



# Year 4

## Unit Overviews

Unit:	Overview:
<b>Core Unit 1: Athletics</b>	<p><b>Skills: Balance, Co-ordination, Agility, Throwing, Jumping</b></p> <p>In this unit, the children will continue to build on skills previously learnt in previous years. They will further develop their running, jumping and throwing techniques through various different games and activities.</p>
<b>Core Unit 2: Fitness</b>	<p><b>Skills: Strength, Balance, Co-ordination</b></p> <p>During this unit, the children will develop skills and techniques for a variety of exercises. The exercises they take part in will aim to develop and improve their strength, balance and co-ordination. As a part of this unit, the children will also learn the importance of maintaining fitness for physical health.</p>
<b>Core Unit 3: WW2 Dance</b>	<p><b>Skills: Musicality, Balance, Co-ordination, Team Work, Communication</b></p> <p>In this unit, the children will work collaboratively within a group to create and perform dance warm ups and sequences. They will develop the ability to use a stimulus to perform a dance, including varying levels and space when performing. They will work in small groups to dance in unison and travel in a variety of ways when performing.</p>
<b>Core Unit 4: Leadership</b>	<p><b>Skills: Communication, Confidence, Leadership, Team Work</b></p> <p>During this unit, the children will develop skills in leadership and communication. They will be introduced to the STEP principle and apply their knowledge into creating their own games and activities. They will build confidence in delivering, organising and leading small games and activities to peers.</p>
<b>Core Unit 5: Indoor Athletics</b>	<p><b>Skills: Speed, Strength, Agility, Co-ordination, Balance</b></p> <p>In this unit, the children will continue to build on their jumping, running and throwing techniques through a variety of indoor athletics events. The children will work on testing and measuring their own scores and trying to beat their personal best.</p>
<b>Unit 6: Rounders</b>	<p><b>Skills: Throwing, Catching, Striking, Fielding, Team Work, Communication</b></p>

	<p>In this unit, the children will develop their catching, throwing and hitting skills through different striking and fielding activities. The children will learn new techniques, such as the long barrier, in order to stop the ball effectively. During the unit, they will participate in various adapted rounders games to apply their knowledge and skills.</p>
<b>Unit 7: Dodgeball</b>	<p><b>Skills: Throwing, Catching, Agility, Team Work,</b></p> <p>In this unit, the children will develop skills in their throwing techniques for power and accuracy, as well as learning how to catch the ball with good control and in a 'ready position'. They will also learn how to dodge and block the ball with success. During the unit, the children will apply skills learnt into competitive game scenarios and will be taught the importance of embracing the rules and being gracious in victory.</p>
<b>Unit 8: OAA</b>	<p><b>Skills: Team work, communication, Control, Respect, Strength, Power, Co-ordination, Balance. Flexibility.</b></p> <p>In this unit, the children will participate in a variety of games and activities which promote the use of good teamwork and communication. They will also need to think logically about how to solve problems, whilst performing activities that use control, balance and co-ordination. Children will explore how to use their leadership skills to run a team effectively and continue to develop different communication methods.</p>