

Physical education

Year 4 and 5 children will be taught

Swimming

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.
- Swim fluently with controlled strokes
- Be coordinated with in the water

Football

- Improve social skills and communication skills
- Keep position with success
- Be able to control the ball and defend successfully

Hockey

- Develop coordination
- Keep control of the ball and pass successfully
- Be able to control the hockey stick to pass the ball in the correct manner
- Think tactically during the game.

Gymnastics

- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Hold shapes that are strong, fluent and expressive
- Vary speed, direction' level and body rotations during floor performances.
- Use vaulting equipment successfully.

Dance

- Plan, perform and repeat sequences
- Move in a clear, fluent and expressive manner
- Refine movements.
- Create dances and movements that convey a definite idea.
- Change speed and levels within a performance.

Handball

- To be familiar with the rules of handball
- To find a space to receive the ball
- Receive the ball to defend and attack
- Work alongside my team mates to intercept the ball
- Shoot accurately and be resilient if I do not score.

- To be able to umpire a game and discuss the rules with other children.

Netball

- Understand and be able to follow the rules of netball.
- Intercept the ball and pivot correctly, following the three second rule.
- Be aware of space when defending (3m).
- Pass quickly and accurately to your teammates, using the correct type of pass.

Athletics

- Sprint over short distance up to 60 meters.
- Throw with accuracy to hit a target.
- Show control with take-off and landing when jumping
- Compete with others and keep track of personal best performance, setting targets for improvement.
- Get ready for sports day.

Happy Healthy Hearts

- Use running skills to increase out fitness
- Improve fitness
- To communicate with my team.
- Use a variety of skills to improve fitness levels.
- Improve coordination skills.

Rounders

- Develop special awareness and reaction to the ball
- Work as a team to get someone out
- Develop communication skills