**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** |  |  |  |  |  |  |