|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **4** | **Gymnastics:** Practise body shapes and balances, practise symmetrical and asymmetrical body shapes, create sequences using balancing and linking movements, counterbalances and incorporate them into a sequence. | **Invasion Games: Indoor hockey.** Keep possession of a ball, use ABC (agility, balance and co-ordination) to keep control of a ball in a game, accurate passing and dribbling, ways to move the ball towards an opponent’s goal, learn concepts of attack and defence. | **Dance: Val Salbin (tribal/jungle) Focus**  Practise actions and patterns from style, improvise own moves typical of the style, create short motif that fits to music, create partner and solo dance, Perform to each other. | **Invasion games: Basketball**  Keep possession of a ball, use ABC (agility, balance and co-ordination) to keep control of a ball in a game, accurate passing and dribbling, ways to move the ball towards an opponent’s goal, learn concepts of attack and defence. | **Dance: Zumba Focus**  Practise actions and patterns from style, improvise own moves typical of the style, create short motif that fits to music, create partner and solo dance, Perform to each other.  **Swimming.** | **Gymnastics:** Practise body shapes and balances, practise symmetrical and asymmetrical body shapes, create sequences using balancing and linking movements, counterbalances and incorporate them into a sequence. |

**Indoor:** **Teachers**  **Year 4**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **4** | **Invasion Games: Hockey.** Keep possession of a ball, use ABC (agility, balance and co-ordination) to keep control of a ball in a game, accurate passing and dribbling, ways to move the ball towards an opponent’s goal, learn concepts of attack and defence. | **Invasion Games: Football.** Keep possession of a ball, use ABC (agility, balance and co-ordination) to keep control of a ball in a game, accurate passing and dribbling, ways to move the ball towards an opponent’s goal, learn concepts of attack and defence. | **Net and Wall Games: Badminton** Develop comfortable hold of badminton racket and shuttle cock, get the shuttle cock into play, accurately serve underarm, build up a rally- focusing on accuracy of strokes, learn a variety of shots to use in game situation and when to use them effectively, play a competitive tennis game. | **Net and Wall Games: Tennis** Develop comfortable hold of tennis racket and ball get the ball into play, accurately serve underarm, build up a rally- focusing on accuracy of strokes, learn a variety of shots to use in game situation and when to use them effectively, play a competitive tennis game. | **Striking and Fielding Games: Cricket**  Develop ways to throw- (overarm, underarm, bowling) when each is to be used and in certain positions. Use ABC ( agility, balance, co-ordination) to field a ball and move into good positions. Hand eye co-ordination to strike moving and a stationary ball.Develop fielding skills.  **Swimming.** | **Multi-Skills and Athletics:** sport day prep. Practise/Focus one station during one single lesson. Bat and ball relay, throw clap and catch, slalom run, standing long jump,  can catch numerous sized items, Shows control over an object in throwing, catching or kicking it in isolation and to a partner. Good control and co-ordination in large and small movements. |

**Outdoor: teachers/Coaches**