



The Best That You Can Be
Devonshire Primary Academy
PE Long Term Plan



Year 4						
Week	Autumn		Spring		Summer	
	Indoor	Outdoor	Classroom	Indoor	Indoor	Outdoor
1	<p>* <u>Gymnastics</u></p> <p>To master the planning, performing and repeating of a sequence that consists of at least 3 moves independently.</p>	<p><u>Invasion modified small sided games</u> <small>(Modified- change of playing area and equipment).</small></p> <p>Work on prior knowledge of attacking and defending, and apply these principles into competitive games suitable for this.</p>	<p>* <u>Fit2Go Theory</u></p> <p>Understand and apply the principles of a healthy and varied diet.</p> <p>Focus on the factors that affect a healthy active lifestyle.</p>	<p>* <u>Fit2Go Practical</u></p> <p>Participate in team games that develop teamwork.</p>	<p><u>Health Related Fitness</u></p> <p>Further develop stamina and endurance through games, exercises or activities.</p> <p>Understand the importance of being physically fit and be able to suggest how to improve their own health and fitness through exercise.</p>	<p>* <u>OAA</u></p> <p>Take part in a range of outdoor and adventurous activities both individually and within a team.</p>
2	<p><u>Gymnastics</u></p> <p>To confidently move in a clear, fluent and expressive manner.</p> <p>Swing and hang from equipment safely</p>	<p><u>Invasion modified small sided games</u></p> <p>Master key game skills such as: balance, agility,</p>	<p><u>Fit2Go</u></p> <p>See above.</p>	<p><u>Fit2Go</u></p> <p>See above.</p>	<p><u>Health Related Fitness</u></p> <p>Further develop agility through games, exercises or activities.</p>	<p><u>OAA</u></p> <p>Take part in a range of outdoor and adventurous activities both individually and within a team.</p>

	with support (using hands) with confidence.	co-ordination and precision.			Understand the importance of being physically fit and test their own fitness abilities.	Demonstrate resilience when plans do not work and use initiative to try new ways of working.
3	<u>Gymnastics</u> To show changes of direction, speed and level during a performance.	<u>Invasion modified small sided games</u> Use technical language relevant to the game set. Also, use this language to evaluate the work of others.	<u>Fit2Go</u>	<u>Fit2Go</u>	<u>Health related Fitness</u> Further develop strength through games, exercises or activities. Understand the importance of being physically fit and test their own fitness abilities.	<u>OAA</u> Take part in a range of outdoor and adventurous activities both individually and within a team. Remain aware of changing conditions and change plans if necessary.
4	<u>Gymnastics</u> To travel in a variety of ways, including flight, by transferring weight to generate power in movements.	<u>Invasion modified small sided games</u> Recognise the importance of spatial awareness in a game.	<u>Fit2Go</u>	<u>Fit2Go</u>	<u>Health Related Fitness</u> Further develop strength, stamina and agility through participating in circuit training. Understand the importance of being physically fit and test	<u>OAA</u> Use maps and digital devices to orientate themselves.

					their own fitness abilities.	
5	<p><u>Gymnastics</u></p> <p>Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</p>	<p><u>Invasion modified small sided games</u></p> <p>Lead others and act as a respectful team member.</p>	<u>Fit2Go</u>	<u>Fit2Go</u>	<p><u>Health Related Fitness</u></p> <p>Participate in circuit training, setting personal targets for achieving own goal/s and trying to achieve a PB.</p>	<p><u>OAA</u></p> <p>Use maps and digital devices to orientate themselves.</p>
6	<p><u>* WW2 Tea Dance</u></p> <p>Appreciate the context of WW2 and the songs/dances from this era.</p> <p>Imitate movements/dances from this era demonstrating coordination.</p>	<p><u>Striking and Fielding</u></p> <p>Master upon key game skills such as: balance, agility, co-ordination and precision.</p>	<p><u>Viking Dance</u></p> <p>Explore movements linked to Vikings.</p> <p>Use coordination in a range of movement patterns with control and fluency.</p>	<p><u>* Net and Wall Games</u></p> <p>Work on prior knowledge of attacking and defending, and apply these principles into competitive games suitable for this.</p>	<p><u>Health Related Fitness</u></p> <p>Further develop stamina and endurance through games, exercises or activities.</p> <p>Understand the importance of being physically fit and be able to suggest how</p>	<p><u>* Athletics</u></p> <p>Run over a variety of distances selecting the appropriate technique and pace to achieve success.</p>

