

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

Attack – simplified versions of games (2v1, 3v3), hitting, game scenarios

Varying speed and locomotion skills/agility to beat defender
Create strategies and tactics to achieve desired result and outwit your opponents
Understanding the importance of width and depth of playing area and positions/roles within a team – apply game principles
Shooting methods and importance of accuracy to increase chances of success
Decision making on when to shoot/distance from net

Defend - simplified versions of games (2v1, 3v3), game scenarios

Create strategies and tactics to achieve desired result
Understanding the importance of width and depth of playing area and positions/roles within a team

Locomotion skills (Attack) - apply game principles/rules

Run – identifying space to move into to receive the ball
Avoid – monitoring opposition and moving accordingly to remain in space

Locomotion skills (Defend) - apply game principles/rules

Jump – block, intercept, receive object off target/on the move

Ball manipulation skills (Attack) – apply game principles/rules

Send – from a static position and on the move, into a space for a teammate to run on to and receive
Receive – from a static position and on the move, transitioning into an immediate pass when received (quick pass)

EXPERIENCES

Net & Wall based activities with an emphasis on space. A variety of activities including themes of Badminton and Volleyball. A variety of equipment including balls, nets and rackets Working in small teams Simple competition in pairs and small teams

Year 4 | Net and Wall

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 correct changes to better their performance without prompt or guidance
Fundamental Movement Skills	Can sequence a series of movements with consistent control
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	Reference longer term benefits of exercising, such as muscle growth and improved endurance
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 tries to 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
Strategy	A plan of action to achieve a long term goal (i.e. overall result)
Tactic	An action planned to achieve a specific end (i.e. in play)
Ready Position	The neutral position ready to receive the ball
Accuracy	The ability to send a ball to the desired target (e.g. a teammate, a space or a goal/net)