

Primary Y4 PE Unit Overviews – Mid Term Planning

STRIKING & FIELDING		
Week	Lesson 1	Lesson 2
1	Throwing and Catching	Fielding
2	Pitching/Bowling	Striking
3	Cricket Striking	Cricket Match
4	Rounders/Baseball Striking	Rounders Match

Gymnastics		
Week	Lesson 1	Lesson 2
1	Basic shapes and movement patterns	Basic shapes and movement patterns on apparatus
2	Rolling	Rolling combined with movement patterns
3	Jumping	Rebound jump
4	Build sequences	Assessment sequences

Swimming 1		
Week	Lesson 1	Lesson 2
1	Pool safety and assessment	Buoyancy
2	Streamline position	Intro to freestyle
3	Freestyle legs	Freestyle arms
4	Backstroke body position	Backstroke legs/arms

Athletics		
Week	Lesson 1	Lesson 2
1	Health & Fitness – How the body reacts to exercise	Fitness Circuits
2	Sprinting	Jumping for Distance

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3	Jumping for Height	Throwing for Distance
4	Relay Races	Running Over Obstacles

Dance

Week	Lesson 1	Lesson 2
1	Traveling in time with the music	Basic movement patterns with partner
2	Mirroring / matching	Cannon
3	Group dance (3-6 members)	Group dance
4	Group dance final preparations	Group dance assessment

Swimming 2

Week	Lesson 1	Lesson 2
1	Review pool safety rules	Freestyle
2	Back stroke	Backstroke
3	Breaststroke	Breaststroke
4	Dolphin kick	Water polo

Football

Week	Lesson 1	Lesson 2
1	Dribbling	Passing
2	Heading, Body Control and Throw Ins	Shooting
3	Attacking Principles	Defensive Principles
4	Game play	Game play

Basketball

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Week	Lesson 1	Lesson 2
1	Dribbling and ball control	Passing
2	Shooting – Jump Shot	Shooting – Lay Up
3	Defensive Tactics, Steal and Intercept	Attacking Concepts
4	Game Play	Game Play