



Physical Education

Health and Wellbeing

Unit Purpose

The unit of work will focus on exploring positive and negative **emotions** and managing them through using mindfulness techniques such as visualisation, using music, **meditative balances**, **mime** and **deep breathing**.

Pupils will be able to bring these emotions to life and understand how we can manage them.

Inspire Me

Did you know ... that Buddhism is a religion that focuses on mindfulness, personal and spiritual development and meditation.

Buddhism is one of the world's largest religions and originated 2,500 years ago in India.



Key Success Criteria

- P** Pupils will be able to use their skills of deep breathing, meditative balances and mime in order to focus and apply these techniques in a variety of activities.
- C** Pupils will be able to discuss and explain their emotions, understanding why it is important to use mindfulness techniques in order to combat negative emotions.
- S** Pupils will effectively apply life skills such as communication as they collaborate with others and support each other to develop their mindfulness techniques.
- W** Pupils will develop their ability to stay focused when using various mindfulness techniques as they strive to improve their performances showing integrity.

Vocabulary for Learning

Emotions: An emotion is how we are feeling. An emotion is a psychological feeling brought on as a reaction to what happens to us and around us.

Mindfulness: Is the ability to maintain awareness and keep control of our thoughts and feelings.

Relaxed: means when we are calm and free from stress, tension and anxiety.

Expression: is the action of making our thoughts or feelings known.



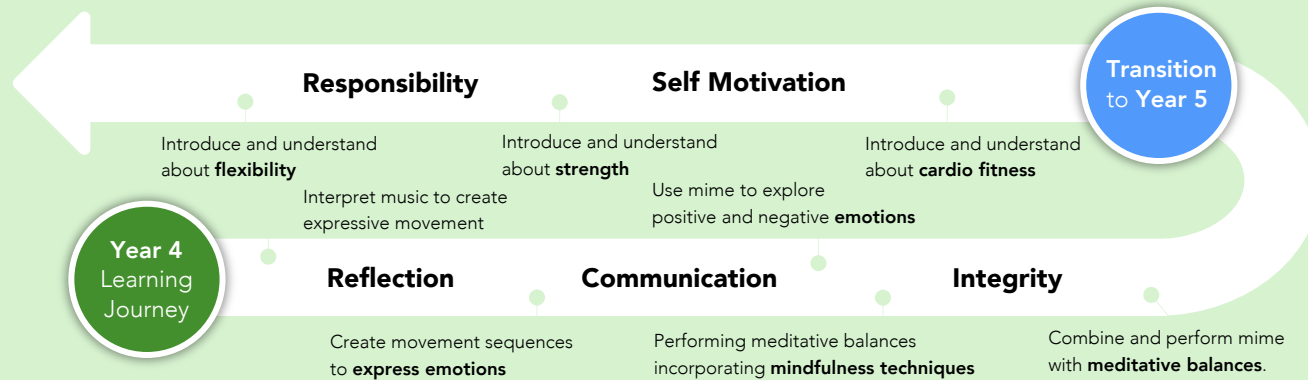
Sport Specific Vocabulary

Relaxation techniques: Relaxation techniques are methods, such as breathing, meditation and exercise, that can be used by an individual to help reduce stress and anxiety levels.

Meditative Balances: A meditative balance is a still position that pupils hold still for at least ten seconds or three long in, and out breaths.

Deep Breathing: Deep breathing is a relaxation technique that is used to help us to relax and to feel calm.

Mime: Mime is acting without words, using only gestures, expression and movements.





Physical Education

Problem Solving Year 4

Unit Purpose

The unit of work will develop pupil's ability to apply effective **teamwork** through different problem-solving **challenges**. Throughout the unit, there will be a focus on pupils' ability to **apply** skills essential to working within a team as well as create effective **tactics**.

Inspire Me

Tom Brady is the most successful American football quarterback of all time. Brady holds the record for the most yards passed. This means Brady has been able to communicate his tactics and where he is going to throw the ball to his team.



