

Concepts	<b>Resilience</b>	Show recovery from adversity in sport e.g. not winning a match or missing a goal	
	<b>Cooperation and Courtesy</b>	Be able to give positive feedback to peers in relation to sports skills and achievements	
	<b>Health (mental and physical)</b>	Acknowledge and understand that physical and mental health are closely linked	
	<b>Competition</b>	Play competitively and be motivated and attempt to win in sport against another team	
<b>Gymnastics</b>	<b>NC: Develop flexibility, strength, technique, control and balance</b>		
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</li> <li>• Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</li> </ul>		
<b>Vocabulary</b>	balance, shape roll, turns, jumps, travel, expression, weight alignment, linking movements, sequence, perform		
<b>Recap from Y3</b>	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Show changes of direction, speed and level during a performance.</li> </ul>		
<b>Dance</b>	<b>NC: Perform dances using a range of movement patterns</b>		
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Create dances and movements that convey a definite idea.</li> <li>• Change speed and levels within a performance.</li> <li>• Develop physical strength and suppleness by practising moves and stretching.</li> </ul>		
<b>Vocabulary</b>	performance, sequence, movements, speed, levels, strength, balance, dynamics, rhythm, refine, unison, canon		
<b>Recap from Y3</b>	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into short sequences.</li> <li>• Change speed and levels within a performance.</li> <li>• Develop physical strength</li> </ul>		
<b>Competitive Games</b>	<b>NC: Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</b>		
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy.</li> <li>• Strike a ball and field with control.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> </ul>		

	<ul style="list-style-type: none"> <li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul>	
Vocabulary	throw, catch, rally, control, rules, teamwork, balance, accuracy, tactics, possession	
Recap from Y3	<ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy.</li> <li>• Strike a ball and field with control.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Pass to team mates at appropriate times.</li> <li>• Act as a respectful team member.</li> </ul>	
<b>Athletics</b>	<b>NC: Use running, jumping, throwing and catching in isolation and in combination</b>	
Skills	<ul style="list-style-type: none"> <li>• Sprint over a short distance up to 60 metres.</li> <li>• Run over a longer distances and cross-country, conserving energy in order to sustain performance.</li> <li>• Use a range of throwing techniques (such as under arm, over arm) developing upper body strength.</li> <li>• Throw with consistent accuracy to hit a target or cover a distance.</li> <li>• Jump in a number of ways, using a run up where appropriate.</li> <li>• Compete with others and improve personal best performances and set targets.</li> </ul>	
Vocabulary	run, sprint, throw, accuracy, jump, aim, distance, personal best, compete,	
Recap from Y3	<ul style="list-style-type: none"> <li>• Sprint over a short distance.</li> <li>• Run over a longer distance, conserving energy in order to sustain performance.</li> <li>• Use a range of throwing techniques (such as under arm, over arm).</li> <li>• Throw with accuracy to hit a target or cover a distance.</li> <li>• Jump in a number of ways.</li> <li>• Compete with others and aim to improve personal best performances.</li> </ul>	
<b>Outdoor and adventurous activities</b>	<b>NC: Take part in outdoor and adventurous activity challenges both individually and within a team</b>	
Skills	<ul style="list-style-type: none"> <li>• Arrive properly equipped for outdoor and adventurous activity.</li> <li>• Understand the need to show accomplishment in managing risks.</li> <li>• Show an ability to both lead and form part of a team.</li> <li>• Support others and seek support if required when the situation dictates.</li> <li>• Show resilience when plans do not work and initiative to try new ways of working.</li> <li>• Use maps, compasses and digital devices to orientate themselves.</li> <li>• Remain aware of changing conditions and change plans if necessary.</li> </ul>	
Activity	<b>Year 4 visit Sherwood Forest for orienteering and team building activities outdoors</b>	