

Subject: Physical Education	Year group: Year 4	Topic: Dance	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:	
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> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>• Can they select and use the most appropriate skills, actions or ideas?</li> <li>• Can they move and use actions with co-ordination and control?</li> <li>• Can they explain how their work is similar and different from that of others?</li> <li>• Can they use their comparison to improve their work?</li> <li>• Can they explain why warming up is important?</li> <li>• Can they explain why keeping fit is good for their health?</li>   <li>• Can they take the lead when working with a partner or group?</li> <li>• Can they use dance to communicate an idea?</li> <li>• Can they work on their movements and refine them?</li> <li>• Is their dance clear and fluent?</li> </ul>		

*SWIMMING IS TAUGHT ON  
SITE AT OUR MIDDLE  
SCHOOL*

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