Beaconsfield Primary School Curriculum Overview

Subject:	PE	Year Group:	Year 4

Autumn 1	Autumn 1	Autumn 2
Unit: Swimming	Unit: Tag Rugby	Unit: Swimming
Key Skills: • Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl. • Demonstrate improved breathing technique in front crawl. • Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.	Key Skills: • Develop passing to a teammate using a variety of techniques appropriate to the game. • Develop control whilst dribbling under pressure. • Develop decision making around when to pass and when to shoot. • Develop defending one on one and know when to win the ball. • Move into space to help their team keep possession and score goals.	Key Skills: • Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl. • Demonstrate improved breathing technique in front crawl. • Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.
Autumn 2	**Spring 1**	**Spring 1**
Unit: Basketball	Unit: Swimming	Unit: Fitness
Key Skills: • Develop passing to a teammate using a variety of techniques appropriate to the game. • Develop control whilst dribbling under pressure. • Develop decision making around when to pass and when to shoot. • Develop defending one on one and	Key Skills: • Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl. • Demonstrate improved breathing technique in front crawl. • Are comfortable with some personal survival techniques to include survival	Key Skills: • Show balance when changing direction at speed. • Show control whilst completing activities which challenge balance. • Explore increased speed when coordinating their bodies. • Demonstrate improved sprinting technique.

know when to win the ball. • Move into space to help their team keep possession and score goals.	strokes such as sculling and treading water. •	• Identify activities which help to strengthen different muscle groups. • Demonstrate using their breath to maintain their work rate.
Spring 2	Spring 2	Summer 1
Unit: Dance	Unit: Swimming	Unit: Athletics
Key Skills: • Respond imaginatively to a range of stimuli related to character and narrative. • Change dynamics confidently within a performance to express changes in character. • Confidently use changes in level, direction and pathway. • Use action and reaction to represent an idea. • Perform complex dances that communicate narrative and character well, performing clearly and fluently.	Key Skills: • Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl. • Demonstrate improved breathing technique in front crawl. • Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.	Key Skills: • Develop an understanding of speed and pace in relation to distance. • Develop power and speed in the sprinting technique. • Develop technique when jumping for distance. • Explore fluency and technique in the vertical jump. • Explore power and technique when throwing for distance in a pull throw.
Summer 1	Summer 2	Summer 2
Unit: Gymnastics	Unit: Rounders	Unit: Dodgeball
Key Skills: • Develop the range of shapes they use in their sequences. • Develop strength in bridge and shoulder stand. • Develop control and fluency in individual and partner balances. • Develop the straight, barrel, forward and straddle roll and perform with	Key Skills: • Develop batting technique consistent with the rules of the game. • Develop bowling with some consistency, abiding by the rules of the game. • Use overarm and underarm throwing with increased consistency in game situations.	Key Skills: • Throw with increasing accuracy and success in game situations. • Catch with increasing consistency in game situations. • Explore striking techniques appropriate to the situation.

increased control. • Develop control in performing and landing rotation jumps.	• Beginning to catch with one and two hands with some consistency in game situations.	