



SCHEME OF WORK

Year 4

Unit Overview:

Children will further develop and refine their running techniques, focusing on reaction time, acceleration and effective use of the FAST technique. They will apply these skills in competitive sprinting activities. They will develop their javelin/vortex throwing technique by using a controlled run-up, side-on stance and coordinated release to improve distance and accuracy. Children will build on their jumping skills by refining the standing long jump and performing a standing triple jump (hop, step and jump), focusing on control, rhythm, balance. They will continue to develop their shot put technique using a tennis/small ball, focusing on pushing rather than throwing. They will practise taking off and landing over obstacles at increasing speed, applying correct hurdling techniques and demonstrating safe, controlled landings. Throughout the unit, children will compete in a range of athletic events, set personal targets and strive to improve their Personal Bests in sprints, jumps and throws. They will also cooperate effectively in teams, building on their communication skills, supporting their peers and providing feedback to help improve performance.

Learning Intentions:

Lesson 1	How can you run "FAST"?
Lesson 2	How can you throw a soft javelin/vortex?
Lesson 3	How can you perform a hop, step and jump (standing triple jump)?
Lesson 4	How can you take off and land over obstacles/hurdles?
Lesson 5	How can you throw a shot put?
Lesson 6	How can you cooperate in a team?

Unit End Points:



Physical Me

- Can react quickly and beginning to accelerate over short distances.
- Can throw a javelin/vortex while standing in the correct stance
- Can perform a hop, step and jump with increasing control
- Can throw the shot put- **pushing** a ball while in the correct stance



Thinking Me

- Can use key vocabulary and evaluate and improve their own performance.
- Can link key knowledge across the units.



Social Me

- Can communicate clearly with my group, listen to others, and share ideas.
- Can begin to show confidence when taking part in mini coaching opportunities.



Value Me

- Can demonstrate Key Values.



Healthy Me

- Can explain and lead a pulse raiser and describe how exercise improves my wellbeing.

End of Year Attainment Targets:

- Can use running, jumping, throwing and catching in isolation and combination.
- Has developed flexibility, control and balance.
- Can communicate with others during physical activities.
- Can compare their performances with previous ones.
- Can begin to recognise their own success.
- Children explain why warming up is important, including preparing muscles and reducing the risk of injury. Understand that regular exercise helps keep their body healthy and their mind feeling happy.



Physical Me

- AGILITY
- BALANCE
- COORDINATION
- THROWING
- JUMPING
- RUNNING
- POWER
- SPEED
- FLEXIBILITY

Social Me



- CO-OPERATE WITH OTHERS
- MINI COACH
- TEAM WORK
- INCLUSION OF ALL TEAM MEMBERS, EVERYONE TO GET A TURN
- PEER ASSESSMENT
- FAIRNESS- COMPETITION

Thinking Me

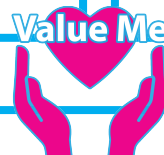


- RECALLING INFORMATION
- TO EVALUATE AND IMPROVE MY PERFORMANCE
- FEEDBACK TO A PARTNER / GROUP
- SELECT AND APPLY SKILLS

Healthy Me



- WARMING UP
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- COOL DOWN
- STAY HYDRATED
- UNDERSTAND WHICH EXERCISES / MOVEMENTS INCREASE THE HEART RATE / PULSE RATE



Value Me

Throughout the PE lesson, teachers should highlight and reward any key values shown in individual, paired, or group activities. Use short reflections or "Value Me" shout-outs to celebrate pupils who show effort, cooperation, and self-improvement, connecting their physical progress with personal growth.



Health & Safety:

- Children to stay hydrated
- Warm up and down before and after the lesson
 - Children to wear appropriate footwear