

## Year 4 Curriculum subject plan

### PE

YEAR 4	Basketball  Tri-golf	Gymnastics  Dodgeball	Dance [MF1][MSS2][MSS3]  Swimming?	Yoga  Swimming?	Athletics	Rounders  OAA
<b>Component knowledge and skills for Year 4</b>	<ul style="list-style-type: none"> <li>• I can persevere in learning how to defend, attack, throw, catch and dribble.</li> <li>• I can use attacking skills to gain possession of the ball.</li> <li>• I can develop and apply striking, chipping, putting and playing a short or a long game.</li> <li>• I can develop my coordination, accuracy and control of my movements more accurately.</li> <li>• I can understand the rules of the game.</li> <li>• I can create more complex sequences.</li> <li>• I can use a wider range of travelling actions and include the use of pathways.</li> <li>• I can work independently and in collaboration with a partner to create and develop sequences.</li> <li>• I can develop my performance skills considering the quality and control of my actions.</li> <li>• I can evaluate and improve my own and others performances.</li> <li>• I can create character and narrative through movement and gesture.</li> <li>• I can think about how to use movement to explore and communicate ideas and issues and my own feelings and thoughts.</li> <li>• I can develop swimming strokes on my front and my back.</li> <li>• I can submerge into the water, travel and float with increasing confidence.</li> <li>• I understand how to stay safe around the water.</li> <li>• I can use yoga poses to improve my wellbeing by building strength, flexibility and balance.</li> <li>• I can focus on my breathing and create my own yoga flows.</li> <li>• I can develop an understanding of speed and pace in relation to distance.</li> <li>• I can develop power and speed in the sprinting technique.</li> <li>• I can develop techniques when jumping for distance.</li> <li>• I can explore power and technique when throwing for distance in a pull throw.</li> <li>• I can develop problem solving skills through a range of challenges.</li> <li>• I can work in isolation or in small groups to plan, solve, reflect and improve on strategies.</li> <li>• I can orientate a map, identify key symbols and follow routes.</li> </ul>					