



PE Y4 Champions Year Plan

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invaders Lesson 1 - To keep possession of a ball. Lesson 2 - Use ABC techniques to keep control of the ball in a competitive situation. Lesson 3 - Use accurate passing and dribbling in a game.	Dynamic Dance Lesson 1 - Identify and practise the patterns and actions of line dancing. Lesson 2 - Demonstrate an awareness of the music's rhythm and phrasing when improvising. Lesson 3 - Create an individual dance that reflects the line dancing style.	Gym Sequences Lesson 1 - Identify and practise body shapes. Lesson 2 - Identify and practise symmetrical and asymmetrical body shapes. Lesson 3 - Construct sequences using balancing and linking movements. Lesson 4 - Use	Active Adventure Lesson 1 - Develop and investigate different ways of throwing and to know when each is appropriate. Lesson 2 - Use ABC to field a ball well. Lesson 3 - To use ABC to move into good positions for catching and apply it in a game situation.	Young Olympians Lesson 1 - To select and maintain a running pace for different distances. Lesson 2 - Practise throwing with power and accuracy. Lesson 3 - To throw safely and with understanding. Lesson 4 - To demonstrate good running technique in a	Nimble Nets Lesson 1 - To become familiar with balls and short tennis rackets. Lesson 2 - To get the ball into play. To accurately serve underarm. Lesson 3 - To build up a rally using forehand and backhand. Lesson 4 - To build up a rally focusing on accuracy of shots.

<p>Lesson 4 - Identify and apply ways to move the ball towards an opponent's goal.</p> <p>Lesson 5 - To learn concepts of attack and defence.</p> <p>Lesson 6 - To play in a mini football competition.</p>	<p>Lesson 4 - Create a partnered dance that reflects the line dancing style and apply key components of dance.</p> <p>Lesson 5 - Develop and improve dancing and performance skills.</p> <p>Lesson 6 - Identify the key skills needed to provide accurate and tactful evaluate feedback to peers.</p>	<p>counterbalances and incorporate them into a sequence of movements.</p> <p>Lesson 5 - Perform movements in canon and in unison.</p> <p>Lesson 6 - Perform and evaluate own and others sequences.</p>	<p>Lesson 4 - Use hand-eye coordination to strike a moving and a stationary ball.</p> <p>Lesson 5 - Develop fielding skills and understand their importance when playing a game.</p> <p>Lesson 6 - To play in a competitive situation and to demonstrate sporting behaviour.</p>	<p>competitive situation.</p> <p>Lesson 5 - Explore different footwork patterns.</p> <p>Lesson 6 - Utilise all the skills learned in this unit in a competitive situation.</p>	<p>Lesson 5 - To play a variety of shots in a game situation and to explore when different shots should be played.</p> <p>Lesson 6 - To play a competitive tennis game.</p>
<p>Boot camp</p> <p>Lesson 1 - Understand how to prepare the body for exercise.</p>	<p>Mighty movers</p> <p>Lesson 1 - Learn footwork movement patterns showing</p>	<p>Step to the beat!</p> <p>Lesson 1 - Understand the importance of a warm up. Improve</p>	<p>Gym circuits</p> <p>Lesson 1 - Understand that a fitness circuit can be sport-specific.</p>	<p>Cool core</p> <p>Lesson 1 - To improve balance and coordination.</p>	<p>Multi-fitness</p> <p>Lesson 1 - Complete a circuit that includes different aerobic</p>

<p>Understand what fitness means.</p> <p>Lesson 2 - Complete a range of circuit-based activities and understand the reason for doing them.</p> <p>Lesson 3 - Improve a circuit that includes activities from lessons 1 & 2.</p> <p>Lesson 4 - Develop agility and coordination.</p> <p>Lesson 5 - Improve on activities practised in lessons 1-4. Improve on Agility and coordination.</p>	<p>coordination.</p> <p>Lesson 2 - Understand the value of boxercise. Learn how to build an aerobic exercise routine including skilled moves.</p> <p>Lesson 3 - Develop personal fitness, particularly strength and stamina.</p> <p>Lesson 4 - Develop personal fitness, particularly strength and stamina.</p> <p>Lesson 5 - Create and perform a boxercise sequence with increased</p>	<p>fitness, strength and stamina.</p> <p>Lesson 2 - Complete a step routine to music to improve fitness.</p> <p>Lesson 3 - Develop coordination and balance.</p> <p>Lesson 4 - Practise and apply a sequence of step moves to the beat of the music.</p> <p>Lesson 5 - To improve on coordination and balance.</p> <p>Lesson 6 - Create and perform a sequence of step moves.</p>	<p>Lesson 2 - Complete a hockey-based circuit with understanding and accuracy.</p> <p>Lesson 3 - Complete a netball/basketball circuit with understanding and accuracy.</p> <p>Lesson 4 - Complete a football-based circuit with accuracy and understanding.</p> <p>Lesson 5 - Complete a cricket-based circuit with accuracy and understanding.</p> <p>Lesson 6 - Complete an</p>	<p>Lesson 2 - Improve balance and coordination. To consolidate and improve the moves learnt so far.</p> <p>Lesson 3 - Develop balance techniques when performing cool core moves.</p> <p>Lesson 4 - Learn new moves and develop correct technique. Understand why breathing is important throughout all moves.</p> <p>Lesson 5 - Sustain balance and concentration when performing a variety of moves.</p>	<p>exercises.</p> <p>Lesson 2 - To perform a boxercise routine with precision.</p> <p>Lesson 3 - To develop coordination and balance.</p> <p>Lesson 4 - Complete an athletics-based circuit with control and accuracy.</p> <p>Lesson 5 - Develop cool core moves using balance techniques.</p> <p>Lesson 6 - Perform a sequence of moves at each station within a circuit with increased accuracy.</p>
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Lesson 6 - Perform more complex patterns of movements.	accuracy. Lesson 6 - Perform a boxercise routine with precision.		athletics-based circuit with control and accuracy.	Lesson 6 - Develop cool core moves using balance techniques.	
Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
Swimming will be 4x 1 hour session tbc.					