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| Year 4 National Curriculum Objectives | | |
| Autumn Term | Spring Term | Summer Term |
| **Athletics**   * Use running, jumping, throwing and catching in isolation and in combination.   **OAA**   * Take part in outdoor and adventurous activity challenges both individually and within a team. | **Gymnastics**   * Develop flexibility, strength, technique, control and balance.   **Invasion Games**   * Play competitive games, modified where appropriate and apply basic principles for attacking and defending. * Use running, jumping, throwing and catching in isolation and in combination. | **Striking and Fielding**   * Compare their performances with previous ones and demonstrate improvement to achieve their personal best. * Use running, jumping, throwing and catching in isolation and in combination. * Play competitive games, modified where appropriate and apply basic principles for attacking and defending.   **Dance**   * Perform dances using a range of movement patterns. |
| Year 4 Key Skills | | |
| **Athletics**   * To perform a start in a sprint type race * To throw for distance using three different throws * To perform a hop, step and jump * To pass a baton successfully in a race * To perform 5 different jumps * To perform in athletic type competitive events (run, jump and throw)   **OAA**   * To complete a Trail within the school grounds. * To increase confidence in decision making. * To complete a Photo Trail within the school grounds. * To know how to use a control card | **Gymnastics**   * To develop ways of travelling on feet and hands and feet. * To develop balance on small body parts. * To develop a range of jumping actions * To develop balance on large body parts. * To create a gymnastic sequence of travelling and balancing. * To explore different ways of rolling. * To perform rolling actions and link these with other actions to create a sequence. * To explore different ways of balancing, jumping and travelling. To create a sequence using travelling, balancing, jumping and rolling that meet a set of conditions * To make simple judgements about the quality of performances. * To create a sequence using travelling, balancing, jumping and rolling that meet a set of conditions   **Invasion Games**  **Handball/Basketball/Netball/ Tri golf**   * To send and receive a ball * To travel with a ball * Travel with a ball with control * Use various simple tactics to outwit an opponent * Apply basic principles of attack * Travel with a ball with control in a game * Evaluate success | **Striking and Fielding**   * To strike a ball a striking and fielding game * To use simple tactics in a striking and fielding game * To evaluate tactics used in a striking and fielding game   **Dance**   * Identify and practise patterns and actions of dance style * Demo an awareness of the music’s beat and rhythm * Create an individual dance and partner dance that reflects the theme * To dance using a range of movements Evaluate own work |
| Year 4 Curriculum Enrichment Opportunities | | |
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