

# Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year: Year 4

Dodgeball



## Vocabulary

## Knowledge

## Understanding

## Skills

What children will know

What children will understand

What children will be able to do

Define the word and include etymology if useful.

Learning

Teaching

Assessment

Learning

Teaching

Assessment

Learning

Teaching

Assessment

Remembering

Telling

Testing

Practising

Coaching

Observing

Reflecting

Facilitating

Evaluating

Aim

Explore

Dodge

Pass

React

Strike

Position

Overarm

Communicate

Slide shot

Children will know how their body feels when they are warming up and playing games.

Children will know how their own performance and describe skills they need to improve their play.

Children will know how to find and use space in game situations and explain the importance in this tactic.

Children will understand how to get in good positions to throw and receive the ball.

Children will understand how to send a ball with accuracy, control, and consistency, whilst moving at different speeds.

Children will understand how to practice and improve the underarm throw and side show throw.

Children will understand how to participate in games using skills learnt in previous lessons, including striking, dodging and ball handling skills.

Children will be able to move the ball quickly

Children will be able to develop side shot throw.

Children will be able to move in different ways - at speed.

Children will be able to use body positioning and control to help when catching.

Children will be able to discuss and apply tactics needed in dodgeball games.

Children will be able to participate in dodgeball games using skills learnt.

# Orton Wistow Primary School – Curriculum Plan

**Subject :** PE

**Year :** Year 4

Athletics



## Vocabulary

**Define the word and include etymology if useful.**

Develop  
Distance  
Accelerate  
Co-ordination  
Movement  
Pace  
Exchange  
Timing  
Triple Jump  
Communication



## Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.

Children will know how to evaluate and recognise success.

Children will know suitable warm-up activities for the upcoming activities.

Children will know how their body feels when exercising and know the link between the heart and breathing.



## Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to combine basic jump actions to form a jump combination, using a controlled jumping technique.

Children will understand how to perform a throwing technique with control, coordination and consistency.

Children will understand how to perform competitively with others.



## Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to throw an object using both a pushing and pulling technique.

Children will be able to combine different types of jumping.

Children will be able to run for distance.

Children will be able to run in races of varied distances.

Children will be able to take part in athletic events.

Children will be able to perform competitively with others.



# Orton Wistow Primary School – Curriculum Plan

**Subject : PE**
**Year : Year 4**
**Basketball**

**Vocabulary**
**Knowledge**
**Understanding**
**Skills**

What children will know

What children will understand

What children will be able to do

**Define the word and include etymology if useful.**
**Learning**
**Teaching**
**Assessment**
**Learning**
**Teaching**
**Assessment**
**Learning**
**Teaching**
**Assessment**

Remembering

Telling

Testing

Practising

Coaching

Observing

Reflecting

Facilitating

Evaluating

Shoot  
Chest/Bounce pass  
Improve  
Dribbling  
Possession  
Speed  
Set shot  
Double Dribble  
Technique  
Power

Children will know how to explain and apply basic attacking and defending points.

Children will know what they need to practice to improve their performance.

Children will know how their body feels when exercising and understand the link between heart rate and breathing.

Children will understand how to move the ball keeping it under control whilst changing direction.

Children will understand how to pass, shoot and receive a ball with increasing accuracy, control and success.

Children will understand how to find and use space in game situations and work well as part of a team.

Children will understand how to use a range of tactics to keep possession of the ball; and explain simple tactics in game situations.

Children will be able to pass/send a ball in different ways and speeds.

Children will be able to move with the ball keeping it under control whilst changing direction.

Children will be able to work well as part of a team.

Children will be able to find and use space well to keep possession.

Children will be able to participate in games recognising good performances.



# Orton Wistow Primary School – Curriculum Plan

**Subject :** PE

**Year :** Year 4

**Dance**



## Vocabulary

## Knowledge

## Understanding

## Skills

What children will know

What children will understand

What children will be able to do

**Define the word and include etymology if useful.**

**Learning**

**Teaching**

**Assessment**

**Learning**

**Teaching**

**Assessment**

**Learning**

**Teaching**

**Assessment**

Remembering

Telling

Testing

Practising

Coaching

Observing

Reflecting

Facilitating

Evaluating

Timing  
Expressions  
Rehearse  
Rhythm  
Unison  
Canon  
Fluency  
Pose  
Routine  
Emotions  
Performance

Children will know to describe their own dance, taking characters into account as well as identifying what they need to practice to improve their dance.

Children will know the link between heart rate and breathing when exercising.

Children will understand how to explore and create characters and narratives in response to a range of stimuli.

Children will understand how to perform dances using a range of movement patterns.

