

Sticky Learning for PE

Class 4

Autumn 1 Cycle 1 Athletics – Circuit training

- Develop running for endurance and develop technique

- To develop jumping for height and refine technique

- To learn to fling throw to improve distance

- Give accurate feedback to others to improve performance and technique

- Explain skill and technique used and adapt to improve

- Be confident to explain positive effects of exercise

Key Vocabulary to learn:

- Sprint
- Endurance
- Vertical
- Fling throw
- Techniques

Core concepts

Personal Skills

Team Skills

Evaluating and improving

Health and wellbeing

Sticky Learning for PE

Class 4

Autumn 1 Cycle 1 Games: Netball

- To shoot accurately from close range and distance

- To intercept and retrieve a moving ball

- To bounce and catch a ball at different heights

- To follow rules of a team game and develop team skills

- Evaluate work and know ways to improve

- To understand how exercise affects the body

Key Vocabulary to learn:

- Pass
- Attack
- Defence
- Match
- Skills
- Positions

Core concepts

Personal Skills

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Class 4

Autumn 2 Cycle 1 Dance – World War 11

- Perform longer more complex sequences

- Use a range of stimuli to create movements

- Confidently perform with expression and emotion

- Create imaginative dance with a group

- Suggest how they and others can improve performance

- Build resilience and confidence when performing

Key Vocabulary to learn:

- Rhythm
- Interpretive dance
- Charleston
- Lambeth walk
- Lindy hop
- Choreograph
- Space
- Tempo

Core concepts

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Class 4

Autumn 2 Cycle 1 Games: Handball

- Develop ball control, agility and quickness

- Refine throwing and catching skills

- To aim for a target with accuracy

- To work as a team to defend and protect effectively

- To use knowledge to discuss and improve tactics

- Know that exercise and team work improves mental health

Key Vocabulary to learn:

- Control
- Technique
- Effectively
- Catching
- Target
- Tactics
- Mental health

Core concepts

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Class 4

Spring 1 Cycle 1 – Gymnastics – Movement

- To develop jumps and leaps with confidence

- To perfect a variety of rolls and technique

- To develop vault and handstand and cartwheel technique

- To plan and perform a sequence of gymnastic movements

- Evaluate their own and others work suggesting appropriate ways to improve

- To continue to improve co-ordination and balance

Key Vocabulary to learn:

- Vault
- Sequence
- Evaluate
- Rolls
- Leaps
- technique

Core concepts

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Class 4

Spring 1 Cycle 1 - Football

- To develop dribbling and pass a ball to another player

- To develop kicking skills for increased distance

- To travel with a ball using feet

- To take part in simple team games

- Know what they need to do to improve

- Understand sport and team games can improve mood

Key Vocabulary to learn:

- Dribble
- Attack
- Defence
- Team work
- Pass
- Control

Core concepts

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Class 3

Spring 2 Cycle 1 Net - Tennis

- To develop hitting techniques

- To develop serve and be able to serve into a space accurately

- To develop skills to enable a successful game in tennis

- To play a simple game of tennis with accurate scoring

- To evaluate and improve skills and feedback to a partner

- Know that fitness will improve performance

Key Vocabulary to learn:

- Backhand
- Serve
- Forehand
- Net
- Volley
- Scoring

Core concepts

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Class 4

Spring 2 Cycle 1 Striking and fielding - Cricket

- To practice and improve bowling skills

- Develop batting skills

- Know how to field accurately

- Work as a team when playing kwik crickett

- To evaluate practice and suggest ways to improve

- To continue to play games safely.

Key Vocabulary to learn:

- bowl
- Cricket
- Wicket
- Barrier technique
- Defence
- Attack
- Over arm
- Under arm

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Class 4

Summer 1 Cycle 1 Dance through the decades

- To perform dances using a range of movements

- To plan and perform in front of an audience

- Confidently adapt and improvise movement

- Work as a team to create and use criteria to evaluate

- Demonstrate that feedback has improved their performance

- Build resilience and confidence when performing

Key Vocabulary to learn:

- Rhythm
- Disco
- Movement
- Hip-hop
- Pop group

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Class 3

Summer 1 Cycle 1 - Hockey

- Control a ball with a hockey stick using dribbling, passing and shooting skills

- To shoot accurately from different angles

- To move a ball effectively and get past opponents into an appropriate space

- Play a game of hockey and mark opponents effectively

- Evaluate thoroughly own and others skills and suggest how to improve

- Create and deliver warm up and cool downs

Key Vocabulary to learn:

- Hockey
- Dribble
- Pass
- Agility
- Speed
- Opponent
- Possession

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Class 4

Summer 2 Cycle 1 OAA

- To use a compass to navigate effectively and orient around a course

- To create, map and resource an orienteering course

- To demonstrate leadership skills where necessary

- To understand the importance of co-operation

- To quickly adapt and refine strategies to improve performance

- To understand natural resources need to be respected and cared for

Key Vocabulary to learn:

- Map
- Orient
- Perseverance
- Strategies
- Problem solving
- Patience
- Communication
- Performance
- Compass
- Leadership

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Class 4

Summer 2 Cycle 1 Striking and Fielding: Rounders

- To bowl underarm and over arm with accuracy

- To practice and use simple tactics

- To intercept a moving ball and return to play

- To work as a team when fielding

- To discuss strategies to develop play

- To continue understand how the body changes when exercising

Key Vocabulary to learn:

- Fielding
- Bowling
- Under arm
- Over arm
- Accuracy

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