Key Success Criteria

- P** Pupils will work within teams to find effective strategies and tactics in order to complete the different problem solving challenges successfully.
- C** Pupils will apply an ability to evaluate and improve strategies to solve the problems.
- S** Pupils will develop life skills such as trust and collaboration as they work effectively with their team mates to complete the challenges.
- W** Pupils will demonstrate leadership attributes as they take responsibility for their team members.

Vocabulary for Learning

Communication: Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Strategy: is a planned set of actions that are used by a team or individual to achieve a long-term goal. We plan a strategy and then use specific tactics to help us achieve our goal.



Sport Specific Vocabulary

Non-verbal communication: is a method of sending messages or signals without speaking. This includes actions such as making eye contact, using hand gestures or changing a body language or posture to communicate.

Verbal communication is a method of communicating using our voice. When communicating verbally it is important that our message is clear and precise so that our team members can understand.





Physical Education

Tennis Year 4

Unit Purpose

The unit of work will **develop pupils' ability to apply** the principles of attack vs defence in order to win a game of tennis. Pupils will **create space** to win points and apply the developing racket skills using forehand and backhand techniques.

Inspire Me

The **Williams sisters**, Venus and Serena are two professional American tennis players who have dominated the women's game since the late 90s. Between them they have won over 60 grand slam titles and 5 Olympic titles.



Key Success Criteria

- P** Pupils will hit the ball into space on their opponents side of the court, creating space for the next shot that will win them the point.
- C** Pupils will apply an accurate understanding of where, when and why we hit the ball into spaces on their opponents side of the court.
- S** Pupils will develop life skills such as trust and cooperation as they collaborate with others, applying the rules of the game.
- W** Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.

Vocabulary for Learning

Outwit: means using your intelligence to trick or out smart your opponent to win a point.

Space: is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

Accuracy: is the ability to control where we hit the ball on our opponents side of the court.

Power: is the intensity and speed that a ball is hit.



Sport Specific Vocabulary

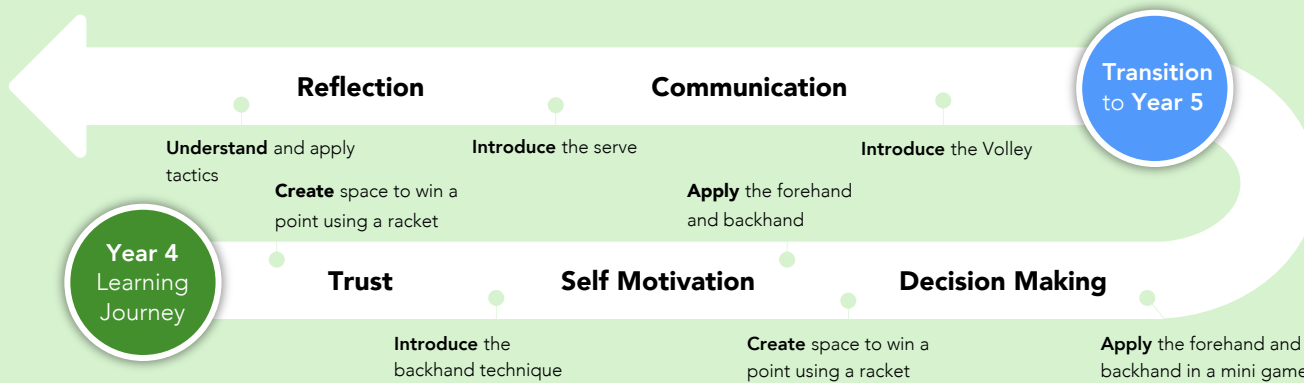
Baseline: The baseline runs parallel to the net and defines the back of the court on each side.

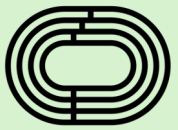
Forehand: A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

Backhand: A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.

Rally: A rally is a series of returned hits of the ball that ends when either player fails to successfully return the ball.

Out: is the term used when the ball is returned over the net and does not bounce on the inside of the court.





Physical Education

Athletics Year 4

Unit Purpose

The unit of work will develop pupils' ability to develop their own **sprinting technique**, analysing their own performance. Pupils will **compare** sprinting to running for distance and pacing. The unit will introduce throwing for distance with **javelins** and explore the **triple jump**.

