

Year 4 Example long term plan

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1 or Lessons 1 & 2 for the first three weeks	Learning theme	look run avoid 	fair share dare 	inspire create perform 	symmetry balance travel 	strike react rally 	run jump throw 
	NCPE link	'Competitive games; principles of attacking and defending'	'Embed values such as fairness and respect'	'Perform dances using a range of movement patterns'	'Develop flexibility, strength, technique, control and balance'	'Apply and develop a broader range of skills and use them in different ways'	'Use running, jumping and throwing in isolation and in combination'
Lesson 2 or Lessons 1 & 2 for the first three weeks	Learning theme	react roll retrieve 	hands feet equipment 	duel win lose 	pass position patience 	accuracy power distance 	target control combine 
	NCPE link	'Apply and develop a broader range of skills and use them in different ways'	'Apply and develop a broader range of skills and use them in different ways'	'Competitive games; principles of attacking and defending'	'Competitive games; principles of attacking and defending'	'Develop strength, technique, control and balance'	'Apply and develop a broader range of skills and use them in different ways'