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| Year Group: 4 | Gymnastics | Dance | Ball skills | Striking and fielding | Athletics | Swimming |
|  | • To identify and practise body shapes.  • To identify and practise symmetrical and asymmetrical body shapes.  • To construct sequences using balancing and linking movements.  • To use counterbalances and incorporate them into a sequence of movements.  • To perform movements in canon and in unison.  • To perform and evaluate own and others’ sequences. | • To identify and practise the patterns and actions of chosen dance style.  • To demonstrate an awareness of the music’s rhythm and phrasing when improvising.  • To create an individual dance that reflects the chosen dancing style.  • To create partnered dances that reflect the dancing style and apply the key components of dance.  • To perform dance using a range of movement patterns.  • To perform and evaluate own and others’ work. | • To keep possession of a ball.  • To use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation.  • To use accurate passing and dribbling in a game.  • To identify and apply ways to move the ball towards an opponent’s goal.  • To learn concepts of attack and defence.  • To play in a mini competition. | . • To develop and investigate different ways of throwing, and to know when each is appropriate.  • To use ABC (agility, balance, co-ordination) to field a ball well. To use ABC (agility, balance, co-ordination) to move into good positions for catching and apply it in a game situation.  • To use hand-eye co- ordination to strike a moving and a stationary ball.  • To develop fielding skills and understand their importance when playing a game.  To play in a competitive situation, and to demonstrate sporting behaviour. | • To select and maintain a running pace for different distances.  • To practise throwing with power and accuracy.  • To throw safely and with understanding.  • To demonstrate good running technique in a competitive situation.  • To explore different footwork patterns.  • To understand which technique is most effective when jumping for distance.  To utilise all the skills learned in this unit in a competitive situation.  . | To develop basic pool safety skills and confidence in water. To develop travel in vertical or horizontal position and introduce floats.  To develop push and glides, any kick action on front and back with or without support aids. To develop entry and exit, travel further, float and submerge. To develop balance, link activities and travel further on whole stroke. To show breath control. Introduction to deeper water. Treading water |