Children will understand how to use different compositional ideas to create motifs incorporating unison, canon, action and reaction.

Children will understand how to experiment with a wide range of actions, varying and combining spatial patterns.

Children will understand how to work well as part of a team.

Children will be able to move using a range of patterns.

Children will be able to link movement patterns together showing consistency.

Children will be able to work on their own, with a partner and in a group.

Children will be able to create, practise, and perform more complex dances.

Children will be able to experiment with speed, tension and continuity.

Children will be able to perform actions with clarity of movement.



# Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 4

Football



## Vocabulary

## Knowledge

## Understanding

## Skills

What children will know

What children will understand

What children will be able to do

**Define the word and include etymology if useful.**

**Learning**

**Teaching**

**Assessment**

**Learning**

**Teaching**

**Assessment**

**Learning**

**Teaching**

**Assessment**

Remembering

Telling

Testing

Practising

Coaching

Observing

Reflecting

Facilitating

Evaluating

Defending

Attacking

Communication

Cooperate

Teamwork

Possession

Position

Experiment

Tactics

Power

Strike

Children will know how to apply and explain simple tactics in game situations.

Children will know to recognise their own success

Children will know how their body feels when exercising and understand the link between heart rate and breathing when exercising.

Children will understand how to move the ball keeping it under control whilst changing direction.

Children will understand how to apply basic attacking and defending principles such as finding and using space in game situations.

Children will understand how to pass, shoot and receive a ball with increasing accuracy, control and success.

Children will understand how to challenge a player in possession of the ball.

Children will be able to stop the ball with their feet.

Children will be able to pass the ball in different ways with increasing accuracy.

Children will be able to dribble the ball using their feet.

Children will be able to tackle safely and effectively.

Children will be able to shoot a football with success.

Children will be able to use tactics in games.



# Orton Wistow Primary School – Curriculum Plan

**Subject :**

PE

**Year :** Year 4

Gymnastics



Vocabulary

Define the word and include etymology if useful.

Teamwork

Transition

Communicate

Level

Piking

Control

Straddle

Routine

Combine

Apparatus

Linking


 Knowledge  
What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know how to recognise and explain a good performance.


 Understanding  
What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to find different ways of using a shape, balance or travel and link them to actions

Children will understand how to show control, accuracy and fluency of movement when performing actions.

Children will understand how to devise and perform a gymnastic sequence, showing a clear beginning, middle and end.

Children will understand how to create, perform and repeat a combination of actions that include changes of dynamic.

Children will understand how to collaborate with others.


 Skills  
What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to perform 9 key shapes with good body tension.

Children will be able to use travel to links actions.

Children will be able to travel on different levels at different speeds.

Children will be able to create longer sequences of movements.

Children will be able to work with others mirroring and cannoning.

Children will be able to perform in front of others.



# Subject : Orton Wistow Primary School – Curriculum Plan

PE

Year : Year 4

Hockey

**Vocabulary****Knowledge****Understanding****Skills**

What children will know

What children will understand

What children will be able to do

**Define the word and include etymology if useful.**

**Learning****Teaching****Assessment****Learning****Teaching****Assessment****Learning****Teaching****Assessment**

Remembering

Telling

Testing

Practising

Coaching

Observing

Reflecting

Facilitating

Evaluating

Defence  
Marking  
Communicate  
Cooperation  
Possession  
Tackle  
Attack  
Strike  
Power  
Support  
Opposition

Children will know simple tactics in game situations.

Children will know what they do well and what they find difficult.

Children will know the link between heart rate and breathing when exercising.

Children will know suitable warm up activities for the upcoming activity.

Children will understand how to move the ball, keeping it under control whilst changing direction.

Children will understand basic skills needed for the games with control and accuracy.

Children will understand basic attacking and defending principles, using tactics to keep possession.

Children will be able to collaborate with others in team games.

Children will be able to push pass accurately.

Children will be able to get in a low position when dribbling and passing.

Children will be able to dribble a ball whilst changing direction.

Children will be able to use a slap pass.

Children will be able to employ simple tactics in games.



# Subject: Orton Wistow Primary School – Curriculum Plan

PE

Year : Year 4

Netball

**Vocabulary****Knowledge****Understanding****Skills**

What children will know

What children will understand

What children will be able to do

**Define the word and include etymology if useful.**

**Learning****Teaching****Assessment****Learning****Teaching****Assessment****Learning****Teaching****Assessment**

Remembering

Telling

Testing

Practising

Coaching

Observing

Reflecting

Facilitating

Evaluating

Control

Space

Pass

Aim

Accuracy

Power

Technique

Teamwork

Direction

Shoot

Chest Pass

Bounce Pass

Children will begin to know the importance of speed when playing invasion games.