			Link together 3 dance actions- travel, turn and jump.		to improve their own health and fitness through exercise.	
7	<p><u>WW2 Tea Dance</u></p> <p>Rehearse movements/dances learnt with a partner working together cooperatively.</p> <p>Perform a sequence of movements with control and fluency.</p>	<p><u>Striking and Fielding</u></p> <p>Work on prior knowledge of attacking and defending, and apply these principles into competitive games suitable for this.</p>	<p><u>Viking Dance</u></p> <p>Vikings at sea: In groups the children will make a Viking ship. Ask the children to think of movements for each part of the ship to include:</p> <ul style="list-style-type: none"> • A Mast Head • The Oars • The Sails • The Waves <p>Show changes in levels, direction and speed.</p>	<p><u>Net and Wall Games</u></p> <p>Master upon key game skills such as: balance, agility, co-ordination and precision.</p>	<p><u>Health Related Fitness</u></p> <p>Further develop agility through games, exercises or activities.</p> <p>Understand the importance of being physically fit and test their own fitness abilities.</p>	<p><u>Athletics</u></p> <p>Jump in a number of ways using a run up where appropriate.</p>
8	<p><u>WW2 Tea Dance</u></p> <p>Rehearse with a partner developing movement memory and demonstrating musicality.</p>	<p><u>Striking and Fielding</u></p> <p>Use technical language relevant to the</p>	<p><u>Viking Dance</u></p> <p>Vikings at war: choreograph a battle scene.</p>	<p><u>Net and Wall Games</u></p> <p>Use technical language relevant to the game set.</p>	<p><u>Health Related Fitness</u></p> <p>Further develop strength through games, exercises or activities.</p>	<p><u>Athletics</u></p> <p>Jump in a number of ways using a run up where appropriate.</p>

		game set. Also, use this language to evaluate the work of others.	Rehearse a transition from Vikings at sea to Vikings at war using dance actions: travelling, turning, elevation, falling, stillness and gesture. Develop physical skills, such as; balance, flexibility, strength and control.	Also, use this language to evaluate the work of others.	Understand the importance of being physically fit and test their own fitness abilities.	
9	<u>WW2 Tea Dance</u> Develop physical skills such as balance, strength and control. Perform with increased focus.	<u>Striking and Fielding</u> Recognise the importance of spatial awareness in a game.	<u>Viking Dance</u> <u>Viking at home-settlement.</u> Each group will create at least 2 moves they can perform to the beat of the music. Each move should show that they are part of one of the groups indicated below. Group 1 – Farmers Group 2 – Warriors Group 3 – Hunters	<u>Net and Wall Games</u> Recognise the importance of spatial awareness in a game.	<u>Health Related Fitness</u> Further develop strength, stamina and agility through participating in circuit training. Understand the importance of being physically fit and test their own fitness abilities.	<u>Athletics</u> Develop under arm and over arm throws with accurate technique and an emphasis on accuracy and/or distance.

			<p>Group 4 - Builders Group 5 – Family Group 6 – Blacksmith</p> <p>Rehearse a transition from Vikings at war to Vikings at home using dance actions: travelling, turning, elevation, falling, stillness and gesture.</p> <p>Perform a sequence of movements and positions with increased fluency.</p>			
10	<p><u>WW2 Tea Dance</u></p> <p>Perform with a partner demonstrating some confidence in front of a live audience.</p>	<p><u>Striking and Fielding</u></p> <p>Lead others and act as a respectful team member.</p>	<p><u>Viking Dance</u></p> <p>Perform a sequence of movements and positions with increased fluency.</p>	<p><u>Net and Wall Games</u></p> <p>Lead others and act as a respectful team member.</p>	<p><u>Health Related Fitness</u></p> <p>Participate in circuit training, setting personal targets for achieving own goal/s and trying to achieve a PB.</p>	<p><u>Athletics</u></p> <p>Develop and refine evaluative skills in order to recognise their own success and their peers.</p>

(PB) Personal Best

Year 4 Swimming

National Curriculum-

- swim competently, confidently and proficiently over a distance of at least 25m
- use a range of strokes effectively (for example front crawl, backstroke and breaststroke).
- Perform self-rescue in different water-based situations.

Swimming in Year 4 may not take place for the full academic year for both classes. Please see * this indicates that these sessions must be taught in order to cover the National Curriculum requirements.

- **Autumn-** Dance and gymnastics.
- **Spring-** Fit2Go delivered by BFFCT and net and wall games.
- **Summer-** Athletics and OAA.

All Year 4 children should-

- Understand the importance of wearing PE kit, removing jewellery and tying hair up and know how it keeps them safe.
- Show an awareness of safety e.g.- bare feet in gymnastics and dance, carrying/handling equipment safely etc.
- Know that exercise makes their heart beat faster and their body temperature increase.
- Know that to avoid an injury they should warm-up and cool-down.
- Know the benefits of a balanced healthy diet can contribute to improved memory, weight loss, strong bones and teeth.
- Work cooperatively and demonstrate good sport'person'ship qualities by managing their feelings and behaviour and understand that their team will not always win.
- Be taught how to share resources and equipment.
- Demonstrate resilience and a growth mindset.
- Know how to work as part of a team managing their own feelings and behaviour.
- Know that in PE we cooperate with others and play by the rules of the game/activity.
- Recognise the strengths in others, supporting and including everyone.
- Inspire others through setting a good example and being a good role-model.

- Work with fairness, honesty, integrity and show respect for our teammates, opponents and officials.
- Take ownership and responsibility for own learning through effective decision making skills.