**Year 4 - Physical Education Curriculum Overview 2024 – 2025**

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| **YR**  **4** | **Autumn 1 (7weeks)** | **Autumn 2 (8)** | **Spring 1(5)** | **Spring 2 (6)** | **Summer 1 (6)** | **Summer 2 (7)** |
| **Content** | * **Invasion Games: Basketball** | * **Gymnastics** | * **Dance** | * **Net & Wall Games** | * **Athletics** | * **Striking and Fielding** |
| **Key new knowledge** | - Passing and moving in football  - Dribbling and shooting in basketball  - Defensive strategies in both sports | - Developing complex gymnastic sequences  - Performing a range of balances  - Partner and group routines | - Creating dance routines with themes  - Exploring cultural dance styles  - Enhancing creativity and performance | - Forehand and backhand accuracy  - Positioning and movement during rallies  - Serving techniques and game strategies | - Sprinting technique improvement  - Long jump and high jump  - Throwing with different techniques (discus, javelin) | - Batting for power and accuracy  - Advanced fielding techniques  - Strategic play in striking and fielding games |
| **Assessments** |  |  |  |  |  |  |