



AGS – Year 4 Medium Term Curriculum Plan

Physical Education



Block/ Weeks	Unit/Activity	Key Targets and Learning objectives	Activities	Key Vocabulary	SAL
1	Dodgeball/Skittleball	<ul style="list-style-type: none"> • Refamiliarise with both sports. • Develop knowledge of rules, concepts and tactics. Allowing for changes of concepts. E.g Save the Queen/King • Evasion from a moving object. • Aiming and throwing at stationary and moving targets. Whilst moving to attack also. • Defense of a goal i.e the skittle • Drawing attackers and working as a team to focus on individual member of the opposing team. 	<p>Over the course of the unit areas of focus within lessons:</p> <ul style="list-style-type: none"> Spatial awareness Throwing and Catching Blocking Movement and agility Teamwork Communication 	<ul style="list-style-type: none"> Accuracy Throw Target Catch Dodge Dip Duck Dive Dodge Regenerate Snipe Tactic Block Guard 	<p>Physical Competencies</p> <ul style="list-style-type: none"> Gross & Fine motor skills Kinesthetic Awareness Balance & Control <p>Cognitive skills</p> <ul style="list-style-type: none"> Focus & Concentration Decision Making <p>Personal Qualities</p> <ul style="list-style-type: none"> Determination & Resilience Respect & Tolerance Communication



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	Benchball	<ul style="list-style-type: none"> • Pupils will focus on developing game play with some fluency and accuracy. • Use a range of throwing and catching techniques. • In all game activities, pupils will find ways of attacking successfully. • Use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and working to get into scoring positions. • Will begin to watch and describe others performances, as well as their own, and suggest basic methods of improvement. • To keep and run a game using a set of rules. 	<p>Over the course of the unit areas of focus within lessons:</p> <ul style="list-style-type: none"> Ball Familiarisation Travelling with and without the ball Movement skills Attacking skills Sending & Receiving Space Rules and Scoring Competitive game situation 	<ul style="list-style-type: none"> Attacking Defending Passing Chest Pass Bounce Pass Team Play Team positions Creating Space 	<p>Physical Competencies</p> <ul style="list-style-type: none"> Gross & Fine motor skills Balance & Control <p>Cognitive skills</p> <ul style="list-style-type: none"> Focus & Concentration Decision Making Creativity <p>Personal Qualities</p> <ul style="list-style-type: none"> Responsibility & Leadership Respect & Tolerance Communication <p>Physical Fitness</p> <ul style="list-style-type: none"> Core Stability & Strength Flexibility
	Football	<ul style="list-style-type: none"> • Pupil will develop on basic passing skills for football. • To develop ball control and familiarity whilst both stationary and moving. • To understand the concept and importance of space. • To understand the effect of exercise and develop an attitude of fair play, 	<p>Over the course of the unit areas of focus within lessons:</p> <ul style="list-style-type: none"> Ball Familiarisation Variety of passing Dribbling and movement Striking and long passing Defending Conditioned games 	<ul style="list-style-type: none"> Control Passing Receiving Positioning Attacking Defending Space Movement Pressure Accuracy Sportsmanship 	<p>Physical Competencies</p> <ul style="list-style-type: none"> Gross & Fine motor skills Balance & Control <p>Cognitive skills</p> <ul style="list-style-type: none"> Focus & Concentration Decision Making Creativity



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		sportsmanship and enjoyment.		Fairplay	Personal Qualities Responsibility & Leadership Respect & Tolerance Communication Physical Fitness Core Stability & Strength Flexibility
2	Athletics	<ul style="list-style-type: none"> • In this unit pupils will be introduced to the concept of throwing for distance using a range of objects, jumping for distance and with accuracy. • Pupils will accurately replicate running challenges and competitions that require both speed and stamina. • In all athletic activity, pupils will engage in performing skills, measuring and recording their own performance. • Pupils will develop the ability follow safety procedures and handle equipment correctly. • All lessons working towards developing and refining skills ready for KS2 Sports day and MPSL Competition. 	Over the course of the unit areas of focus within lessons: Sprint Running Running -Relays Jumping – High and Long Throwing for Accuracy Throwing for distance Middle/Long distance run	Running Jumping Throwing Stance Stamina Speed Baton and Exchange Pace Scissor Kick Take off and Landing Reaction	Personal Qualities Motivation Confidence & Self esteem Determination & Resilience Communication Physical Fitness Stamina Speed



