

Physical Education (Year 4) Skills

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Multi skills	Gymnastics	Dance	Athletics
<p>To consolidate and improve their quality of skills (see previous skills) To work co-operatively in small groups To race in a competitive nature against each other</p> <p>Football Dribble and pass effectively moving into piggy in the middle style games Signal/ call for the ball Pass over short distances using the correct techniques to develop use both feet Begin to look at long passing Start to look at specific ways of defending and attacking To begin to use the correct shooting style (laces)</p> <p>Tennis To develop technique and control when hitting a ball Begin to use a variety of shots and know the correct success criteria for completing shots forehand/ backhand and volley Begin to receiving the ball from different angles</p>	<p>To perform a variety of different rolls and balances To identify and use planned variations on direction Create a sequence with a partner on floor and apparatus to show changes in front and direction To understand and demonstrate the 5 basic jumps (see Val Sabin book) showing different shapes and directions in the air and show flight from hands to feet To design and create a sequence using planned variations in levels directions and pathways To transfer flight safely onto apparatus</p> <p>Hockey To refine skills of passing and trapping with the long side of the stick To begin to pass with more accuracy and technique thinking about a variety of pass techniques To begin to dribble with power and pace To begin to shoot effectively aiming for corners</p>	<p>Develop simple motifs Use different partner work devices Perform dances clearly and fluently Capture the mood of a dance Evaluate and improve their own work</p> <p>Basketball Dribble and pass effectively and efficiently Signal/ call for the ball Pass and move to retain possession ensuing that correct decision making is completed when to pass and when to dribble Use the correct shooting style not underarm. Competitive games under pressure 2 v 1 3 v 2</p>	<p>Running over different distances and obstacles Use a variety of softer, lighter, smaller or adapted equipment to throw Start looking at specific techniques of how to complete different jumping events Begin to look at an efficient running style Tag Rugby Develop dodging, marking signalling and interceptions Develop special awareness Passing and throwing accurately Defensive work of tagging a player/ working with a partner to help Cricket Develop striking skills e.g sideways o hold the bat Develop accuracy of striking (aiming towards gaps) Consistency of underarm bowling and begin to look at overarm Develop fielding to catching a variety of different situations eg high low rolling</p>

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Basketball – Vocabulary	Gymnastics - Vocabulary	Tennis – Vocabulary	Athletics - Vocabulary
<p>Bounce Pass - a pass to a teammate that is made by bouncing the ball once.</p> <p>Shot - a basketball shot that rolls off the tips of the fingers into the basket.</p> <p>Tackle/ steal - In basketball, a steal occurs when a defensive player legally causes a turnover</p> <p>Football - Vocabulary</p> <p>Tackle – to dispossess an opponent of the ball</p> <p>Mark - marking is an organized defensive strategy which aims to prevent a member of the opposing team from taking control of the ball.</p> <p>Pass and move – a player is able to pass and then move into an open space to enable their team to maintain possession.</p> <p>Shoot - shooting is a specialized kicking technique</p>	<p>Forward roll - a gymnastic exercise in which a person tucks their head down and rolls their body in a forward circle on the floor.</p> <p>Pencil roll - The act of lying on the ground and rolling like a pencil whilst remaining as flat as a pencil</p> <p>Cartwheel - a circular sideways handspring with the arms and legs extended.</p> <p>Flight - the action or process of flying through the air.</p> <p>Hockey - Vocabulary</p> <p>Dribble - take (the ball) forwards past opponents with slight touches of the stick,</p> <p>Push Pass- to push the ball forward with the long side of the stick</p> <p>Trap – to stop/ receive the ball with the flat side of the stick</p>	<p>Rally - an extended exchange of strokes between players</p> <p>Net - a rectangular net that is used as an obstacle that should be hit over.</p> <p>Volley – To hit the ball without bouncing</p> <p>Dance – Vocabulary</p> <p>Motif - a decorative image or design, especially a repeated one forming a pattern.</p> <p>Routine - a sequence of actions regularly followed.</p>	<p>Stride length – the stride length is the distance between two successive placements of the same foot.</p> <p>Land - come down through the air and rest on the ground or another surface.</p> <p>Cricket – Vocabulary</p> <p>Wicket Keeper - a fielder stationed close behind a batsman's wicket and typically equipped with gloves and pads.</p> <p>Tag Rugby – Vocabulary</p> <p>Tackle – where a player is able to detag an opponent</p>