

Corpus Christi Catholic Primary
Year 4
PE Curriculum Overview



	Autumn Topic	Spring Topic	Summer Topic
Topic	<p>1. Dribbling, Movement and Teamwork (Invasion) Finding and using space</p> <p>Sports – Hockey and football</p> <p>2. What's my Direction? Rhythmic gym and positioning</p> <p>Sports – Gymnastics</p>	<p>1. Passing and Moving Basic physiology and spatial awareness</p> <p>Sports – Netball and basketball</p> <p>2. Returning (Net Games) Service and return</p> <p>Sports – Tennis and volleyball</p>	<p>1. Record Breaking (Athletics) The human body (muscles)</p> <p>Sports – Various athletics</p> <p>2. Fielding (Strike and Field) Positioning and collaboration</p> <p>Sports – Netball, tennis, rounders and cricket</p>
Key Skills	<p>1. Dribble a ball, demonstrating a change in speed whilst keeping their ball close to foot as they do so. Develop both attacking and defending skills by demonstrating defending a certain area as well as attacking towards a space. Attack by moving towards a space whilst invading a defender's territory as well as dribble with control and accuracy. Work competently within a larger group and to show empathy towards others when playing games competitively. Locate space within a team game in order to receive a pass or have an attempt on goal as well as develop their abilities to attack and defend.</p> <p>2. Accelerate gradually from a walk, jog, run to a sprint as well as develop some knowledge of rhythmic gymnastics. Roll with some thought about controlling their body as they do so.</p>	<p>1. Display some prior understanding and skill when changing direction and speed as well as commenting on changes to their bodies when exercising (heart rate increase). Develop an understanding of how to use space within mini-games and attempt to explain some of the changes within their bodies during exercise. Demonstrate the correct choice of pass (chest, bounce or underarm) depending on where an interceptor may be. Display control and speed when turning sharply. Show an increased awareness of the importance of passing.</p> <p>2. Hit a ball in a forward's direction using the backhand stroke as well as develop reaction time and agility levels. Serve the ball overhand by tossing the ball straight in the air at the appropriate height, making clean contact with it overhead, attempting to hit a target.</p>	<p>1. Improve ability to jump for height and distance by attempting different in-flight techniques in order to propel themselves through the air. Adopt the 'hurdle position' whilst sitting on the ground, focusing on outstretching their stronger leg. Demonstrate correct technique when jumping hurdles Develop communication skills through partner games as well as name and locate some of the major muscles in the body. Jump for distance and height over hurdles and during long jump.</p> <p>2. Show developing ability when attempting the over arm throw, focusing on technique. Move towards a ball or object in order to intercept using any part of the body as well as finding appropriate space in order to field.</p>

	Use both legs and arms in order to accelerate and decelerate effectively. To display both acceleration and deceleration effectively	Spike a large ball or volley ball from either a standing position or attempt to spike whilst in the air. Display various tennis strokes as well as develop the skill of 'Spiking' in volleyball. demonstrate a one handed backhand, standing overarm serve and developing ability to 'rally' as well as spike a volleyball over a net.	Throw an object with a degree of accuracy using their weaker arm to aim with. Intercept a ball whilst moving towards it using their hands to stop a pass reaching its intended target. Develop the skill of intercepting a ball by blocking it with their hands whilst attempting to control it in order to steal possession.
Key Vocabulary	1. Attacking, defending, space, accuracy, communicate, competitive. 2. Accelerate, strides, teddy bear roll, decelerate, sequence, control, rhythmic, routine.	1. Chest pass, bounce pass, underarm pass, interceptor, turning. 2. Forehand, backhand, serve, overhead, contact, spike, contact, rally.	1. Jump, distance, technique, propel, hurdle position, outstretching, muscles, bicep, triceps, calf muscles, quads, hamstring, abdominals. 2. Intercept, finding space, aim, positioning, block, steal position.
Possible misconceptions	1. To forget about defending as a team and just focus on attacking. To see losing the ball negatively. Holding the hockey stick incorrectly. Not keeping the ball close to your body. Staying near friends in games instead of finding space. 2. Incorrect technique when performing rolls e.g. not tucking head. When asked to gradually accelerate children sprint without looking at their surroundings. Holding shapes and positions for less than 3 seconds.	1. Always moving one way instead of using the 'dummy' technique. Following friends instead of moving into empty space. Looking at the ball when moving. 2. Incorrect technique when holding a racket. Standing straight on instead of side on when hitting the ball. Eyes looking at the racket instead of the ball. Allowing the ball to bounce more than once.	1. Using the incorrect technique when jumping. Outstretching weaker leg when jumping through hurdles. Identifying some of the main muscle groups in the incorrect position. Not bending knees to propel yourself while jumping. 2. Not bringing arm behind your head when throwing over arm. Trying to intercept a ball behind your opponent. Not using the correct positioning/technique when trying to 'steal'.