**Year 4 - Physical Education Curriculum Overview 2025/26**

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| **YR****4** | **Autumn 1 (7weeks)** | **Autumn 2 (8)** | **Spring 1(5)** | **Spring 2 (6)** | **Summer 1 (6)** | **Summer 2 (7)** |
| **Content** | **Invasion Games***(suggested activities)** Football
* Basketball
* Tag Rugby
* Netball
* Hockey
* Handball
 | **Net / Wall Games***(suggested activities)** Badminton
* Pickleball
* Tennis
 | **Movement Patterns***(suggested activities)** Gymnastics
* Dance
* Yoga
 | **Targeting Games***(suggested activities)** Golf
* Dodgeball
 | **Performance Skills***(suggested activities)** Track & Field
* Fitness
 | **Striking & Fielding***(suggested activities)** Rounders
* Cricket
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| **Key new knowledge** | Developing control when dribbling the ball and avoiding opponentsPassing accurately over longer distances during gameplayUnderstanding the importance of creating space and starting to apply itUsing simple defensive techniques, like marking opponents, to prevent scoring | Performing forehand strokes with improved accuracy to maintain ralliesPositioning effectively to return the ball during gameplayApplying simple strategies, such as targeting open spacesStarting to use an underarm serve to begin rallies consistently | Holding more challenging balances, such as one-legged or partner balancesTransitioning between movements with greater control and fluidityCombining yoga poses into a sequence with a focus on posture and breathing | Throwing objects with developing accuracy at moving targetsApplying simple strategies, like aiming for open spacesDemonstrating respect and fair play while following the rules | Running efficiently with steady pacing and arm movementsDeveloping basic jumping skills with improved controlPerforming safe and controlled throwing techniques with precision | Adapting batting techniques to hit a moving ball with consistencyPerforming overarm throws with greater accuracy and powerStopping and retrieving balls effectively when fielding |
| **Assessments** |  |  |  |  |  |  |