



Archbishop Cranmer C of E Primary Academy
Physical Education Sequence of Learning

Year 4



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Tag Rugby Pupils will revisit passing and moving to create space to beat and opponent and score a try. Pupils will apply these skills into mini games.	Gymnastics – Bridges By the end of the unit children will be able to compose and perform mirroring sequences. They will explore how the apparatus can change and improve their movements. They will apply ‘excellent gymnastics’ to everything they do.	Hockey Pupils will refine their dribbling skills in order to keep control and possession of the ball and apply these skills to beat an opponent. They will apply their passing (short and long) and moving skills. They will also be introduced to shooting.	Handball Pupils will develop passing and creating space, building up to mini games, where pupils explore the transition between attack and defence, working out simple tactics for creating space and keeping possession. They will also be introduced to moving the ball up the court, creating a shooting opportunity.	Tennis Pupils will develop their understanding of how to win a game of tennis. They will recap the forehand shot and develop racket control, knowing how to use their racket to direct the ball towards a space to win a point. They will be introduced to a backhand shot and know when and where to play it.	Table Tennis Pupils will develop their understanding of how to win a game of table tennis. They will recap the forehand shot and develop bat control, knowing how to use their racket to direct the ball towards a space to win a point.
	Fundamental Development					
		Endurance	Balance	Agility	Throwing and catching	Upper body strength
Culture Of Opportunity	Pupils develop their tag rugby skills in school with training sessions from Nottingham Rugby Club. They can then access the teams at the club. Pupils will have the opportunity to compete in the School Games Tag Rugby Festival.	Children have access to Nottingham Gymnastics club, Bingham Gymnastics club and East Midlands Gymnastics club to develop gymnastic skills outside of school.	Pupils have the opportunity to go and train with the Nottingham Panthers ice hockey team once a year. Children also have access to South Nottinghamshire Hockey Club, and Bingham Hockey tournaments. Children have access to South Nottinghamshire Hockey Club, and Bingham Hockey tournaments.	Pupils will have the opportunity to represent the school in the School Games Handball Festival. They will also compete in an inter-school sports event against Netherfield School.	Teaching of tennis will take place at the village tennis courts. Pupils also have the opportunity to join the Aslockton tennis coaching club. Pupils have the opportunity to represent school at the School Games Mini Tennis Heats and finals. Pupils can develop their tennis skills at Little Wickets club. They might choose to apply their racket skills to badminton at the Sunrise Badminton club.	Pupils have the opportunity to practise their table tennis skills in extra-curricular clubs. Pupils can compete in the Netherfield table tennis tournament. They can choose to attend weekly training sessions at Carlton in the Willows where they can compete in the monthly tournament.

Sport	<p>Athletics Pupils will explore the differences between throwing for accuracy and throwing for distance. They will learn to throw a javelin, shot put and discus and explore how they can use their bodies to throw with greater distance. They will explore how they can use their bodies to jump as far as possible, using a combination of jumps. Pupils will explore how we can use our bodies to make us run as fast as possible. They will learn the correct technique for sprinting. They will apply this to running as part of a team. They will also explore pacing and running for distance.</p>	<p>Outdoor Adventurous Activity Pupils continue to develop their orienteering skills and progress to planning their own trail. Pupils develop communication skills within their team and with other teams.</p>	<p>Football Pupils will refine dribbling in order to keep control and possession of the ball. They will apply their passing and moving skills to keep possession, developing this concept into mini games. They will also be introduced to moving the ball up the pitch, creating a shooting opportunity.</p>	<p>Dance – Cats Pupils will explore movement through improvisation, unison and matching. They will explore more complex interacting movements and actions such as canons and incorporate apparatus. Pupils will sustain their characters to add drama and emotion to the dance. Pupils will create a performance which will include stage presence, timing, rhythm and sustaining character.</p>	<p>Cricket Pupils will develop batting and fielding skills, understanding where, when and why they can apply different physical and cognitive skills when they are batting or fielding. Pupils will be introduced bowling and explore different ways of bowling underarm applying them into mini games. Pupils will develop ways of stopping and returning the ball to the bowler or wicketkeeper.</p>	<p>TriGolf Pupils will develop coordination and balance holding a club. Pupils will learn how to put and chip with aim and accuracy. They apply these skills to chip for distance with control.</p>
	Fundamental Development					
	<i>Stamina</i>	<i>Coordination</i>	<i>Lower body strength</i>	<i>Balance</i>	<i>Striking</i>	<i>Coordination</i>

