



What are we learning in Year 4:

# P.E

Term: Autumn

Focus: Ball Skills

1	We are learning to develop confidence and accuracy when tracking a ball.
2	We are learning to develop confidence and accuracy when tracking a ball.
3	We are learning to explore and develop a variety of throwing techniques
4	We are learning to develop catching skills using one and two hands.
5	We are learning to develop dribbling a ball with hands.
6	We are learning to use tracking, sending and dribbling skills with feet.



What are we learning in Year 4:

# P.E

Term: Spring

Focus: Tag rugby

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|---|---|
| 1 | To develop throwing, catching and running with the ball.                          |
| 2 | To develop an understanding of tagging rules.                                     |
| 3 | To begin to use the 'forward pass' and 'off side' rule.                           |
| 4 | To dodge a defender and move into space when running towards the goal.            |
| 5 | To develop defending skills and use them in a game situation.                     |
| 6 | To apply the rules and skills you have learnt and play in a tag rugby tournament. |



What are we learning in Year 4:

# P.E

Term: Spring

Focus: OAA

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|---|--|
| 1 | To develop cooperation and teamwork skills.  |
| 2 | To be able to orientate a map and navigate around a grid.                            |
| 3 | To develop trust and teamwork whilst listening to others and following instructions. |
| 4 | To develop trust whilst listening to others and following instructions.              |
| 5 | To be able to identify objects on a map, draw and follow a simple map.               |
| 6 | To be able to orientate and navigate around a map and draw using directions.         |