



Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p data-bbox="107 212 257 256">Indoor</p> 	<p data-bbox="376 212 613 256">Gymnastics</p> <p data-bbox="376 304 472 336">Unit 1</p> <p data-bbox="376 379 613 735">Become increasingly competent and confident to perform skills more consistently and in time (with a partner and a group) and also use compositional ideas in sequences such as changes in height speed and direction</p>	<p data-bbox="645 212 786 256">Dance</p> <p data-bbox="645 304 719 336">Unit 1</p> <p data-bbox="645 379 882 639">Practise and perform a variety of different formations in dance – developing a dance to perform as a group with a set starting position (to include freeze frames)</p>	<p data-bbox="913 212 1151 256">Gymnastics</p> <p data-bbox="913 304 1010 336">Unit 2</p> <p data-bbox="913 379 1151 655">Develop an increased range of body actions and shapes to include in a sequence. Define muscle groups needed to support the core of the body. Refine taking weight on small and large body parts.</p>	<p data-bbox="1182 212 1323 256">Dance</p> <p data-bbox="1182 304 1256 336">Unit 2</p> <p data-bbox="1182 379 1420 639">Practise and perform a variety of different formations in dance – developing a dance to perform as a group with a set starting position (to include freeze frames)</p>	<p data-bbox="1451 212 1666 256">Volleyball</p> <p data-bbox="1451 304 1688 671">Consistently perform basic pairs volleyball skills such as rainbow pass and switching. Implement the basic rules of pairs volleyball. Develop tactics and apply them competitively. Increase accuracy and power during gameplay.</p>	<p data-bbox="1720 212 1912 256">Handball</p> <p data-bbox="1720 304 1957 608">Develop 3 step rule incorporating bounce. Defend and stop attacks by blocking and intercepting. Pass and move with the ball to setup attacks. Demonstrate and implement the rules of handball.</p>
<p data-bbox="107 850 300 895">Outdoor</p> 	<p data-bbox="376 850 533 895">Netball</p> <p data-bbox="376 943 613 1214">Introduce high five netball positions. Acquire and apply basic shooting techniques. Demonstrate and implement some basic rules of high five. Develop netball skills such as marking and footwork.</p>	<p data-bbox="645 850 719 882">OAA</p> <p data-bbox="645 927 882 1166">Use searching skills to find given things from clues and pictures. As a pair, navigate space. Use and explore unusual equipment to develop motor skills, coordination and problem-solving.</p>	<p data-bbox="913 850 1128 895">Badminton</p> <p data-bbox="913 943 1151 1118">Explore and use different shots with both the forehand and backhand. Demonstrate different badminton skills. Practise some trick shots in isolation.</p>	<p data-bbox="1182 850 1375 895">Swimming</p> <p data-bbox="1182 903 1420 1318">Perform safe self-rescue in different water-based situations. Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. (Term times may differ for some classes)</p>	<p data-bbox="1451 850 1644 895">Athletics</p> <p data-bbox="1451 943 1688 1238">Investigate different ways of running, jumping and throwing and use a variety of equipment to measure, time and compare the effectiveness of different styles of runs, jumps and throws</p>	<p data-bbox="1720 850 1935 895">Rounders</p> <p data-bbox="1720 943 1957 1206">Develop range of rounders skills that can be applied in a competitive context and choose and use a range of simple tactics in isolation and games context</p>