Culture of Opportunity	<p>Pupils can develop their running skills through participating in the daily mile and working towards completing 1, 2 or 3 marathons as part of the ABC Marathon Challenge. Pupils will have the opportunity to compete in the School Games Sportshall Athletics heats and competitions. Pupils can choose to attend Bingham TriClub or Rushcliffe Athletics at Bingham Leisure Centre to further develop their passion for Athletics. All pupils feel confident to compete in our School Sports Day. Pupils also have the opportunity to represent the school at Toothill Sports Day. Pupils can participate in the School Games Cross Country Relays at Rushcliffe Park. Pupils can develop their running skills at the extra-curricular cross country club. Pupils can choose to become part of the Ready Steady Go running club.</p>	<p>Pupils will experience a range of outdoor adventurous activity on their residential to Butlins. Pupils also apply/extend their communication and teamwork skills in our outdoor learning area.</p>	<p>Pupils have the opportunity to represent the school in the School Games Mini Football event. They can also participate in the School Games Futsal Event. Pupils have the opportunity to develop their football skills at extra-curricular football clubs and inter-school sports competitions. Pupils can choose to play for various football teams in the local area; Cotgrave, Radcliffe Olympic, Keyworth, Bingham and more.</p>	<p>Pupils can develop their dance skills in the extra-curricular dance club and Maypole club. Maypole dancers will perform in the annual Thoroton Show. Pupils can participate in school clubs such as Cosmic Yoga and Super Movers. Pupils can choose to join local dance clubs to further develop their passion.</p>	<p>Pupils can develop their skills with Chance 2 Shine sessions. Pupils can represent the school at the School Games Indoor Cricket Festival. They can also apply their striking and fielding skills at the School Games Rounders event. Pupils will develop their cricket skills at Belvoir Cricket and Countryside day. Pupils can choose to attend Radcliffe on Trent Cricket club, Bingham cricket club or other local clubs to further develop their passion.</p>	<p>Pupils have the opportunity to develop their TriGolf skills in extra-curricular clubs. Pupils can also represent the school at the School Games TriGolf event. Pupils can also choose to develop their golfing skills at Radcliffe on Trent golf club or at Ramsdale golf club.</p>
	<p>Swimming and Water Safety By the end of KS2 pupils' can swim competently, confidently and proficiently over a distance of at least 25metres. They can use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). They can perform safe self-rescue in different water-based situations.</p>			<p>Culture of Opportunity Pupils can continue their swimming development at Bingham Leisure Centre.</p>		
<p>Health and Wellbeing Pupils can explain why it is important to warmup and cool-down. Pupils recognise and describe the effects of exercise on the body.</p>						

Pupils know the importance of keeping a healthy, balanced diet.
Pupils know what it means to show good sportsmanship.
Pupils are aware of how to develop growth mind-set.

School Values *trust, kindness, thankfulness, respect, responsibility and courage*

Pupils apply and follow rules fairly.
Pupils perform independently with confidence to a small audience.
Pupils watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements.
Pupils describe how their performance has improved over time.
Pupils compete against self and others in a controlled manner.
Pupils develop the quality of the actions in their performances.
Pupils modify their use of skills or techniques to achieve a better result.
Pupils perform learnt skills and techniques with control and confidence.

Assessment – BEPE Test

Pupils complete an assessment each term measuring their abilities in the following fundamental skills -
Coordination- catching a ball with alternate hands bounced onto a wall
Endurance – 400m run timed
Agility – transfer 5 bean bags from one hoop to another over a 10m distance timed
Balance – stand on one leg with eyes closed timed
Upper body strength – dynamometer reading
Lower body strength – standing long jump measured in cm