

MTP PE Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Topic title – Roman Gladiator Circuits</p> <p>Key Knowledge – How exercise affects the body in the short-term. How to warm up and prepare appropriately for different activities. Why physical activity is good for health and well-being. Why wearing appropriate clothing and being hygienic is good for their health and safety.</p> <p>Key Skills – I can run over a longer distance, conserving energy to sustain performance I can improve my fitness I can throw with accuracy to hit a target</p> <p>Key Vocabulary – Seed bounce, step</p>	<p>Topic title – Agility Games</p> <p>Key Knowledge – Agility is the ability to change the direction of the body in an efficient and effective manner. To achieve this, it requires a combination of balance, speed, strength and coordination.</p> <p>Key Skills – I can balance with control and coordination I can change speed and direction</p> <p>Key Vocabulary – Speed, direction, change, balance, control, agility, strength, doge, duck</p> <p>Fundamental Movements Dodge Sprint Run Skip Leap (continuous)</p>	<p>Topic title – O.A.A</p> <p>Key Knowledge – Outdoor and adventurous activities involve sports and games played in natural settings Many activities can be performed more effectively when working with other people. This may require you to delegate roles to different people and communicate calmly, politely and accurately. There are a number of strategies that you can use to read and communicate the information on a map. Use points of reference (e.g. trees, buildings, etc.) to help you locate where other things are. You may be introduced to a compass to find basic directions (north, east, south, west).</p> <p>Key Skills – I can use a compass and digital devices to orientate myself</p>	<p>Topic title – Dance, Electricity</p> <p>Key Knowledge – Know that dance is all about moving our bodies to a musical rhythm. Know there are many different types of dance. In dance, we explore space, and consider how we can use our bodies to show ideas, moods, characters and feelings.</p> <p>Key Skills – I can plan, perform and repeat sequences I can move in a clear, fluent and expressive manner I can create dances and movements that convey a clear idea I can develop physical strength by practicing moves</p> <p>Key Vocabulary – Dance, Movement,</p>	<p>Topic title – Gymnastics</p> <p>Key Knowledge – Know that gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control. -In gymnastics, we may know that we use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling</p> <p>Key Skills – I can plan, perform and repeat sequences I can move in a clear, fluent and expressive manner I can travel in a variety of ways (eg: flight by transferring weight to generate power in movement) I understand centre and gravity and can use this to create interesting body shapes</p> <p>Key Vocabulary –</p>	<p>Topic title – Athletics</p> <p>Key Knowledge – Athletics is the name for a number of different sports that require strength, endurance and skill. Athletics includes track and field events. - Track events involve running and sprinting. Examples are the 100 metre sprint and hurdles. Field events often use skills like jumping and throwing. Examples include the shotput throw and the long jump. Someone competing in athletics is known as an athlete. They should learn how to perform movements safely, build our confidence and respond to feedback given by others.</p> <p>Key Skills – I can run over a longer distance, conserving energy to sustain performance</p>

	<p>ups, skipping, shuttle runs, sit ups, squats, spotty dogs, star jumps, bean bag hold, throw for accuracy, ball catch, pulse, fitness, improve, personal performance, evaluate</p> <p>Fundamental Movements Sprint Run Skip Hop Underarm Throw Overarm Throw</p>		<p>I remain aware of changing conditions and change plans if necessary.</p> <p>Key Vocabulary – Outdoor, Adventurous, Activities, Hand-Eye Coordination, Orienteering Map, Landscape, Obstacle Route Safety, Environment</p> <p>Fundamental Movements Sprint Run Skip</p>	<p>Theme Balance, Control, Travelling, Choreograph, Routine, Confidence, Coordination, Timing, Feedback, Mirroring</p> <p>Fundamental Movements Skip Hop Gallop Side Gallop Leap (continuous)</p>	<p>Gymnastics, Balance, Flexibility, Control, Inverted Movement, Joint Balancing, Shoulder Stand, Tension, Rotation, Straddle, Roll, Sequence, Perseverance, Feedback.</p> <p>Fundamental Movements Balance on 1 foot Forward Roll Climb Bench Walk</p>	<p>I can throw with accuracy to hit a target or cover a distance (rounders, cricket, athletics) I can jump in a number of ways, using a run up if appropriate I can compete with others and aim to improve personal best performances</p> <p>Key Vocabulary – Athletics, Pace, Distance, Endurance, Sprinting, Jump for Distance, Jump for Height, Stamina, Push, Throw, Overhead Throw, Fling, Persevere, Resilience</p> <p>Fundamental Movements Underarm Throw Overarm Throw Sprint Run Hop Gallop Side Gallop Jump for Height Jump for Distance</p>
Lesson 1	Learning activities for circuit fitness	Balance – games focusing on balance	Locate and answer a control point.	Val Sabin topic	Floor work – understand centre and gravity use	Sprint Relays

