

KNOWLEDGE

Competent learner:

Confidently demonstrate creativity in their work with control

Demonstrate how strategies and tactics can improve their work

Demonstrate improvements to their work

Perform fundamental movement skills in a range of activities demonstrating balance, coordination & agility

Understanding of effective leadership

Active & healthy learner:

Describe why physical activity is good for health and well being

Recognise and describe how their body feels during and after activities

Understand how to remain active for sustained periods of time

Reflective learner:

Describe, explain and comment on their own and others' actions and feelings

Make judgements to improve their and others' work

Respond to set tasks following rules and expectations

Engaged learner:

Demonstrate enthusiasm for PE

Effectively communicate and collaborate with each other

Understand the principles and purpose of preparing effectively for PE and sport

Work independently for extended periods of time without the need for guidance

Disciplined Learner:

Demonstrate a positive attitude to all activities and be respectful towards others

Follow rules and listen well to all instructions

Stay on task and be attentive in all activities

Show kindness and consideration when working with others

SKILLS

Striking & Fielding Principles – different types of games

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Batting – simplified versions of games

Strike into space

Correct grip for different pieces of equipment (cricket/rounders bats)

Create tactics to achieve desired result and outwit your opponents.

Understanding the importance of striking into space and varying shots played – apply game principles

Shot selection and importance of timing to increase chances of success.

Decision making on where to hit and why

Fielding- simplified versions of games, game scenarios

Prevent opposition from scoring by closing space as best as you can

Create tactics to achieve desired result

Understanding the area and positions/roles within a team

Awareness of playing area and how to run a batter out

Awareness of additional methods to get batter out (cricket; bowled/caught, rounders; 3 strikes/caught)

Bowling- simplified versions

Bounce feed/underarm/figure of 6 breakdown (overarm action)

Locomotion skills (Batting) - apply game principles/rules

Run – in between wickets/around bases

Locomotion skills (Fielding) - apply game principles/rules

Run – closing space not allowing any gaps

Chase – retrieving an object (once struck) following the direction it is travelling in

Bat manipulation skills (Batters) – apply game principles/rules

Strike – an object from a static position and on the move, into a space to gain an advantage to score

Ball manipulation skills (Bowler/Fielders) – apply game principles/rules

Catch – a moving object - varying speeds, angles and heights

Throw – to a designated target/person dependant on the batter(s) movements

Pick-up – gather a rolling object and throw

Year 4 | Striking & Fielding

KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
Demonstrate creativity	Are inventive with their own movements and actions and gain an advantage
Strategies and tactics	Identify and implement changes to performance that gain an advantage over their opponent
Improvements to work	Review and implement changes to better their performance without prompt or guidance
Fundamental Movement Skills	Can sequence a series of movements with consistent control (e.g. retrieve and throw with accuracy)
Understanding effective leadership	Can suggest characteristics of an effective leader and explain why it is important and how it benefits the team
Health and wellbeing	Have an awareness of the multi-dimensional elements (physical, social, emotional) and comment on their importance
Changes to the body	Understand sweat is heat escaping the body and the build-up of lactic acid in their muscles
Remain active	Reference managing energy levels accordingly and external factors such as diet, sleep and hydration
Actions and feelings	Demonstrate respect and fair play by shaking hands and congratulating others when on the losing team
Make judgements to improve their and others' work	Identify relevant changes to apply to their work and others that would improve performance, without prompt
Rules and expectations	Follow rules in activities and reinforce to others. Begin to officiate own activities with little guidance
Enthusiasm for PE	Show an interest and enjoyment in lessons and reflect positively, celebrating successes
Communicate and collaborate	Work sensibly with who they are partnered or grouped with, despite friendships or abilities
Preparation for PE and Sport	Show accountability of having correct kit and take ownership of own preparation (remove watches/jewellery, have medication ready)
Work independently	Keep an activity flowing and resolve any conflict, without adult supervision
Positive attitude and respect	Do not allow own preferences on activity choice, activity results or incidents influence their behaviour or manner to others
Following rules and instruction	Ignore any distractions and influence others to do the same
Stay on task	Do not allow own preferences on activity choice, activity results or incidents influence their participation
Kindness to others	Show understanding and encouragement when someone makes a mistake
Additional key vocabulary	Definition
Timing	The moment of impact with bat on ball – the closer to the middle of the bat the better the impact
Tactic	An action planned to achieve a specific end (i.e. in play)
Shot	The action a batter performs to strike the ball
Accuracy	The ability to strike a ball into space or throw an object to hit a target