



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.

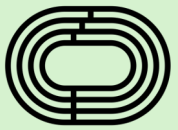


Sport Specific Vocabulary

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

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

Orienteering Year 4

Unit Purpose

The unit of work will **develop** pupils' ability to **orientate** a map, locate points in a set order. Pupils will follow the route they have been given to reach as many points as possible in an allocated time. Pupils will develop their ability to **collaborate** with others and work as a team to complete the **challenges**.

Inspire Me

Orienteering originates from a military training method used in Sweden in the late 19th century. The term orienteering meant the crossing of unknown land with the aid of a map and a compass.



Key Success Criteria

- P** Pupils will apply their developing ability to orientate a map and locate points, returning to base as quickly as possible.
- C** Pupils will apply a strong understanding of what makes an effective team and understand how important teamwork is when orienteering.
- S** Pupils will develop life skills such as trust and communication as they collaborate with their team to successfully complete the orienteering challenges.
- W** Pupils will apply integrity and determination as they complete the orienteering challenges. Pupils will develop their leadership attributes.

Vocabulary for Learning

Navigate: means to find a way through a planned course often by using a map.

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.

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

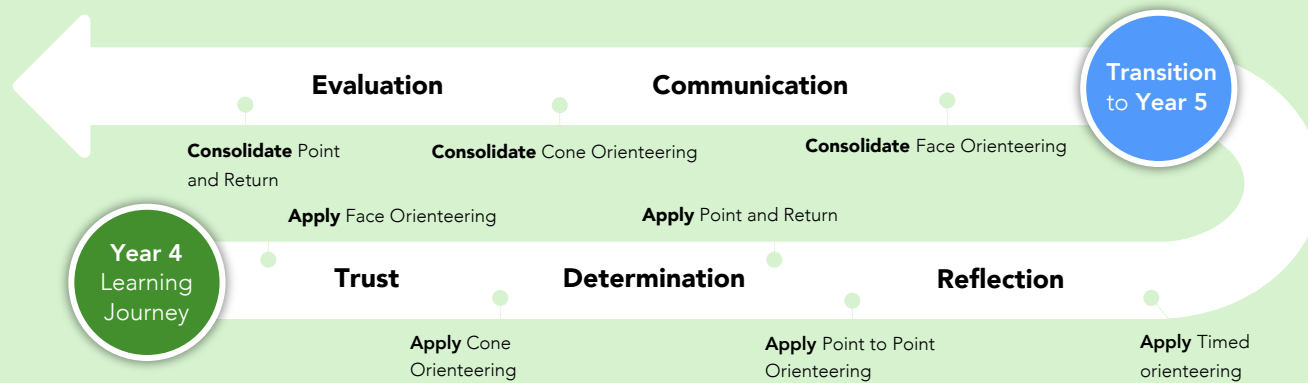


Sport Specific Vocabulary

Map: A map is a piece of paper that shows a representation of an area of land that uses symbols or signs to represent the various physical features i.e. trees and buildings.

Route: A route is a particular course taken when moving from point A to point B.

Out of Bounds: Is the area outside of the course that is prohibited for pupils to enter. The area that is 'out of bounds' should be clearly marked out and identifiable on a map.





Physical Education

Rounders 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 the concept of batting. Pupils will continue to develop and apply a variety of fielding skills such as **throwing** and **stopping the ball** to keep the batter's score low.

Inspire Me

Did you know... Rounders is a sport that is predominately played in Great Britain, Ireland and Canada. Rounders has lots of similarities to the America sports softball and baseball.



Key Success Criteria

- P** Pupils will be able to apply developing batting skills in order to score points. Pupils will continue to develop accurate throwing, catching and retrieving skills.
- C** Pupils will understand the difference between batting and fielding. Pupils will understand why batters need to aim at space when striking the ball.
- S** Pupils will develop life skills such as trust 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

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 rounders as possible.

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

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

Catching: means holding the ball with our hands that is hit or thrown to us. This includes holding a ball struck by a batter before it touches the ground.

Sport Specific Vocabulary

Backstop: The backstop is a fielder who stands a safe distance behind the batting square, opposite the bowler ready to catch and stop the ball.

½ a Rounder: Is the method of scoring used in rounders. If the batter misses the ball and runs around the outside of the bases and reaches the 4th base before the ball, the batting team scores ½ a rounder.

