

Year 4 Physical Education Targets

	Week	Theme	Objectives	Activities
Gymnastics	1	Expectations and safety	Pupils will understand how to perform safely during gymnastics Pupils will demonstrate some basic movements from previous learning	Recap of rotation and balances. Use of white line system
	2	Basic flight	Pupils will make simple comments about what is flight Pupils will perform flight with some presentation skills	Basic flight and landing exercises
	3	Creating shapes	Pupils will attempt a range of shapes while in flight Use flight to change direction or position on the mat	Straddle, tuck, pike, twist, spin
	4	Linking movements	Use a number of different moves into or out of flight Start and end movements correctly	Travelling movements linked to flight
	5	Short sequences	Link a number of different types of flight Use as much space as possible to present a sequence	Straddle, tuck, pike, twist, spin with traveling movements
	6	Presentation of sequences	Present a performance to the group Give comments to others on how they could improve	Routines
Basketball	1	Movement passing, dribbling	Recall and display team fundamentals from previous learning Identify and describe some fundamental rules in basketball	Games for Understanding Bench ball
	2	Set Shot	Display aspects of effective set shot technique Evaluate others in the group and improve their performance	BEEF Worksheets
	3	Set shot	Display small aspects of success set shot effectiveness by using the back board Recommend improvements to others through demonstration and coaching	BEEF Worksheets HORSE
	4	Defending the shot	Plan how to defend against a team to prevent successful shooting Describe the actions to successful defend shooting	Games for understanding 1 v 1 pick up 3 v 2 Worksheet
	5	Jump shot	Complete the Jump shot showing some understand of using aspects of technique from the set shot Assess others success in using the Jump Shot	HORSE Worksheet 1 V 1 pick up
	6	Team defending shooting	Plan how to defend against a team to prevent successful Jump shot shooting Describe the actions to successful defend shooting	Games for understanding 1 v 1 pick up 3 v 2 Worksheet
HRF	1	Benefits of a warm up	Pupils to recap and display knowledge of the three phases of a warm up Pupils to execute with some precision an effective warm up	Recap of previous years learning
	2	Strong body positions	Pupils to understand basic concepts about body shape when moving Demonstration from pupils will some basic accomplishment in body shape	How to do an effective, Squat, Squat Jump , lunge
	3	Weight transfer to aid agility	Pupils to accomplish a basic weight transfer movement with some speed Pupils demonstrate an understanding of different types of weight transfer movement	Side stepping round object and opponents. Dropping shoulder and footwork patterns
	4	Weight transfer to aid agility	Pupils to accomplish a basic change of direction movement with some control Pupils demonstrate an understanding of different types of direction movement	Cone running drills. Body shape on the turn
	5	Movement patterns and use of foot speed	Pupils to establish some proficiency in basic use of S.A.Q equipment Pupils can describe some aspects of performance which would improve through development of S.A.Q	Use of ladders and hurdles. Footwork patterns
	6	Agility, weight transfer and foot speed under pressure	Pupils demonstrate with some effectiveness Body control skills acquired in competitive situations Pupils can evaluate other performances suggesting some improvements	Cone square races Illinois agility test
HEF – Body Control	1		Pupils to recap and display knowledge of the three phases of a warm up Pupils to execute with some precision an effective warm up	Recap of previous years learning
	2		Pupils to understand basic concepts about body shape when moving Demonstration from pupils will some basic accomplishment in body shape	How to do an effective, Squat, Squat Jump , lunge
	3		Pupils to accomplish a basic weight transfer movement with some speed Pupils demonstrate an understanding of different types of weight transfer movement	Side stepping round object and opponents. Dropping shoulder and footwork pattern
	4		Pupils to accomplish a basic change of direction movement with some control Pupils demonstrate an understanding of different types of direction movement	Cone running drills. Body shape on the turn
	5		Pupils to establish some proficiency in basic use of S.A.Q equipment Pupils can describe some aspects of performance which would improve through development of S.A.Q	Use of ladders and hurdles. Footwork patterns
	6		Pupils demonstrate with some effectiveness Body control skills acquired in competitive situations Pupils can evaluate other performances suggesting some improvements	Cone square races Illinois agility test
Tennis	1	Recap	Recap basic knowledge of the rules of short tennis, particularly serving diagonally, and move on to recapping the spatial awareness required in racquet sports Replicate the “FEET, EYES, RACQUET” for both ground shots	Partner rallies
	2	Fore hand	Show an improved awareness of the role of footwork within tennis through verbal explanation and be able to demonstrate the use of lateral movement	Conditioned rallies, targets to hit
	3	Fore hand	Demonstrate to moving in towards the net, rather than just moving laterally Aim for target zones on the court in the corners with a feed from an opponent	Conditioned rallies, targets to hit
	4	Back hand	Show an improved awareness of the role of footwork within tennis through verbal explanation and be able to demonstrate the use of lateral movement	Conditioned rallies, targets to hit
	5	Back hand	Demonstrate to moving in towards the net, rather than just moving laterally Aim for target zones on the court in the corners with a feed from an opponent	Conditioned rallies, targets to hit
	6	Competitions	Understand most basic rules of short tennis games Officiate and cooperate with some accuracy	On court tournaments
Problem Solving	1		Develop and be able to identify some team work skills that are effective Use with some effectiveness strategy to overcome the problems presented	Bench Shuffle. Various orders, Change the method of communication
	2		Create an effective strategy to overcome a problem as a group. Provide simple suggestions and some evaluation of how to improve the group effort	Human knot worksheet
	3		Develop an understanding of co-ordinating ideas to overcome a situation Work with some aspect of good collaborative work	Stepping stones, using rubber spots. One person per spot. Not enough for whole group. Get across the river
	4		Develop aspects of effective communication with a partner Begin to discuss the effectiveness of trust while working in group	Blind fold games. Races, change of direction. Obstacle course
	5		Evaluate and refine some aspects of communication with a partner from previous lesson. Establish a working style which some effectiveness in competing the task	Blind fold games. Obstacle course, mine field. Blind folded group
	6		Demonstrate some ability to combine ideas with others to create success in the group Evaluate and Improve the performance of the group with simple suggestions	Transformers