



St. Mark's Primary School P.E. Learning Journey – Year 4



Athletics (Summer 2)

In this unit we will focus on developing good basic running, jumping and throwing techniques. We will set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing, to achieve the greatest possible performance. We will begin to consider how we can use training to help us build the strength, stamina or agility that may improve our performance in the challenges we set ourselves and each other.



Invasion Games (Summer 1)

In this unit we will learn simple attacking tactics, using a range of equipment and skills, and start to think about how to organise ourselves to defend our goals. We will start by playing small, uneven-sided games. We will learn a wider range of techniques (for our throwing a catching), using these in the games we play, learn how to plan tactics as a team, and how to apply them as a team member



Summer Term

Spring Term

Net and Wall (Autumn 2)

In this unit we will focus on developing the skills we need for net/wall games and on how to use these skills to make the game difficult for our opponent. We will continue to learn how to direct the ball towards the target area and away from our opponent. We will continue to use balls that move more quickly and bounce higher and faster, and will play more recognised games, e.g. tennis or badminton.



Gymnastics and Dance (Autumn 1)

In this unit we will create sequences that include changes of level and speed, and focus on using different body shapes clearly. We will work mostly with a partner or in a small group as we begin to perform our gymnastics to music. We will extend our range of actions, balances, body shapes and agilities, working on more difficult combinations. We will match, mirror and canon actions with a partner or small group as we develop our understanding of how muscles work, paying particular attention to how gymnastics develops strength and suppleness.



Your Year 3 P.E journey starts HERE

Autumn Term

Swimming (Spring Term)

In this unit we will learn to enjoy being in water and become more confident. We will learn how to keep afloat, move in the water, meet simple challenges and breathe when swimming. At first, we may use swimming aids and support, but in time, we will manage without these. We will begin to explore specific swimming strokes on our front and on our back. We will learn and use different kicking and arm actions. We will also be introduced to some personal survival skills and will set and complete water-based challenges.

