



ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PE		YEAR 4	SPRING TERM UNIT 3: Dance (4A) Swimming (4C) UNIT 4: Swimming (4A) Gymnastics (4C)	
Knowledge Focus	Swimming		Gymnastics	Dance
National Curriculum Knowledge	Pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]; perform safe self-rescue in different water-based situations.		<i>Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</i>	<i>To perform dances using a range of movement patterns.</i>
Year 4 Spring 1	Key Knowledge & Skills: <div>  Swimming <ul style="list-style-type: none"> To develop an understanding of buoyancy and balance in the water. To develop independent movement and submersion. </div>		Key Knowledge & Skills: Gymnastics <ul style="list-style-type: none"> To be able to perform symmetrical and asymmetrical balances; To develop the straight, forward, straddle and backward roll; To explore different methods of travelling, linking actions in both canon and synchronisation; To perform progressions of inverted movements; To explore matching and mirroring using actions both on the floor and on apparatus; To create a partner sequence using apparatus. 	Key Knowledge & Skills: Dance <ul style="list-style-type: none"> To know what a random structure is and choreograph a dance with varying dynamics, speed and movements.
Year 4 Spring 2	<ul style="list-style-type: none"> To develop gliding and crawl legs. To know how to use a range of strokes. To know basic skills in water safety and floating. To know techniques for personal survival. 			<ul style="list-style-type: none"> To know what a pose is and link them with transitions To know how to apply simple choreographic devices when working as part of a group. To know how different styles can be represented in different ways through varying movements. To know what the 'rock n' roll' style looks like