

Year 4.

Activity

Unit Objective

Essential Elements (These objectives will be taught & reinforced across all units)

I understand that it is hygienic to change clothes before & after exercise
I can identify which parts of my body I need to stretch/mobilise before I do a particular sport
I know which physical activities I prefer to take part in
I can work safely with space and equipment in independent & group activities.
I can find my pulse & explain that my heart beats faster when I exercise because it needs to pump more blood
I can use my non-dominant hand/foot if required

Swimming

I can swim confidently and proficiently over 25 metres.
I can use a range of strokes effectively
I can perform self-rescue in different water based situations

Dance

I can learn the steps to different routines
I can take the lead when working with a partner or group.
I can move in a clear, fluent and expressive manner.
I can identify how performance can be improved through self-assessment and peer critique feedback.
I can perform to different audiences

Games

I can outwit an opponent using my catching, rolling & throwing skills
I can outwit an opponent using intelligent movement & a range of passing receiving techniques
I can achieve success in an opposed game using a range of striking technique
I can outwit an opponent using a range of dribbling techniques
I can respect my team-mates, opponents & rules when I play a game
I can identify my opponents strength/weaknesses & select an appropriate tactic

Gymnastics

I can use different types of travel to perform movement sequences on & off apparatus
I can roll to safely exit a balance position
I can support & perform inverted balances (eg Headstand, Handstand).
I can vault using different techniques.
I can choreograph sequences that incorporate the 5 basic shapes
I can choreograph movement sequences on/off gymnastic apparatus

Athletics

I can set myself a SMART target for a long-distance run
I can officiate a sprint race
I can recall & refine correct throwing technique for different events
I can recall & refine different jumping techniques & know which foot I prefer to take off from
I can coach a standing long jumper