



Year Four PE Overview for the Year

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Term 1	Netball Lesson 1: Passing gates LO: To understand why they need to accurately pass the ball through the gate. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)	Netball Lesson 2: Shooting Technique LO: To understand why they need to apply the correct technique when shooting. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)	Netball Lesson 3: Netball Tournament LO: To combine passing, dribbling and moving to create a shooting opportunity. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)	Dodgeball Lesson 1: Dodge It, Again LO: To avoid (dodge) being hit by the ball. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)	Dodgeball Lesson 2: In the box LO: To catch the ball from the opposition. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)	Dodgeball Lesson 3: Elimination Dodgeball Tournament LO: To collaborate as a team. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)
	Football Lesson 1: Knockout / endzone football LO: To dribble keeping control and possession of the ball to score a point.	Football Lesson 2: Golden boot games LO: To understand why we need to apply the correct technique when shooting.	Football Lesson 3: 2v1 dribbling against a defender LO: To combine passing, moving, and dribbling to	Hockey Lesson 1: Endzone Hockey with tackling LO: To prevent the attacker from scoring. KS2:PE2	Hockey Lesson 2: Treasure Chest LO: To dribble keeping control and possession of the ball. KS2:PE2	Hockey Lesson 3: 3v3 with Shooting LO: To combine passing, dribbling and moving to



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	KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)	KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)	keep the ball away from the defenders. KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)	Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)	Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)	create a space to score a goal. KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)
Term 3	Rugby Lesson 1: Break Out LO: To understand the consequence of not tagging an attacker. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)	Rugby Lesson 2: 3v3: Focus on defending LO: To prevent the attackers from scoring a try. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)	Rugby Lesson 3: 4v4 Mini Games LO: To work as a team to team apply their understanding of passing and moving to score a try. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation)	Dance Lesson 1: Exploring planets LO: To create a sequence with a partner to portray astronauts exploring a new planet. KS2:PE4 Big Idea (Aspect): Processes (Dance) Creativity (Evaluation)	Dance Lesson 2: Developing the roles of astronauts and aliens LO: To use characterisation to create movements as two contrasting characters. KS2:PE4 Big Idea (Aspect): Processes (Dance) Creativity (Evaluation)	Dance Lesson 3: Exploring the story of the astronaut and the alien LO: To create a sequence that explores the relationship between an alien and an astronaut. KS2:PE4 Big Idea (Aspect): Processes (Dance) Creativity (Evaluation)



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Term 4	Gymnastics Lesson 1: Introducing bridges LO: To create individual bridge balances. KS2:PE3 Big Idea (Aspect): Processes (Gymnastics) Creativity (Evaluation)	Gymnastics Lesson 2: Creating pair bridge balances LO: To create bridge balances with a partner. KS2:PE3 Big Idea (Aspect): Processes (Gymnastics) Creativity (Evaluation)	Gymnastics Lesson 3: Creating bridge balances on apparatus LO: To create interesting bridge balances on apparatus. KS2:PE3 Big Idea (Aspect): Processes (Gymnastics) Creativity (Evaluation)	Tennis Lesson 1: Developing the forehand aiming for spaces LO: To hit the ball using a forehand, and land it on the inside of their opponent's court. KS2:PE2 Big Idea (Aspect): Processes (Sending & Striking) Processes (Team Games) Creativity (Evaluation)	Tennis Lesson 2: Rally and Return LO: To understand why they need to return to the ready position after playing their shot. KS2:PE2 Big Idea (Aspect): Processes (Sending & Striking) Processes (Team Games) Creativity (Evaluation)	Tennis Lesson 3: Radar LO: To understand why we need to make our opponent move around the court. KS2:PE2 Big Idea (Aspect): Processes (Sending & Striking) Processes (Team Games) Creativity (Evaluation)
	Cricket Lesson 1: Retrieve and Return LO: To retrieve the ball and return it with accuracy towards a target. 	Cricket Lesson 2: Pairs Cricket: Striking the ball LO: To hit the ball away from the fielders to score points (runs). KS2:PE1	Cricket Lesson 3: Fielding v Batting with a bowler LO: To understand why we need to bowl underarm with accuracy towards a target. 	Rounders Lesson 1: Racing Rounders: Consolidation (fielding) LO: To keep the batter's score as low as possible. KS2:PE1	Rounders Lesson 2: Racing Rounders: Consolidation (batting) LO: To throw the ball away from the fielders to score points (rounders). 	Rounders Lesson 3: Racing Rounders Competition (batting) LO: To hit the ball away from the fielders to score points (rounders).



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	KS2:PE1 KS2:PE2	KS2:PE2	KS2:PE1 KS2:PE2	KS2:PE2	KS2:PE1 KS2:PE2	KS2:PE1 KS2:PE2
	Big Idea (Aspect): Processes (Sending & Striking) Processes (Team Games) Creativity (Evaluation)	Big Idea (Aspect): Processes (Sending & Striking) Processes (Team Games) Creativity (Evaluation)	Big Idea (Aspect): Processes (Sending & Striking) Processes (Team Games) Creativity (Evaluation)	Big Idea (Aspect): Processes (Sending & Striking) Processes (Team Games) Creativity (Evaluation)	Big Idea (Aspect): Processes (Sending & Striking) Processes (Team Games) Creativity (Evaluation)	Big Idea (Aspect): Processes (Sending & Striking) Processes (Team Games) Creativity (Evaluation)
Term 6	Athletics Lesson 1: Team Race: 12 laps. LO: To understand why they need to pace themselves when running over a longer distance. KS2:PE1 KS2:PE3 KS2:PE6 Big Idea (Aspect): Processes (Athletics) Creativity (Evaluation)	Athletics Lesson 2: Standing Triple Jump Competition LO: To jump applying the correct technique; hop, skip and jump. KS2:PE1 KS2:PE3 KS2:PE6 Big Idea (Aspect): Processes (Athletics) Investigation (Data Analysis) Creativity (Evaluation)	Athletics Lesson 3: Throwing for distance competition: Javelin LO: To understand why we need to throw overarm with power and accuracy. KS2:PE1 KS2:PE3 KS2:PE6 Big Idea (Aspect): Processes (Sending and Striking) Investigation (Data Analysis) Creativity (Evaluation)	Sports Week including Sports Day	Outdoor Adventurous Activities Lesson 1: North, South, East, West LO: To understand how to navigate to different points of the compass. KS2:PE5 Big Idea (Aspect): Nature (Outdoor Adventurous Activities)	Outdoor Adventurous Activities Lesson 2: Point to Point LO: To orientate a map, locate points on the map, then travel to them in a set order. KS2:PE5 Big Idea (Aspect): Nature (Outdoor Adventurous Activities)