



Master Rationales for sequencing: PE/Sport

Year 4 PE planning placed in context of long term knowledge and growth

Year 4	Substantive Subject Specific Content:	Recurring substantive themes, ideas and language (The ultimate role of the content)	Subject rationale: What is this section DOING within the pupils' What later content is it preparing for? (The proximal role of the content)	Elementary Disciplinary training in PE/Sport Key questions pupils should be asking...
Year 4 Autumn term 1 Dance	Year 4 children will be focusing on Dance. They will be learning how to select and combine movements to make a sequence for performance. The dance they will be working on will have the theme of the Romans.	• Develop flexibility, strength, technique, control and balance e.g. through athletics and gymnastics • Perform a "conditioned phrase" of gymnastic movements using a range of movement patterns	Children will have achieved by end of Key Stage 2: Learned how to use (skills) them in different ways and to link them to make actions and sequences of movement Developed an understanding of how to improve in different physical activities and sports Learned how to evaluate and recognise their own success They will do this through: <i>Developing competence to excel in a broad range of physical activities</i>	• How do sports men and women achieve a good level of Health and Fitness? • Remain physically active for sustained periods of time? • Lead healthy, active lives? • Understand and apply the long-term health benefits of physical activity? • Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle?

			<i>Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect</i> <i>A high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport...</i> <i>Engage in competitive sports and activities</i> <i>Challenge -</i>	
Year 4 Autumn term 2 Netball	Children will be learning the five basic skills of netball; passing, dribbling, shooting, dodging and running. They will also learn the rules of the sport and take part in small competitive games.	Children will be taught: To use running, jumping, throwing and catching in isolation and in combination • Develop flexibility, strength, technique, control and balance e.g. through a small sided game • (enjoy) communicating, collaborating with each other • ...and within a team • (enjoy) competing with each other • Play competitive games, modified where appropriate	Children will have achieved by end of Key Stage 2: Learned how to use (skills) them in different ways and to link them to make actions and sequences of movement Developed an understanding of how to improve in different physical activities and sports Learned how to evaluate and recognise their own success They will do this through: <i>Developing competence to excel in a broad range of physical activities</i>	• How do sports men and women achieve a good level of Health and Fitness? • Remain physically active for sustained periods of time? • Lead healthy, active lives? • Understand and apply the long-term health benefits of physical activity? • Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle?

			<i>Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect</i> <i>A high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport...</i> <i>Engage in competitive sports and activities</i> <i>Challenge -</i> <i>....succeed and excel (in competitive sport) and other physically demanding activities</i> <i>Provide opportunities for pupils to become physically confident in a way, which supports their health and fitness</i> <i>Pupils are physically active for sustained periods of time</i> <i>Lead healthy, active lives</i>	
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Year 4 Spring 1 Gymnastics	Children will learn gymnastics. They will develop the range of actions, body shapes and balances as well as use compositional devices when creating their sequences, such as changes in speed, level and direction to combine movements for performance. Small Sided Games – Netball skills	• Develop flexibility, strength, technique, control and balance e.g. through athletics and gymnastics • Perform a “conditioned phrase” of gymnastic movements using a range of movement patterns • Use running, jumping, throwing and catching in isolation and in combination • Develop flexibility, strength, technique, control and balance e.g. through a small sided game • (enjoy) communicating, collaborating with each other • ...and within a team • (enjoy) competing with each other • Play competitive games, modified where appropriate	Children will have achieved by end of Key Stage 2: Learned how to use (skills) them in different ways and to link them to make actions and sequences of movement Developed an understanding of how to improve in different physical activities and sports Learned how to evaluate and recognise their own success	
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Year 4 Spring 2	Athletic Skills – associated with: Team Relay/Shuttle running	• Use running, jumping, throwing and catching in isolation and in combination • (enjoy) communicating, collaborating with each other • ...and within a team • (enjoy) competing with each other • Competitive races, modified where appropriate	As above	
Year 4 Summer 1	Children will be learning outdoor games such as Cricket and Rounders, as well as the mechanics of running and throwing techniques.	• Use running, jumping, throwing and catching in isolation and in combination • Develop flexibility, strength, technique, control and balance e.g. through a small sided game • (enjoy) communicating, collaborating with each other • ...and within a team • (enjoy) competing with each other • Play competitive games, modified where appropriate	Children will have achieved by the end of Key Stage 2: Learned how to use (skills) them in different ways and to link them to make actions and sequences of movement Developed an understanding of how to improve in different Learned how to evaluate and recognise their own success Learned how to evaluate and recognise their own success	

Year 4 Summer 2	All children will take in the annual sports day and some children may be asked to compete in sporting competitions against other schools, for example the A1 Sports event. Children will also be learning the mechanics of running and throwing techniques (Athletics activities)	• Use running, jumping, throwing and catching in isolation and in combination • Develop flexibility, strength, technique, control and balance e.g. through a small sided game • (enjoy) communicating, collaborating with each other • ...and within a team • (enjoy) competing with each other • Competitive races, modified where appropriate	As above	
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