

Year 4

Summer Term

Athletics



Striking and
Fielding -
Rounders

Athletics

PE skills for this unit

Age Related Expectations:

- Beginning to build a variety of running techniques and use with confidence.
- Can perform a running jump with more than one component.
- e.g. hop skip jump (triple jump)
- Demonstrates accuracy in throwing and catching activities.
- Describes good athletic performance using correct vocabulary.
- Can use equipment safely and with good control.

Knowledge for this unit

- Recognising different athletic techniques (running styles).
- Measuring peers' throw and jumps.
- Understanding heart rates (up and down).
- Importance of warm up/down.
- Recognising the importance of stamina and power in specific events.

Previous learning:

- Beginning to run at speeds appropriate for the distance.
- e.g. sprinting and cross country
- Can perform a running jump with some accuracy
- Performs a variety of throws using a selection of equipment.
- Can use equipment safely and with good control.

Vocabulary

- Sprint
- Long distance
- Hurdles
- Long jump
- High jump
- Javelin (soft)

Fielding and Striking - Rounders

PE skills for this unit

Age Related Expectations:

- Vary skills, actions and ideas and link these in ways that suit the games activity.
- Uses skills with co-ordination, control and fluency.
- Takes part in competitive games with a strong understanding of tactics and composition.
- Can create their own games using knowledge and skills.
- Works well in a group to develop various games.
- Compares and comments on skills to support creation of new games.
- Can make suggestions as to what resources can be used to differentiate a game.
- Apply basic skills for attacking and defending.
- Uses running, jumping, throwing and catching in isolation and combination.

Knowledge for this unit

- Understanding the rules of batting and fielding.
- Fielding positions coming off the posts to be an extra fielded.
- Backstop supporting fourth post
- Understanding "no ball" rule.
- Teamwork

Previous learning:

- Understands tactics and composition by starting to vary how they respond.
- Vary skills, actions and ideas and link these in ways that suit the games activity.
- Beginning to communicate with others during game situations.
- Uses skills with co-ordination and control.
- Makes imaginative pathways, using equipment.
- Develops own rules for new games.
- Works well in a group to develop various games.
- Beginning to understand how to compete with each other in a controlled manner.
- Beginning to select resources independently to carry out different skills.

Vocabulary

- Names of fielding positions - 1st deep, 2nd deep, 3rd deep.

