

Physical Education Vision Map

Year 4 – Fitness

Crucial Knowledge	Intent
<ul style="list-style-type: none">• My heart is in my chest (<i>on the left-hand side</i>)• My heart pumps blood, containing oxygen around my body• Stamina is being able to do something for a longer time• Pace is speed of movement• I need to run at a steady (slower) pace when running a longer distance	<ul style="list-style-type: none">• Increasing heart rate• Improving my fitness• Building stamina• Controlling breathing whilst running• Cross country running - understanding pace

Year 4 – Team Building

Crucial Knowledge	Intent
<ul style="list-style-type: none">• A team helps each other• Everyone's job is important to help the team to be successful	<ul style="list-style-type: none">• Working within a larger team• Taking on responsibilities• Giving and following instructions from team-mates

<ul style="list-style-type: none"> • For the team to be successful, everyone must listen and follow instructions • It is important to share and listen to ideas to fine the best way to do something 	<ul style="list-style-type: none"> • Team work: sharing and trying ideas
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Year 4 – Movement

<p style="text-align: center;">Crucial Knowledge</p> <ul style="list-style-type: none"> • Rhythm is a repeated move or sound • Rhythm can change. • A beat is a steady sound like a ticking clock or heartbeat • Sequence means in an order 	<p style="text-align: center;">Intent</p> <ul style="list-style-type: none"> • Moving my body to different rhythms • Sequenced dance moves to a beat • Making shapes with our body and using them for a roll, jump, balance to a piece of music whilst using apparatus
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Year 4 – Attacking and defending

Crucial Knowledge	Intent
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<ul style="list-style-type: none"> • Tactics are a plan, of a way to do something better • Attacking means trying to score (win a point) • Defending is trying to stop another team from scoring a point • Fair play is important as it means everyone follows the rules and treats each other well • Being respectful in sports means clapping for people's achievements 	<ul style="list-style-type: none"> • Scoring for a competitive purpose • Attacking: implementing discussed tactics in play • Defending: teamwork of tactics • Following and understanding the purpose of rules • Fair play - showing respect
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Year 4 – Ball Skills

Crucial Knowledge	Intent
<ul style="list-style-type: none"> • When I throw (for chest or bounce pass), the palm of my hand should face where I want the ball to go • Hands are placed behind the ball (between the ball and my chest) with all fingers spread out wide • Chest pass: the ball travels from the chest forwards 	<ul style="list-style-type: none"> • Strike a ball with an object (e.g. bat, club, racket) • Chest pass • Bounce pass • Aiming a ball towards a target

<ul style="list-style-type: none">• Bounce pass: the ball travels from the chest towards the ground• Look at the target whilst aiming	<ul style="list-style-type: none">• Passing a ball with control
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Year 4 – Athletics

Crucial Knowledge	Intent
<ul style="list-style-type: none">• A sprint is running as fast as you can• A relay is a team (made up of four members) taking it in turns to sprint• The shot put must be thrown over-arm from within the shoulder and neck area• One leg goes first when jumping over a hurdle• A long jump begins with a sprint to a line and then a leap from one foot	<ul style="list-style-type: none">• Sprint, relay and distance running• Distance throwing: shot put• Jumping: mini hurdles and long jump