

Subject: Physical Education	Year group: Year 4	Topic: ipractise Resilience & Persistence	Initiation & activation activities:
<p>Prior knowledge required: they are able to:  master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  participate in team games, developing simple tactics for attacking and defending  perform dances using simple movement patterns.</p>		Vocabulary:Persevere, resilience, Basketball - Bounce, Rugby - Carry, Football - Dribble, Hockey - Dribble, underarm, catch, return, drag back, out-of-bounds, aim, bridging	
Programme of Study	Implementation:	Impact –lesson sequence:	Evaluations and assessments:
<ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• 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</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• perform dances using a range of movement patterns</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul>	<ul style="list-style-type: none"> <li>• Can they explain strengths and limitations, persevering through adversity.</li> <li>• Can they provide suitable challenge and improve performance through practise.</li> <li>• SEN/Support - Can they persevere by trying again if they don't succeed right away and ask for help from others.</li> <li>• <b>GD</b> - Can they how resilience and persevere positively when things become difficult.</li> <li>• Can they demonstrate understanding and practise developing fluency &amp; coordination running with the ball and changing direction.</li> <li>• Can they show control and balance while using equipment.</li> <li>• Can they show control and balance while practising an unfamiliar skill .</li> <li>• Can they show awareness of space and control movements while performing a range of skills.</li> <li>• Can they demonstrate confidence and competence in the Fundamental Movement Skills:Coordination/Manipulation - Ball Skills; Strength &amp; Balance - Floorwork</li> </ul>		

<ul style="list-style-type: none"><li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li></ul> <p><i>SWIMMING IS TAUGHT ON SITE AT OUR MIDDLE SCHOOL</i></p>			
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