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| **Year 4 Disciplinary Knowledge** | | | |
| Gymnastics Invasion Games Dance Net and Wall Athletics Striking and Fielding | **WTS** | **EXS** | **GDS** |
| Shapes: understand how shapes can be used to improve my sequence. |  | Rest of class |  |
| Inverted movements: know that inverted movements are actions in which my hips go above my head. |  | Rest of class |  |
| Balances: know how to keep myself and others safe when performing partner balances. |  | Rest of class |  |
| Rolls: understand that I can keep the shape of my roll using body tension. |  | Rest of class |  |
| Jumps: know that I can control my landing by landing toes first, looking forwards and bending my knees. |  | Rest of class |  |
| Strategy: know that if I use different directions it will help to make my sequence look interesting. |  | Rest of class |  |
| Sending & receiving: know that cushioning a ball will help me to control it when receiving it. |  | Rest of class |  |
| Dribbling: know that protecting the ball as I dribble will help me to maintain possession. |  | Rest of class |  |
| Space: know that moving into space will help my team keep possession and score goals. |  | Rest of class |  |
| Attacking: recognise when to pass and when to shoot. |  | Rest of class |  |
| Defending: know when to mark and when to attempt to win the ball. |  | Rest of class |  |
| Tactics: know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals. |  | Rest of class |  |
| Rules: know and understand the rules to be able to manage our own game. |  | Rest of class |  |
| Actions: understand that some actions are better suited to a certain character, mood or idea than others. |  | Rest of class |  |
| Dynamics: understand that some dynamics are better suited to a certain character, mood or idea than others. |  | Rest of class |  |
| Space: understand that space can be used to express a certain character, mood or idea. |  | Rest of class |  |
| Relationships: understand that some relationships are better suited to a certain character, mood or idea than others |  | Rest of class |  |
| Performance: know that being aware of other performers in my group will help us to move in time. |  | Rest of class |  |
| Strategy: know that I can select from a range of dance techniques to translate my idea |  | Rest of class |  |
| Shots: understand when to play a forehand and a backhand and why. |  | Rest of class |  |
| Rallying: know that moving my feet to the ball will help me to hit in a more balanced position, therefore increasing the accuracy of my shot. |  | Rest of class |  |
| Footwork: know that getting my feet in the right position will help me to balance before playing a shot. |  | Rest of class |  |
| Tactics: know that applying attacking tactics will help me to score points and create space. Know that applying defending tactics will help me to deny space, return a ball and limit points |  | Rest of class |  |
| Rules: know and understand the rules to be able to manage our own game |  | Rest of class |  |
| Running: understand that I need to pace myself when running further or for a long period of time. Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power. |  | Rest of class |  |
| Jumping: understand that transferring weight will help me to jump further. |  |  |  |
| Throwing: understand that transferring weight will help me to throw further. |  | Rest of class |  |
| Rules: know and understand the rules to be able to manage our own events. |  |  |  |
| Striking: know that using the centre of the bat will provide the most control and accuracy. |  |  |  |
| Fielding: know that it is easier to field a ball that is coming towards me rather than away so set up accordingly. |  |  |  |
| Throwing: understand that being balanced before throwing will help to improve the accuracy of the throw. |  |  |  |
| Catching: know to track the ball as it is thrown to help to improve the consistency of catching. |  |  |  |
| Tactics: know that applying attacking tactics will help to score points and avoid getting out. Know that applying defending tactics will help to deny space, get opponents out and limit points |  |  |  |
| Rules: know and understand the rules to be able to manage our own game. |  |  |  |

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| **Gymnastics** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Shapes: develop the range of shapes I use in my sequences. |  | Rest of class |  |
| Inverted movements: develop strength in bridge and shoulder stand. |  | Rest of class |  |
| Balances: develop control and fluency in individual and partner balances. |  | Rest of class |  |
| Rolls: develop the straight, barrel, forward and straddle roll and perform them with increased control. |  | Rest of class |  |
| Jumps: develop control in performing and landing rotation jumps. |  |  |  |

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| **Football** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Sending & receiving: develop passing techniques appropriate to the game with increasing success. |  | Rest of class |  |
| Catch a ball using one and two hands and receive a ball with feet/object with increasing success. |  | Rest of class |  |
| Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control |  | Rest of class |  |
| Space: develop moving into space to help my team. |  | Rest of class |  |
| Attacking: change direction to lose an opponent with some success |  | Rest of class |  |
| Defending: develop defending one on one and begin to intercept. |  | Rest of class |  |

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| **Dance** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Actions: respond imaginatively to a range of stimuli related to character and narrative. |  | Rest of class |  |
| Dynamics: change dynamics confidently within a performance to express changes in character. |  | Rest of class |  |
| Space: confidently use changes in level, direction and pathway. |  | Rest of class |  |
| Relationships: use action and reaction to represent an idea. |  | Rest of class |  |
| Performance: perform complex dances that communicate narrative and character well, performing  clearly and fluently. |  | Rest of class |  |

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| **Tennis** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Shots: demonstrate technique when using shots playing co-operatively and beginning to execute this competently |  | Rest of class |  |
| Rallying: develop rallying using both forehand and backhand with increased technique. |  | Rest of class |  |
| Footwork: begin to use appropriate footwork patterns to move around the court. |  | Rest of class |  |

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| **Athletics** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Running: develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique |  | Rest of class |  |
| Jumping: develop technique when jumping for distance. |  | Rest of class |  |
| Throwing: explore power and technique when throwing for distance in a pull and heave throw |  | Rest of class |  |

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| **Cricket** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Striking: develop batting technique with a range of equipment. |  | Rest of class |  |
| Fielding: develop bowling with some consistency, abiding by the rules of the game |  | Rest of class |  |
| Throwing: use overarm and underarm throwing with increased consistency in game situations. |  | Rest of class |  |
| Catching: begin to catch with one and two hands with some consistency in game situations. |  | Rest of class |  |

**Next Steps -Learning Points for next enquiry (noting revisit points for Pupils at WTS )**

**1)**

**2)**

**3)**

**4)**

**5)**