

BOSTON WEST ACADEMY

Y4 PE OVERVIEW

Sept 2021



Year 4	
Dance	Gymnastics
<p>Follow the https://www.getset4pe.co.uk/ Y4 Dance scheme of work and lesson plans.</p> <p>Children will develop skills which are grouped into physical, social, emotional and thinking skills.</p>	<p>Follow the https://www.getset4pe.co.uk/ Y4 Gymnastics scheme of work and lesson plans. For gymnastic activities, pupils should remove shoes and socks. Please refer to the gymnastic guidelines in the resource bank for further information on: 'Safely Moving Apparatus,' 'Safely Using Apparatus' and 'Rolls.'</p> <p>Children will develop skills which are grouped into physical, social, emotional and thinking skills.</p>
<p>Pupils focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of stimuli, working individually, in pairs and small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Pupils will develop confidence in performing and will be given the opportunity to provide feedback and utilise feedback to improve their own work.</p>	<p>In this unit, pupils create more complex sequences. They learn a wider range of travelling actions and include the use of pathways. They develop more advanced actions such as inverted movements and explore ways to include apparatus. They will demonstrate control in their behaviour to create a safe environment for themselves and others to work in. They work independently and in collaboration with a partner to create and develop sequences. Pupils are given opportunities to receive and provide feedback in order to make improvements on their performances. In gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.</p>
<p><u>Assessment Criteria</u></p> <p>I can choose actions and dynamics to convey a character or idea.</p> <p>I can copy and remember set choreography.</p> <p>I can provide feedback using appropriate language relating to the lesson.</p> <p>I can respond imaginatively to a range of stimuli relating to character and narrative.</p> <p>I can use changes in timing and spacing to develop a dance.</p> <p>I can use counts to keep in time with others and the music.</p> <p>I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group.</p> <p>I show respect for others when working as a group and watching others perform.</p>	<p><u>Assessment Criteria</u></p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can identify some muscle groups used in gymnastic activities.</p> <p>I can plan and perform sequences with a partner that include a change of level and shape.</p> <p>I can provide feedback using appropriate language relating to the lesson.</p> <p>I can safely perform balances individually and with a partner.</p> <p>I can watch, describe and suggest possible improvements to others' performances and my own.</p> <p>I understand how body tension can improve the control and quality of my movements.</p>
Vocabulary	

stimulus, dynamics, formations, canon, unison, relationships

extension, body tension, momentum, inversion, pathways

Netball	Capture the flag
<p>Follow the https://www.getset4pe.co.uk/ Y3 Netball scheme of work and lesson plans.</p> <p>Children will develop skills which are grouped into physical, social, emotional and thinking skills.</p>	<p>Follow a sequence of lessons to equip the children with the knowledge and skills they need to take part in the interschool tournaments provided by the Boston schools sport partnership.</p>
<p>Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and shooting. They will learn to use a range of different passes in different situations to keep possession and attack towards goal. Pupils will learn about defending and attacking play as they begin to play even-sided versions of 5-a-side Netball. They will learn key rules of the game such as footwork, held ball, contact and obstruction.</p>	<p>In this unit pupils will improve on the key skills used in capture the flag such as running, turning, evading, communicating and awareness. They learn how to apply simple tactics to the game to outwit their opponent through strategic teamwork. In capture the flag, pupils achieve this by evading being caught by opponents by tagging whilst aiming to capture their opponent's flag from a zone and return the flag back to their team's half of the pitch. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Pupils are given opportunities to evaluate and improve on their own and their team performances</p>
<p>Assessment Criteria</p> <p>I can defend one on one and know when to win the ball.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can move to space to help my team to keep possession and score goals.</p> <p>I can pass, receive and shoot the ball with increasing control.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can use simple tactics to help my team score or gain possession.</p> <p>I share ideas and work with others to manage our game.</p> <p>I understand the rules of the game and I can use them often and honestly.</p>	<p>Assessment Criteria</p> <p>I can catch with increasing consistency.</p> <p>I can communicate with my teammates to apply simple tactics.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can evade/tag my opponents whilst increasing my direction of movements and awareness of other opposition members.</p> <p>I can communicate with team mates to pass on instructions and advice.</p> <p>I can use simple tactics to help my team score or gain possession</p> <p>I share ideas and work with others to manage our game.</p> <p>I understand the rules of the game and I can use them often and honestly.</p>
Vocabulary	
<p>Interception, possession, defence, attack, conceding</p>	<p>Opponent, evading, communicating, awareness, tactics, defending, tagging, zone, jail</p>

Hockey	Athletics
<p>Follow the https://www.getset4pe.co.uk/ Y4 Hockey scheme of work and lesson plans. Children will develop skills which are grouped into physical, social, emotional and thinking skills.</p>	<p>Follow the https://www.getset4pe.co.uk/ Y4 Athletics scheme of work and lesson plans. Children will develop skills which are grouped into physical, social, emotional and thinking skills.</p>
<p>Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They will begin to think about defending and winning the ball. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. Pupils will understand the importance of playing fairly and keeping to the rules. They will be encouraged to be a supportive teammate and identify why this behaviour is important.</p>	<p>In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.</p>
<p><u>Assessment Criteria</u> I can delay an opponent and help to prevent the other team from scoring. I can dribble, pass, receive and shoot the ball with increasing control. I can move to space to help my team to keep possession and score goals. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.</p>	<p><u>Assessment Criteria</u> I can demonstrate the difference in sprinting and jogging techniques. I can explain what happens in my body when I warm up. I can identify when I was successful and what I need to do to improve. I can jump for distance with balance and control. I can throw with some accuracy and power to a target area. I show determination to improve my personal best. I support and encourage others to work to their best.</p>
Vocabulary	
interception, possession, opposition, defender, attacker, reverse	Power, speed, strength, vertical, progressive