	<p>training.</p> <p>Model</p> <p>Children complete the circuit and record their score</p> <p>(Seed bounce, step ups, skipping, shuttle runs, sit ups, squats, spotty dogs, star jumps, bean bag hold, throw for accuracy, ball catch)</p> <p>Evaluate</p>	<p>and strength</p> <p>Evaluate</p>	<p>Evaluate</p>	<p>“In Gear”</p> <p>Perform and evaluate</p>	<p>this to create different shapes with your body.</p> <p>Explore individually and then with a partner</p> <p>Link movements together and perform.</p> <p>Perform and evaluate</p>	<p>Technique and compete</p>
Lesson 2	<p>Children repeat the circuit and try to improve their performance – record score</p> <p>(Seed bounce, step ups, skipping, shuttle runs, sit ups, squats, spotty dogs, star jumps, bean bag hold, throw for accuracy, ball catch)</p> <p>Evaluate</p>	<p>Speed – Races in teams focusing on speed and coordination.</p>	<p>Work as a team and solve a problem.</p> <p>Evaluate</p>	<p>Going Down a Gear</p> <p>Perform and evaluate</p>	<p>Low equipment – explore different ways to travel across equipment (including flight to generate power)</p> <p>Perform and evaluate</p>	<p>Standing long jump</p> <p>Three spring jump</p> <p>Technique and compete</p>
Lesson 3	<p>Children repeat the circuit and try to improve their</p>	<p>Games to change direction and speed.</p>	<p>Work as a team and solve a problem</p>	<p>Circuit Patterns</p> <p>Perform and evaluate</p>	<p>Low equipment – travel across equipment in different ways and</p>	<p>Throwing</p> <p>Under arm and over arm</p>

	<p>performance – record score</p> <p>(Seed bounce, step ups, skipping, shuttle runs, sit ups, squats, spotty dogs, star jumps, bean bag hold, throw for accuracy, ball catch)</p> <p>Evaluate</p>		Evaluate		<p>explore shapes with your body.</p> <p>Work with a partner to think about how you can combine these movements to create a sequence.</p> <p>Perform and evaluate</p>	<p>Javelin and cricket ball/rounder's ball</p> <p>Technique and compete</p>
Lesson 4	<p>Children repeat the circuit and try to improve their performance – record score</p> <p>(Seed bounce, step ups, skipping, shuttle runs, sit ups, squats, spotty dogs, star jumps, bean bag hold, throw for accuracy, ball catch)</p> <p>Evaluate</p>	<p>Dodging</p> <p>Building up to a mini game of dodge ball- think about the skills that are required</p>	<p>Work as part of a team when conditions change (one team member loses on of their senses)</p> <p>Evaluate</p>	<p>Electricity Flow</p> <p>Perform and evaluate</p>	<p>Large – travel across equipment in different ways and explore shapes with your body.</p> <p>Work with a partner to think about how you can combine these movements to create a sequence.</p> <p>Perform and evaluate</p>	<p>Long distance</p> <p>Throwing and jumping</p> <p>Technique and compete</p>
Lesson 5	<p>Learn to take pulse – demonstrate this to the children (show a video)</p> <p>Children repeat the circuit and try to improve their</p>	<p>Dodge ball – putting all skills together</p> <p>Changing speed</p> <p>Changing direction</p> <p>Coordination</p> <p>Control</p> <p>Dodge</p>	<p>Work as part of a team when conditions change</p> <p>Use a compass and digital devices</p> <p>Evaluate</p>	<p>Light Going On/Off</p> <p>Perform and evaluate</p>	<p>Large – travel across equipment in different ways and explore shapes with your body.</p> <p>Work in a small group to think about how you can</p>	<p>Relays</p> <p>Sprint</p> <p>Technique and compete</p>

	<p>performance – record score</p> <p>(Seed bounce, step ups, skipping, shuttle runs, sit ups, squats, spotty dogs, star jumps, bean bag hold, throw for accuracy, ball catch)</p> <p>Evaluate</p>				<p>combine these movements to create a sequence.</p>	
Lesson 6	<p>Learn to take pulse – demonstrate this to the children (show a video)</p> <p>Children repeat the circuit and try to improve their performance – record score</p> <p>(Seed bounce, step ups, skipping, shuttle runs, sit ups, squats, spotty dogs, star jumps, bean bag hold, throw for accuracy, ball catch)</p> <p>Evaluate results</p> <p>ASSESS and hand to leader</p>	<p>Dodge ball – putting all skills together</p> <p>Changing speed</p> <p>Changing direction</p> <p>Coordination</p> <p>Control</p> <p>Dodge</p> <p>ASSESS and hand to leader</p>	<p>Work as part of a team when conditions change</p> <p>Use a compass and digital devices</p> <p>Evaluate</p> <p>ASSESS and hand to leader</p>	<p>Irish Jig</p> <p>Perform and evaluate</p>	<p>Large – travel across equipment in different ways and explore shapes with your body.</p> <p>Work in a small group to think about how you can combine these movements to create a sequence.</p> <p>Perform and evaluate</p> <p>ASSESS and hand to leader</p>	<p>Mixed – children try and bet their personal best</p> <p>Technique and compete</p> <p>ASSESS and hand to leader</p>
Lesson 7				Electricity Dance		

				ASSESS and hand to leader		
Lesson 8						