

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 (sports day)	Summer 2
Year 4	Swimming			<p>Fundamentals/ Athletics Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and in combination. Sports day event practice.</p> <ul style="list-style-type: none"> - Perform a range of jumps for height and distance. - Run at different speeds. - Can complete tasks as part of a group. - Encourages and supports others. <p>Games Play competitive games applying basic principles.</p> <ul style="list-style-type: none"> - Attacking and defending using support and movement - cover and balance in team situations 5 v 2 and 5 v 3 games. - Encourages and supports others in a competitive environment. - Justify ideas and opinions whilst discussing their own and others' ideas. 	<p>Dance (3 weeks) Olympic Performing dances using a range of movement patterns incorporating a range of different levels and heights. Haka</p> <p>Orienteering (3 weeks) Take part in outdoor and adventurous activity challenges both individually and as part of a team.</p> <ul style="list-style-type: none"> - Explain ideas and opinions clearly, contributing to discussions. - Takes on a role and performs it to their best ability. 	<p>Gymnastics Develop flexibility, strength, technique, control and balance.</p> <ul style="list-style-type: none"> - Confidently move freely using own body weight with or without equipment. - Encourage and support others. - Complete randomised agility patterns using a range of jumps.. - Performs a range of balances in groups of 3 or more. - Perform a jump with a ¼ turn

	Focus of Lessons
Hands Doing)	Physical Ability, Fitness Levels, Competitive, Techniques, Tactics, Problem Solving
Head (Thinking)	Knowledge, Understanding, Analysis, Feedback, Responsibility, Rules
Heart (Behavioural)	Communication, Leadership, Respect, Resilience, Effort, Confidence