

Stukeley Federation Physical Education Y4/5

Throughout the year the children will cover a variety of aspects of the PE curriculum to ensure all children:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Autumn 1	<p>Games Tag Rugby</p> <ul style="list-style-type: none"> • Select and apply simple tactics • Work cooperatively • Improve small game skills <p>Dance – These shoes were made for walking Unit 1</p> <ul style="list-style-type: none"> • Use simple movement patterns to structure a dance • Repeat and remember dance movements • Evaluate dance • Respond imaginatively to stimuli
Autumn 2	<p>Games – Dodgeball</p> <ul style="list-style-type: none"> • Select and apply simple tactics • Work cooperatively • Improve small game skills • Signal for passing <p>Gym – Stretching and Curling Unit 1</p> <ul style="list-style-type: none"> • Travel and jump fluently, holding balanced positions • Receive and transfer body weight • Improve sequence work • Adapt and transfer skills onto apparatus
Spring 1	<p>Games Football</p> <ul style="list-style-type: none"> • Select and apply simple tactics • Work cooperatively • Improve small game skills • Signal for passing <p>Dance – Incognito Unit 2</p> <ul style="list-style-type: none"> • Respond imaginatively to a range of stimuli • Perform with expression and display appropriate dynamics • Link movements together in a logical sequence

<p>Spring 2</p>	<p>Games Basketball</p> <ul style="list-style-type: none"> • To vary shots appropriately • To throw and catch with increasing accuracy • To play to a set of rules <p>Gym – Symmetry Unit M</p> <ul style="list-style-type: none"> • Understand and identify symmetry and asymmetry • Move and balance showing specific shapes • Analyse and comment on a sequence • Adapt and transfer skills to apparatus
<p>Summer 1</p>	<p>Games Rounders / Kickball</p> <ul style="list-style-type: none"> • To strike a ball with growing accuracy • To field and intercept a ball with accuracy • To cooperate and work as part of a team <p>Dance The Eagle and the Fish Unit 3</p> <ul style="list-style-type: none"> • Respond imaginatively to a stimuli • Create simple motifs • Perform with appropriate dynamics • Work in pairs using complimentary movements • Observe movements against specific criteria • Respond imaginatively to a range of stimuli
<p>Summer 2</p>	<p>Games Athletics</p> <ul style="list-style-type: none"> • Run consistently and smoothly - sprint and sustained • Show different styles of running • Use different throwing techniques • Jump with growing control • Suggest how they can improve. <p>Gym Travelling Unit</p> <ul style="list-style-type: none"> • Understand and use change of front and direction • Move in and from a range of travelling jumping and turning movements • Combine skills to create sequences of movements • Adapt and transfer skills to apparatus