaching points. • Know the basic concept and rules for handball. • Know the rules for passing and receiving a ball on the move. • Know the basic principles of attack and defence: <ul style="list-style-type: none"> ✓ Attack – move forward / find space. ✓ Defence – Mark players / Intercept passes. 	<ul style="list-style-type: none"> • Know that participation in PE / Sport can help develop key life skills. • Develop a range of core life skills: <ol style="list-style-type: none"> (1) Self-management: <ul style="list-style-type: none"> ✓ Participate in a safe manner. ✓ Attempt all activities. ✓ Make good use of time within the lesson to practise. ✓ Try your best & set personal challenges. ✓ Play by the rules. ✓ Accept the outcome. (2) Teamwork: <ul style="list-style-type: none"> ✓ Work co-operatively & collaboratively with others. ✓ Try your best and encourage others to do the same. (3) Leadership: <ul style="list-style-type: none"> ✓ Practise both leading & following. ✓ Share ideas with others. ✓ Provide feedback on own & others performance. 	<p><i>Throw</i></p> <p><i>Catch</i></p> <p><i>Pass</i></p> <p><i>Bounce pass</i></p> <p><i>Overhead pass</i></p> <p><i>Shoot</i></p> <p><i>Throw off</i></p> <p><i>Travelling</i></p> <p><i>Intercept</i></p> <p><i>Block</i></p> <p><i>Semi – Circle</i></p> <p><i>Contact</i></p>
Fitness	<ul style="list-style-type: none"> • Participate in a range of cardio-vascular and strength building fitness activities. • Experiment with making exercises easier and harder. • Experience the effect of different exercises on different parts of the body. • Design a fitness circuit. 	<ul style="list-style-type: none"> • Know how to perform exercises safely. • Know how to make exercises easier or harder. • Know the difference between cardio-vascular and strength building exercises. • Know the key points to consider when designing a fitness circuit. 		<p><i>Cardio-Vascular</i></p> <p><i>Strength</i></p> <p><i>Circuit</i></p> <p><i>Fitness</i></p> <p><i>Endurance</i></p> <p><i>Sustained</i></p> <p><i>Rest</i></p> <p><i>Control</i></p> <p><i>Technique</i></p> <p><i>Pace</i></p>

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Racquet Sports Tennis	<ul style="list-style-type: none"> Develop the core skills required: grip, ready position, racquet control, forehand & backhand. Develop basic racket control skills. Practise sending & receiving a ball. Participate in a rally. Introduction to a basic serve action. Participate in games that involve returning a ball over a net. 	<ul style="list-style-type: none"> Know how to perform the core skills: ✓ What the skill should look like. ✓ Key coaching points. Know how to strike the ball to send it towards a partner. Know the importance of returning to the ready position between shots. Know how points are scored in the game of tennis. 	<ul style="list-style-type: none"> Know that participation in PE / Sport can help develop key life skills. Know how to manage own game play experience: ✓ Organise & officiate own games. ✓ Compromise. ✓ Mediate & resolve conflict. Develop a range of core life skills: (1) Self-management: ✓ Demonstrate how to stay safe in the sun. ✓ Participate in a safe manner. ✓ Attempt all activities. ✓ Try your best & set personal challenges. ✓ Play by the rules. ✓ Accept the outcome. (2) Teamwork: ✓ Work with a variety of different people. ✓ Work co-operatively & collaboratively with others. ✓ Try your best and encourage others to do the same. ✓ Treat others with respect. 	<i>Handshake Grip Control Track Gentle Send Strike Receive Rally Bounce Forehand Backhand Ready position Points Net Bounce</i>
Invasion Games Ultimate Frisbee	<ul style="list-style-type: none"> Introduction to the core skills required: throwing, catching, flight control. Practise core skills in isolation and as part of game play (through modified and small sided games). Apply basic game play rules and skills in small-sided games. Introduction to the basic game play tactics. 	<ul style="list-style-type: none"> Know how to perform the core skills: ✓ What the skill should look like. ✓ Key coaching points. Know the basic concept and rules for ultimate frisbee. Know how to implement: ✓ 1v1 ✓ Zone defensive strategies. 		<i>Frisbee / Disc Throw Catch Flight Control End Zone Possession 1 v 1 Marking Zone Defence Spirit of the Games</i>

PE Knowledge and Skills Map – Year 4 – Academic Year 2023-24

Summer 2

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
Striking and Fielding Cricket	<ul style="list-style-type: none"> Develop the core skills required: <i>Throwing & catching, overarm bowling, batting, fielding.</i> Practise core skills in isolation and as part of game play (through modified and small sided games). Apply basic game play rules and skills in small-sided games. Introduction to the basic tactics for batting and fielding. 	<ul style="list-style-type: none"> Know how to perform the core skills: <ul style="list-style-type: none"> ✓ <i>What the skill should look like.</i> ✓ <i>Key coaching points.</i> Know the basic concept and rules for cricket. Know the basic principles for batting & fielding: <ul style="list-style-type: none"> ✓ <i>batting – swing to strike ball / hit into space / run to score.</i> ✓ <i>Fielding – return ball to bowler / hit wickets or catch out / stop batter from scoring runs.</i> 	<ul style="list-style-type: none"> Know that participation in PE / Sport can help develop key life skills. Know how to manage own game play experience: <ul style="list-style-type: none"> ✓ <i>Allow others to join in.</i> ✓ <i>Take turns.</i> ✓ <i>Organise & officiate own games.</i> ✓ <i>Compromise.</i> Develop a range of core life skills: <ol style="list-style-type: none"> Self-management: <ul style="list-style-type: none"> ✓ <i>Demonstrate how to stay safe in the sun.</i> ✓ <i>Participate in a safe manner.</i> ✓ <i>Attempt all activities.</i> ✓ <i>Play by the rules.</i> ✓ <i>Accept the outcome.</i> Teamwork: <ul style="list-style-type: none"> ✓ <i>Work with a variety of different people.</i> ✓ <i>Work co-operatively & collaboratively with others.</i> ✓ <i>Try your best and encourage others to do the same.</i> ✓ <i>Treat others with respect.</i> 	<p style="text-align: center;"><i>Throw Catch Pass Wicket Out Safe Runs Relay Underarm Over arm Out field Boundary 4 or 6</i></p>
Sports Day Preparation	<ul style="list-style-type: none"> To practise the challenges that will be part of the whole school sports day (School Games afternoon). To participate in a timed sprint challenge. 	<ul style="list-style-type: none"> Know how to safely participate in each activity. Know how each event is scored. Know how to perform each task: <ul style="list-style-type: none"> ✓ <i>What to do</i> ✓ <i>The rules of the game</i> ✓ <i>Key coaching points</i> 		<p style="text-align: center;"><i>Challenge Sprint Carousel Teamwork Sportsmanship Honesty Fairplay Encouragement</i></p>