

Year 4 Coverage, Skills and Vocabulary

Year 4	Unit Focus	Prior Knowledge	Skills	Vocabulary
Autumn 1 – Swimming	To become competent, confident and proficient swimmer over a distance of at least 25 metres. To practise a range of strokes effectively. To perform safe self-rescue in different water-based solutions.	PSHE – water safety.	Children will be taught by experienced qualified Swimming Instructors. The children dependent on their experience and skill will be taught in a group with peers of the same ability and confidence. See planning.	Front crawl, backstroke, breaststroke, water safety, self-rescue, pool, lifeguard, kick, legs, arms, float, floating aids.
Autumn 1 – Dance (Bhangra)				
Autumn 2 – Swimming	To become competent, confident and proficient swimmer over a distance of at least 25 metres. To practise a range of strokes effectively. To perform safe self-rescue in different water-based solutions.	PSHE – water safety.	Children will be taught by experienced qualified Swimming Instructors. The children dependent on their experience and skill will be taught in a group with peers of the same ability and confidence. See planning.	Front crawl, backstroke, breaststroke, water safety, self-rescue, pool, lifeguard, kick, legs, arms, float, floating aids.
Autumn 2 – Gymnastics	Use both the floor and apparatus to perform a range of jumps, leaps, balances and rolls. Use the vault to perform different jumps and balances.	Started to learn more complex jumps and stands Balancing, group work and at different levels. Rolls – different types and linking together. Sequence in union and canon. Apparatus – mount/dismount, balance, sequence Apparatus – vault	Perform a range of jumps and leaps and link these together to make a sequence. To establish different creative balances. To perform a range of rolls and link these together fluently with control in a sequence on mats and apparatus. Combine jumps, leaps and rolls sequences in unison and canon. To perform a creative sequence on a bench by mounting and dismounting safely. Using a vault learn different jumps and balances.	Cat leap, stag leap, split leap, ring jump, point, balance, posture, log roll, pencil roll, dish roll, egg roll, teddy bear roll, forward roll, unison, cannon, vault,
Spring 1 – Swimming	To become competent, confident and proficient swimmer over a distance of at least 25 metres. To practise a range of strokes effectively. To perform safe self-rescue in different water-based solutions.	PSHE – water safety.	Children will be taught by experienced qualified Swimming Instructors. The children dependent on their experience and skill will be taught in a group with peers of the same ability and confidence. See planning.	Front crawl, backstroke, breaststroke, water safety, self-rescue, pool, lifeguard, kick, legs, arms, float, floating aids.

Spring 1 – Games (Basketball)	Practise the key elements of basketball – dribbling, passing, shooting, tricks, defending, shooting. To use the skills to take part in a game. To start the make decisions when playing a sport. Start to understand how to stay safe when playing different sports.	Started to move the ball around the body maintaining control. Improve dribbling techniques at different heights. Started to perform a variety of passes with confidence and accuracy. To improve shooting techniques and accuracy. Apply basic defending principles. Started to understand the rules of the game.	Moving the ball in a variety of ways to a partner with accuracy and control. To be able to travel at speed keeping control. To use different types of passing and receiving the ball. Perform and link tricks together with control. Understanding the dribbling technique and when to use different heights. Can use the correct technique to shoot towards a target and become accurate. Can defend using pressure in a 2v1 situation and intercept the ball. Understand why decision making is important in sport. Understand the importance of health and safety during a PE lesson.	Close to body, control, accuracy, height, dribbling, technique, bounce pass, chest pass, overhead pass, shot, target, accuracy, hoop, defend, opponent, body stance,
Spring 2 – Swimming	To become competent, confident and proficient swimmer over a distance of at least 25 metres. To practise a range of strokes effectively. To perform safe self-rescue in different water-based solutions.	PSHE – water safety.	Children will be taught by experienced qualified Swimming Instructors. The children dependent on their experience and skill will be taught in a group with peers of the same ability and confidence. See planning.	Front crawl, backstroke, breaststroke, water safety, self-rescue, pool, lifeguard, kick, legs, arms, float, floating aids.
Spring 2 – Games (Handball)				
Summer 1 – Swimming	To become competent, confident and proficient swimmer over a distance of at least 25 metres. To practise a range of strokes effectively. To perform safe self-rescue in different water-based solutions.	PSHE – water safety.	Children will be taught by experienced qualified Swimming Instructors. The children dependent on their experience and skill will be taught in a group with peers of the same ability and confidence. See planning.	Front crawl, backstroke, breaststroke, water safety, self-rescue, pool, lifeguard, kick, legs, arms, float, floating aids.
Summer 1 – Athletics	To participate by using the correct technique in different sports which make up track and field – Javelin, Shotput, Discus, Standing Long Jump, Standing Triple Jump, racing, To understand how to be competitive against peers.	Started to use a variety of different throwing techniques accurately and consistently. To run consistently and smoothly at different speeds. Started to throw the discus correctly and accurately.	Javelin – correct throwing technique from a 3 steps walk through. Shotput – to be able to throw accurately and consistently using the shotput, improving distance over time. Discus – be able to use the correct standing technique to throw the discus.	Javelin, shotput, face, shoulder, arm, standing, discus, flat, flip over, relay, running, stance, sprint.

		Started to perform standing long jumps with precision and control. To successfully complete a relay race.	Standing Long Jump – using the stronger foot jump one foot onto two feet. Standing Triple Jump – technique of hop step, jump. Running – correct technique to sprint and competing in races.	
Summer 2 – Swimming	To become competent, confident and proficient swimmer over a distance of at least 25 metres. To practise a range of strokes effectively. To perform safe self-rescue in different water-based solutions.	PSHE – water safety.	Children will be taught by experienced qualified Swimming Instructors. The children dependent on their experience and skill will be taught in a group with peers of the same ability and confidence. See planning.	Front crawl, backstroke, breaststroke, water safety, self-rescue, pool, lifeguard, kick, legs, arms, float, floating aids.
Summer 2 – Games (Cricket)	Practise the key elements of cricket – throwing, catching, striking of the ball with a bat. To use the skills to take part in a game. Understand how to be a bats person, fielder and bowler. To start the make decisions when playing a sport.	Able to use a range of throwing techniques accurately. Start to bowl underarm. To start striking a ball To start knowing how to make a run in cricket and how to carry the bat.	To throw under and catch using an accurate underarm throwing technique. Use a range of throwing techniques to suit the situation. To bowl using an underarm technique. To strike a ball. Know when to run as a bats person what to call and how to carry the bat. Play games using the rules of cricket and putting the new skills into practise.	Scoop, moving ball, throwing, control, accuracy, bowl, bowler, underarm, technique, bounce, strike, target, fielders, feeder, back swing, bats person, cut the line, rock the baby, 3 C's (cup your hands, close hands over the ball, bring the ball into the chest).

*A combination of Sports Plus and PE Hub have supported the planning of this document.