**Year 4 PE-Curriculum Map.**

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| 6 Strands of PE  (Golden Thread) | Skills taught. | End Points to be achieved by  the end of the year. |
| Fundamental skills. | Hurdle efficiently and consistently  Sprint between hurdles  Develop the technique and consistency of my jumps.  Jump consistently off the same foot.  I can scissor kick.  Accurately replicate the technique for running, jumping, and throwing events  Run a relay efficiently as part of a team.  Understand the term personal best.  Challenge myself to beat previous performances.  Enjoys competing / performing and thrives on showcasing their talents | To be able to perform the fundamental movement skills with an element of control whilst competing with myself. |
| Dance. | Creatively change static actions into travelling movements  Show different levels and pathways when I travel.  translate theme related actions into travelling movements.  Show good timing and control.  To work co-operatively  Communicate effectively within a group.  Improve our ideas.  Evaluate the work of other’s using accurate technical language. | To be able to perform and evaluate a sequence of linked skills to create a routine. |
| Gymnastics 3 strands as they progress through the school.  Movement  Balance  Partner/group work. | Support my body weight on my hands and feet only.  Spin from one means of support to another  Spin and take my weight in my hands.  Perform sequences using front and back asymmetrical supports and symmetrical spinning  Create sequences involving different controlled rolls and front and back supports.  Create sequences, moving seamlessly from front and back supports to other balances.  Form different shapes with my legs whilst in shoulder balances.  Work in different formations within a sequence  Perform in unison to a set count.  Work in a pair.  Create a sequence of front and back supports which involve working under and over  Balance on different points and patches  Match a partner’s moves in synchrony.  Perform elements of a sequence in contrast to a partner  Match my partner’s asymmetrical balances.  Work alongside a partner to produce our best work | To be able to perform technical gymnastics skills safely on a range of apparatus. |
| Invasion Games. | Pass under pressure.  Send a netball accurately in a variety of ways. | To learn different strategies of attack and defence as part of a team in a range of sports. |
| Net and Wall Games. | Pass a netball to bypass a defender by passing quickly, or using feinting or, ‘giving the eyes.  Defend individually and/or as part of a team  Attack by being fluid in my positioning, using the width and passing quickly.  Get free from opponents by feinting.  Shoot using good technique.  Position myself to take rebounds from the post.  Pivot having landed in possession of the ball.  Track an opponent.  Trap a ball and cushion it when receiving with my foot.  Pass the football accurately.  Dribble a ball using both feet and manipulate it using different parts of the foot.  Shield a ball from an opponent.  Turn confidently with a football.  Play a small game and demonstrate my turns.  To get the ball out wide and use the full width of the pitch  Make good decisions when in possession.  I know How to defend against someone when in a 1v1 situation.  Defend well, watching the ball, jockeying to await the moment to punce and being decisive.  Get into sideways positions when receiving the ball |  |
| Striking and fielding Games. | How to grip the bat  How to grip a ball when bowling  The process of bowling from the coil to release of the ball.  Bowl a ball overarm with a straight arm  Throw accurately and powerfully.  Bowl with increasing accuracy  To collect a ball while on the move  To collect a ball and turn to throw to a teammate in one motion.  To collect a ball, turn to throw to a teammate and execute the throw fluidly.  Bowl with a run up  How to form a long barrier to field a hard shot.  When to stand still in the field, and when to walk in as the bowler runs in  Why I need to call my name if going for a high catch.  Putt a ball towards a target with some accuracy and a reasonable weight of shot.  Strike the ball through the air with an iron.  Set up to play an iron shot.  Strike the ball with increasing accuracy | To be able to return the ball in one fluid motion.  To be able to bowl effectively at a target. |