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	Rugby	<ul style="list-style-type: none"> Pupils look to build on aspects of previous ball games using invasion tactics Catching and passing with the concept of the ball going backwards but running forward. Drawing a defender and passing into space. Pupils use the idea of developing footwork and balance to beat a defender and run in to space. Moving a defender around to create a gap for a team mate 	<p>All focuses are dependent on student ability.</p> <p>Rugby</p> <p>Evading opposition</p> <p>Giving and receiving a pass</p> <p>Maintain possession and moving forward with the ball</p> <p>Following basic rules/concepts of rugby</p>	<p>Catch</p> <p>Pass</p> <p>Space</p> <p>Try</p> <p>Target</p> <p>Evasion</p> <p>Step</p> <p>Acceleration</p>	<p>Physical Competencies</p> <p>Gross & Fine motor skills</p> <p>Personal Qualities</p> <p>Confidence & Self esteem & Strength</p>
	Basketball	<ul style="list-style-type: none"> Reiterate benchball so pupils can understand similarities Pupils will focus on developing basketball game play with some fluency and accuracy. Use a range of throwing and catching techniques. In all game activities, pupils will find ways of attacking successfully. 	<p>Over the course of the unit areas of focus within lessons:</p> <p>Ball Familiarisation</p> <p>Travelling with and without the ball</p> <p>Movement skills</p> <p>Attacking skills</p> <p>Sending & Receiving</p> <p>Space</p> <p>Rules and Scoring</p> <p>Competitive game situation</p>	<p>Attacking</p> <p>Defending</p> <p>Passing</p> <p>Chest Pass</p> <p>Bounce Pass</p> <p>Team Play</p> <p>Team positions</p> <p>Creating Space</p>	<p>Physical Competencies</p> <p>Gross & Fine motor skills</p> <p>Balance & Control</p> <p>Cognitive skills</p> <p>Focus & Concentration</p> <p>Decision Making</p> <p>Creativity</p>



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		<ul style="list-style-type: none"> • Use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and working to get into scoring positions. • Gain better understanding of basketball rules. 			<p>Personal Qualities Responsibility & Leadership Respect & Tolerance Communication</p> <p>Physical Fitness Core Stability & Strength Flexibility</p>
3	Handball	<ul style="list-style-type: none"> • Pupils will focus on developing basic passing skills for Handball. • To develop ball control and familiarity whilst both stationary and moving. • Understand concept and importance of space. • To understand the effect of exercise and develop an attitude of fair play, sportsmanship and enjoyment. 	<p>Over the course of the unit areas of focus within lessons: Moving with the ball towards a goal Short passing Movement away from a defender Shooting from outside a smaller D Conditioned, non contact games.</p>	Control Passing Receiving Positioning Attacking Defender Space Movement Pressure Accuracy Sportsmanship Fair play	<p>Physical Competencies Coordination</p> <p>Cognitive skills Focus & Concentration Decision Making Problem Solving</p> <p>Personal Qualities Confidence & Self esteem & Strength</p>



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3	Net games	<ul style="list-style-type: none"> Students will focus on developing movement on court, linking skills together to form a rally. The students will learn basic attacking and defending strategies and techniques. Students will select and apply their skills so that they can carry out basic tactics with the intention of outwitting their opponents. Students will highlight strengths and weakness in order to improve their own performances. 	<p>Over the course of the unit areas of focus within lessons:</p> <ul style="list-style-type: none"> Target familiarization & ready position Footwork and Movement Catching and throwing Game play Rules and Scoring 	<ul style="list-style-type: none"> Sending Receiving Feeding Anticipation Scoring Ready position Stance Movement Preparation Teamwork Communication 	<p>Physical Competencies</p> <ul style="list-style-type: none"> Gross & Fine motor skills Coordination & Fluency
	Striking and fielding	<ul style="list-style-type: none"> Pupils will develop the range and consistency of their striking and fielding concepts using basic variations of bats to incorporate games such as Rounder/Cricket/ T ball and Danish Longball Pupils will work on aiming for space to outwit opponents . To implement simple tactics to form a striking and fielding principle. Higher ability students may progress to a drop feed ball. Students to develop understanding of scoring in a variety of games. 	<p>Over the course of the unit areas of focus within lessons:</p> <ul style="list-style-type: none"> Throwing and Catching a ball to move towards a target. (Chain) Fielding/Stopping a ball Retrieval of a ball Striking a ball Tactics Gameplay 	<ul style="list-style-type: none"> Accuracy Aiming Stance Space Grip Preparation Tactics Sportsmanship Teamwork 	<p>Physical Competencies</p> <ul style="list-style-type: none"> Coordination <p>Cognitive skills</p> <ul style="list-style-type: none"> Focus & Concentration Decision Making Problem Solving



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