

## Y4 Scheme of Work – PE Passport

Lessons adapted – S.T.E.P (space, task, equipment, people to be more inclusive, challenging or accessible ensuring every child is engaged and learning.



Love God, Love each other, Love Learning

Year	Topic	Week	Learning Objective	Knowledge	Skills
4	Swimming	Autumn 1	See Swimphony Swimming App To be able to: 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		
	Swimming	Autumn 2	See Swimphony Swimming App To be able to: 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		
	Swimming	Spring 1	See Swimphony Swimming App To be able to: 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		
	Cricket	Spring 2 Week 1	To develop bowling skills	To know that a short ball means short of a good length so it bounces far in front of the batsman/woman To know that the crease is far	
	Cricket	Spring 2 Week 2	To bowl and wicket keep with greater understanding	To know how to grip a ball when bowling To know the process of bowling from the coil to real the ball To know how to position myself when wicket keeping	I can bowl a ball overarm with a straight arm I can take up a wicket keeping stance

				To know what the wickets are for	I can take balls bowled on both sides of the wicket
	Cricket	Spring 2 Week 3	To have a greater understanding of batting and running between wickets	To know when to slide my bat to make my ground when running between wickets To know what “backing up” means in fielding	I can throw accurately and powerfully I can hit the ball by driving and then run between a set of wickets I can slide my bat if necessary
	Cricket	Spring 2 Week 4	To bat and bowl successfully with a partner	To know the different calls I make as a batsman: YES, NO or WAIT To know which batsman/woman calls and when to call	I can hold my bat correctly I can communicate effectively using calls I can bowl with increasing accuracy
	Cricket	Spring 2 Week 5	To develop fielding techniques when a ball is struck	To know that to perform a long barrier you have to turn side on and put one knee down next to the heel of the other foot To know how to form a long barrier when fielding a hard shot	I can bowl with a run up I can stop hard balls struck by me by forming a long barrier I can communicate effectively with a partner when batting I can choose the correct fielding technique to use
	Cricket	Spring 2 Week 6	To play different roles in a competitive game	To know the different roles and rules To know when to stand still and when to walk in as the bowler runs To know why I need to call my name when going for a high catch	I can back up fielders in the field Play purposefully I can take on different roles in the game
	Football (Invasion)	Summer 1 Week 1	To send and receive a football using the inside of my foot	To know some rules of football To know to be on the balls of my feet when waiting to receive a pass To know how to find space after passing	I can trap a ball and cushion it when receiving I can pass the ball accurately I can move into a space after passing I can use the inside of my foot when passing over short distances

	Football	Summer 1 Week 2	To dribble using both feet and different parts of the foot	To know how to position my body in relation to the ball To know how to shield the ball To know why it is important to take touches with different parts of the foot when dribbling	I can dribble a ball using both feet I can manipulate the ball using different parts of the foot I can shield a ball from an opponent
	Football	Summer 1 Week 3	To turn confidently with the ball	To know how to get the ball out wide To know how to use the full width of the pitch To know what a drag turn and N turn look like To know which type of turn to use	I can turn confidently with a ball I can play a small game to demonstrate my turns: Drag turn, N turn
	Football	Summer 1 Week 4	To begin to use overlapping and underlapping when in a 1v1 and 2v1 situation	To know how to defend against an opponent when in a 1v1 situation To know when to overlap and underlap To know that when at a disadvantage, good organisation in the team is important	I can make good decisions when in possession I can use overloading, overlapping and underlapping when my team has more players
	Football	Summer 1 Week 5	To use space effectively when defending	I know the rules of football I know that the team needs to be balanced I know that chasing the ball will not result in possession I know to pass and move into space I know to get behind the ball and close the space	I can defend well by watching the ball and waiting I can show decisiveness I can maintain concentration when the ball isn't in my area of the pitch
	Football	Summer 1 Week 6	To demonstrate a range of attack and defence skills in a competitive game	I know the rules of football I know to always plan ahead when out of possession I know to keep the ball in sight	I can demonstrate a range of attack and defence skills in a competition I can get into sideways position when receiving the ball
	Tag Rugby (Invasion)	Summer 2 Week 1	To pop pass and pocket pass (Mayfield Ruby to deliver sessions)	To know some basic principles of rugby To know what is a try and what isn't To know how to grip the ball	I can pop pass and pocket pass I can tag someone safely I can carry the ball in two hands upwards in a "W" shape

				To know when to pop pass and when to pocket pass with the correct technique	
	Tag Rugby	Summer 2 Week 2	To send and receive the ball under pressure	To know that position I need to get into to pass left or right To roll my hands when changing positions and making catches	I can send and receive the ball on the run and under pressure I can pass well to my left and right using the correct technique
	Tag Rugby	Summer 2 Week 3	To pass a rugby ball backwards consistently	To know rules of tag rugby To know how to close the space when defending To know what a knock on and forward pass are	I can pass a rugby ball backwards I can pass accurately I can dummy a pass I can look out for dummy pass when defending
	Tag Rugby	Summer 2 Week 4	To pass and miss out players in a line	I know how to play the ball by putting it down and rolling it behind me I know why players need to be in a line I know that offside is when players have run past their team's side of the ball	I can pass and miss out players in a line I can take a tap penalty with a dummy half I can run on the ball at pace I can remain on side by keeping to my team's side of the ball
	Tag Rugby	Summer 2 Week 5	To attack in a staggered line	I know to organise attacking lines on either side of the ball I know to attack in staggered formation and why I know that each team has a limited number of tackles before possession changes to the other team	I can attack in staggered line I can organise my position so that I receive passes on the run I can remain in the line
	Tag Rugby	Summer 2 Week 6	To show game understanding and apply skills to a game	I know when the referee might play advantages and when they won't I know how to play a game of tag rugby I know when we get the ball in the centre of the pitch near the opponent's line, we stretch their defence	I can apply skills effectively to a game I can develop game understanding I can compete in a game of tag rugby I can use some tactics when in play