Inspire Me

Did you know... that the longest standing mens world record is the discus throw set by Jürgen Schult in 1986. The longest standing women's world record is the 800m set by Jarmila Kratochvílová in 1983.



Key Success Criteria

- P** Pupils will be able to apply the correct technique for sprinting. They will explore pacing and the correct technique for triple jump and javelin.
- C** Pupils will apply a developing understanding of the correct technique for running fast vs pacing, triple jump, javelin and why the correct technique is important.
- S** Pupils will develop life skills such as communication and encouragement as they collaborate with others and support each other to improve and develop.
- W** Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.

Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Speed: Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

Distance: is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

Pace: Pace is used to measure an athletes speed. It is the amount of time it takes an athlete to cover a specific distance. It is important for long distance runners to pace themselves, if they go to fast to early, they will finish the race slower.

Power: is the intensity and speed that an object is thrown towards or how an athlete uses their body to increase the distance they jump.



Sport Specific Vocabulary

Stride Pattern: Is the distance covered when an athlete takes a step. An athletes stride pattern will differ depending on the distance that athlete is running.





Physical Education

Cricket Year 4

Unit Purpose

The unit of work will **develop pupils ability to apply** the principles of **attack vs defence** in a cricket context. Pupils will develop a range of more advanced fielding skills to keep the batter's score as low as possible. Pupils will also develop their batting skills to **outwit** the fielders and score as many runs (points) as possible.

Inspire Me

Baroness Rachael Heyhoe Flint was a pioneer for women's cricket. Flint led England to their first World Cup victory in 1973. Did you know that Flint was the first woman to hit a six in a test match!



Key Success Criteria

- P** Pupils will develop their bowling, throwing, catching, stopping, retrieving and batting skills applying increasing accuracy to outwit their opponents and win the game.
- C** Pupils will apply an understanding of where, when and why we utilise our fielding skills to stop the batters using their batting skills to outwit the fielders.
- S** Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game.
- W** Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.

Vocabulary for Learning

Retrieving: Retrieving means returning the ball as quickly as possible to a bowler, fielder or wicketkeeper preventing the batters from scoring runs.

Bowling: is the action of propelling the ball towards the wicket defended by a batter, with the intention of getting the batter out or preventing them from scoring runs.

Strike: means hitting the ball with a bat away from the fielders at different angles and speeds with the purpose of scoring runs.



Sport Specific Vocabulary

Batting: Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many runs as possible.

Fielder: A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to keep the batters score as low as possible.

The Long Barrier: is a fielding method used by a fielder to prevent the ball going past them. This involves the fielder stopping the ball with their hands, but positioning their body in line with the ball just in case they miss the ball with their hands.





Physical Education

Football Year 4

Unit Purpose

The unit of work will develop pupils' ability to apply the principles of **attack** vs **defence**, with a particular focus on creating simple **attacking tactics** in order to move the ball up the pitch, **creating** an **attack** that results in a shooting opportunity.

Inspire Me

The **Football Association (FA) Cup** is the oldest football competition in the world. The competition was established in 1871 where Wanderers beat the Royal Engineers 1-0 in the first final played at the Kennington Oval.



Key Success Criteria

- P** Pupils will be able to apply a secure understanding of passing, moving and dribbling in order to shoot and score goals against another team.
- C** Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills.
- S** Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game
- W** Pupils will continue to develop and apply life skills such as resilience and self discipline as they strive to improve their own performance and understanding.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball. The aim of the game for the attackers is to score, keep possession and score a goal.

Defender: We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to prevent the opposition from scoring a goal

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Turning: is used to describe the change of direction of the player who is in possession of the ball. A turn is a method used by an attacker to outwit and deceive a defender.



Sport Specific Vocabulary

Drag Back: A drag-back is a turn used in football. The attacker dribbling the ball, places their non kicking foot next to the ball and places their kicking foot on top of the ball, dragging the ball in the opposite direction to where they were going.

Goalkeeper: The role of the goalkeeper is to stop the ball from entering the goal. The goalkeeper is the only player allowed to use their hands on the pitch, but must do so within their own area.

