**Year 4 PE-Curriculum Map.**

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| 6 Strands of PE(Golden Thread) | Skills taught. | End Points to be achieved bythe end of the year. |
| Fundamental skills. | Hurdle efficiently and consistentlySprint between hurdlesDevelop 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 eventsRun 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 movementsShow different levels and pathways when I travel.translate theme related actions into travelling movements.Show good timing and control.To work co-operativelyCommunicate 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.MovementBalancePartner/group work. | Support my body weight on my hands and feet only.Spin from one means of support to anotherSpin and take my weight in my hands.Perform sequences using front and back asymmetrical supports and symmetrical spinningCreate 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 sequencePerform in unison to a set count.Work in a pair.Create a sequence of front and back supports which involve working under and overBalance on different points and patchesMatch a partner’s moves in synchrony.Perform elements of a sequence in contrast to a partnerMatch 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 teamAttack 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 pitchMake 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 batHow to grip a ball when bowlingThe process of bowling from the coil to release of the ball.Bowl a ball overarm with a straight armThrow accurately and powerfully.Bowl with increasing accuracyTo 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 upHow 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 inWhy 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. |