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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.
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| 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
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| Year 4 Curriculum Enrichment Opportunities |
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