



Shadsworth Junior School



Curriculum

Year 4 Scheme of Work

Term: Spring 1

Topic: PE Athletics

Key Skills and Knowledge:

- Perform a hop, step and jump (standing triple jump)
- Choose and understand appropriate running techniques and use with confidence.
- Develop running for distance increasing each lesson.
- Pass a relay baton with control with a partner in adapted games Run and jump over hurdles with some speed and control.
- Perform a variety of throws using a selection of equipment with height and accuracy.
- Begin to demonstrate accuracy and confidence in catching activities.
- Can use equipment safely and with good control.

Key Knowledge.

- Know when to run at a steady pace and when to speed up. To know how running on a bend differs from running straight.
- To develop jumping actions. To use arms to drive you high and forward.
- Land feet first, bring your body forward into the crouching position.
- To know how to hold the object correctly using different techniques.
- To know where to place your body (sideways on) and move your arm whilst throwing including your non-throwing arm.
- To know how to generate power from the thighs.
- To know how to position yourself to receive a baton.
- To understand why it is important to warm-up and cool-down.

Character Development

- Resilience
- Determination
- Recognise how performances can be improved
- Communication

Reading and Writing Opportunities (Long and Short Activities)

Creative Ideas and Hooks

Information text on different sports in athletics
 Write an evaluation of personal or team performance
 Olympic/Commonwealth game links
 Research an athlete

Different types of targets
 Pupils suggest changes to rules
 Pupils to become officials

Links to PSHCE, Equality and British Values Work

STEPS for differentiation
 Right to be heard
 Sportsmanship

Relationships
 Drug awareness
 Following rules

Group work, majority votes
 Responsibilities

Key Vocabulary:

pass, catch, select, rules, space, throw,
 team work, dribble, bounce
 Improve, send, receive, score, save

Resources Available / Visits/Visitors

Balls
 Bibs
 Cones
 Goals
 Hoops for targets

Useful Websites:

PE Passport

Previous Knowledge

Can jump from standing position and begin to perform a hop, step and jump (standing triple jump)
 Choose and understand appropriate running techniques.
 Develop running for distance