



Grange Park Primary School Physical Education Journey

Year 4

OAA

In our Outdoor & Adventure Activities unit, we will cover: Orienteering, Team-Building, Trails and Problem Solving.



Gymnastics

You will learn how to safely complete basic rolls used in gymnastics.



#TeamGP



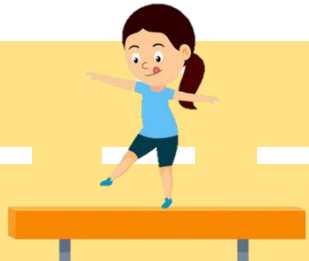
Striking and Developing Games

You will focus on learning to strike the ball in different ways using different sized bats and develop a range of throwing and fielding skills.



Gymnastics

You will learn to balance leading to a change of front for this unit in gymnastics.



Summer Term



Dance

Continuing to learn different styles of dance and how to refine and improve dances adapting them to include use of rhythm and expression.



Try Your Best in Every Lesson

- Passion ☒
- Respect ☒
- Organised ☒
- Unselfish ☒
- Determination ☒

Gymnastics

This unit you will be developing the basic components of receiving body weight.



Dance

You will be learning different styles of dance and how to refine and improve dances adapting them to include use of rhythm and expression.



Athletics

Your lessons will be covering the three disciplines of athletics: throwing, running and jumping. You will develop an understanding of the basic technique required for each event.



Spring Term



Invasion Games

You will learn to develop skills such as dodging, marking, signalling, intercepting, sending, receiving and travelling in small sided games using different formations and different equipment.



Autumn Term

Net / Court / Wall Games

By the end of this unit you will be able to throw or strike a ball over a range of high, low and ground level barriers to show variations in levels, speeds and directions.

Gymnastics

You will be developing the basic components of balancing in gymnastics.



Problem Solving & Inventing Games

For this unit you will be problem solving and inventing games. You will negotiate, plan and make collective decisions on the nature, shape and construction of your games.

Proud to Shine

School Competitions

Below are some examples of competitions available for our Year 4 children to compete in across the year:

- Athletics
- Cricket
- New Age Kurling
- Boccia
- Football
- Tri-Golf
- Cross Country



Your Year 4 Physical Education Journey starts here ...