

# YEAR 4 EXAMPLE LONG TERM PLAN

LESSON 1

OR

LESSONS 1 & 2 FOR FIRST 3 WEEKS

LEARNING THEME

AUTUMN 1

**look  
run  
avoid**




NCPE LINK

'Team games developing simple tactics for attacking and defending'

AUTUMN 2

**inspire  
create  
perform**



'Perform dance using a range of movement patterns'

SPRING 1

**target  
control  
combine**



'Master basic movements.. Including throwing and coordination'

SPRING 2

**react  
roll  
retrieve**



Modified games to develop fielding skills

SUMMER 1

**invade  
evade  
capture**



'Competitive games; principles of attacking and defending'

SUMMER 2

**run  
jump  
throw**



'Use running, jumping and throwing in isolation and combination'

LESSON 2

OR

LESSONS 1 & 2 FOR LAST 3 WEEKS

LEARNING THEME

**throw  
prepare  
catch**



NCPE LINK

'Master basic movements.. Including throwing and catching'

**duel  
win  
lose**



'Team games developing simple tactics for attacking and defending'

**strike  
react  
rally**



'Master basic movements.. Including striking and coordination'

**hands  
feet  
equipment**



'Object control - developing coordination and control'

**aim  
strike  
retrieve**



'Play competitive games, modified where appropriate'

**watch  
move  
connect**



'Play competitive games, modified where appropriate'