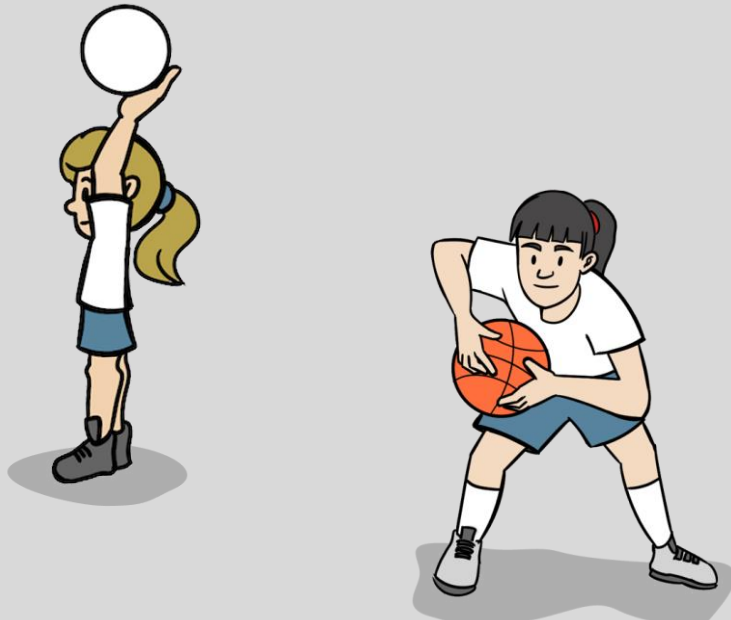


# ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PE	YEAR 4	AUTUMN TERM UNIT 1: Netball / Basketball UNIT 2: Dance / Gymnastics
Knowledge Focus	Netball / Basketball	Dance / Gymnastics
National Curriculum Knowledge	<i>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</i>	<i>Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics).  To compare performances with previous ones and demonstrate improvement to achieve their personal best.</i>
Year 4 Autumn 1	<p><b>Key Knowledge &amp; Skills:</b></p> <p><b>Netball</b></p> <ul style="list-style-type: none"> <li>• To know how to pass and catch</li> <li>• To know the footwork rule</li> <li>• To know how to score goals</li> <li>• To know how to defend an opponent</li> <li>• To know basic rules</li> <li>•</li> </ul> <p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>• To know how to dribble</li> <li>• To know how to protect a dribble from an opponent</li> <li>• To know how to perform the chest and bounce pass</li> <li>• To know how to perform the jump shot</li> <li>• To know how to pivot</li> <li>• To know how to track an opponent</li> <li>• To know the set shot</li> <li>• To know the rules and how to play</li> </ul>	

## ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

Year 4  
Autumn 2



### Key Knowledge & Skills:

#### Dance

- To know how to count the beats and keep in time with the music
- To know how to create actions in response to an idea
- To know the importance of simple dynamics, space and movements to represent a state of matter
- To know what basic choreography is
- To know and apply actions and reactions in response to a partner

#### Gymnastics

- To know how to balance with a partner
- To know how to perform rotating jumps and control the landing
- To know how to perform straight, barrel, forward and straddle roll
- To know what inverted movements are and how to hold them
- To know how to travel in different ways
- To know what makes an effective sequence