Children will know the link between heart rate and breathing during different activities.

Children will know how to identify and describe the skills needed to improve their game.

Children will understand how to get into good positions to pass, receive and shoot the ball.

Children will understand how to pass the ball using different techniques.

Children will understand how to shoot and score with accuracy.

Children will understand a range of tactics, including finding and using space.

Children will be able to pass/send a ball with increasing accuracy and appropriate pace.

Children will be able to choose the right pass for the situation.

Children will be able to demonstrate a correct bounce pass.

Children will be able to demonstrate a correct bounce pass.

Children will be able to find and use space well to keep possession.

Children will be able to know simple tactics to achieve success.

Children will be able to play in small sided games.



# Subject: Orton Wistow Primary School – Curriculum Plan

PE

Year : Year 4

Orienteering

**Vocabulary****Knowledge****Understanding****Skills**

What children will know

What children will understand

What children will be able to do

**Define the word and include etymology if useful.**

**Learning****Teaching****Assessment****Learning****Teaching****Assessment****Learning****Teaching****Assessment**

Remembering

Telling

Testing

Practising

Coaching

Observing

Reflecting

Facilitating

Evaluating

Teamwork  
Map Skills  
Communication  
Problem Solving  
Picture orienteering  
Control Plotting  
Indoor Mapping

Children will know the safety rules and procedures for taking part in orienteering events.

Children will know how to work as a team to plan and decide what approach is used to meet challenges.

Children will know how they can improve their performance.

Children will understand how to develop basic understanding of map reading/markings and apply these skills.

Children will understand how to work cooperatively and successfully as part of a team.

Children will understand how to recognise where they are on a map.

Children will understand how to demonstrate all the physical skills needed: Agility, balance and co-ordination.

Children will be able to work cooperatively as part of a team.

Children will be able to make a map with symbols.

Children will be able to participate in team games solving problems with others.

Children will be able to understand the compass points.

Children will be able to use thumbing and folding techniques.

Children will be able to take part in an orienteering event.



# Orton Wistow Primary School – Curriculum Plan

**Subject :** PE

**Year :** Year 4

**Rounders**



## Vocabulary

## Knowledge

## Understanding

## Skills

What children will know

What children will understand

What children will be able to do

**Define the word and include etymology if useful.**

**Learning**

**Teaching**

**Assessment**

**Learning**

**Teaching**

**Assessment**

**Learning**

**Teaching**

**Assessment**

Remembering

Telling

Testing

Practising

Coaching

Observing

Reflecting

Facilitating

Evaluating

Throwing

Fielding

Catching

Accuracy

Batting

Aiming

Long Barrier

Score

Power

Technique

Children will know what they do well and what they find difficult and explain good performances.

Children will know how to explain tactics they have used in games.

Children will understand how to show control, coordination and consistency when throwing and catching a ball.

Children will understand how to hit a ball with increasing control.

Children will understand how to take up spaces/positions that make it difficult for the opposition.

Children will understand how to communicate, collaborate and compete with others, following the rules of the game.

Children will understand how to choose fielding skills

Children will be able to run, jump and catch in combination.

Children will be able to catch a ball with good control.

Children will be able to understand the rules of rounders.

Children will be able to hit a ball toward a target.

Children will be able to use space when fielding to make it difficult for opponents.

Children will be able to participate in modified competitive games, showing good teamwork.



# Orton Wistow Primary School – Curriculum Plan

**Subject :** PE

**Year :** Year 4

**Tag Rugby**



## Vocabulary

## Knowledge

## Understanding

## Skills

What children will know

What children will understand

What children will be able to do

**Define the word and include etymology if useful.**

**Learning**

**Teaching**

**Assessment**

**Learning**

**Teaching**

**Assessment**

**Learning**

**Teaching**

**Assessment**

Remembering

Telling

Testing

Practising

Coaching

Observing

Reflecting

Facilitating

Evaluating

Defend

Attack

Tag

Pass

Accuracy

Speed

Mark

Pocket pass

Avoid

Share

Children will begin to know the rules of tag rugby.

Children will understand how to pass in rugby, catch successfully, and improve skills whilst on the move.

Children will understand how to work as part of a team when defending.

Children will understand how to move in different directions learning to move away from their opponents.

Children will understand how to develop the physical characteristics needed for the game.

Children will be able to pass and catch on the move

Children will be able to keep in a horizontal line with others when running.

Children will be able to pass the ball backwards.

Children will be able to apply simple attacking tactics.

Children will be able to apply simple defending tactics.

Children will be able to play games against each other working as a team.

