

# YEAR 4

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Throwing and Jumping	<p>The three <b>Prime</b> ELGS of Communication and Language, PSED and Physical Development provide the foundations of which all other learning is built upon.</p> <p>Particularly:</p> <p><b>Gross Motor Skills ELG</b></p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Jump in a range of ways, landing safely</p> <p>Roll equipment in different ways</p> <p>Throw <b>underarm</b></p> <p>Throw an object at a <b>target</b></p>	<p>Perform and compare different types of jumps: for example, two feet to two feet</p> <p>Combine different jumps together with some <b>fluency and control</b></p> <p>Jump for distance from a standing position with <b>accuracy and control</b></p> <p>Throw different types of equipment in different ways, for <b>accuracy and distance</b></p> <p>Throw with accuracy at different <b>heights</b></p> <p>Investigate ways to alter their throwing technique to achieve greater distance</p>	<p>Use one and two feet to take off and land with</p> <p>Develop and effective take - off for the <b>standing long jump</b></p> <p>Develop and effective <b>flight phase</b> for the standing long jump</p> <p>Land safely and with control</p> <p>Throw with greater <b>control and accuracy</b></p> <p>Show increasing control in <b>overarm throw</b></p> <p>Perform a <b>push throw</b></p> <p>Continue to develop techniques to throw for increased distance</p>	<p>Learn how to combine a hop, step and jump to perform the <b>standing triple jump</b></p> <p>Begin to <b>measure</b> the distance jumped</p> <p>Begin to explain how to land safely and with control</p> <p>Perform a <b>pull throw</b></p> <p><b>Measure</b> the distance of their throws</p> <p>Continue to develop techniques to throw for increased distance</p>	<p>Improve techniques for jumping for distance</p> <p>Perform an <b>effective standing long jump</b></p> <p>Perform the <b>standing triple jump with increased confidence</b></p> <p>Develop an effective technique for the standing <b>vertical jump</b></p> <p>Measure the <b>distance and height</b> jumped with accuracy</p> <p>Perform a <b>fling throw</b></p> <p>Throw a variety of implements using a range of throwing techniques</p> <p><b>Measure and record</b> the distance of their throws</p> <p>Continue to develop techniques to throw for increased distance</p>	<p>Develop a technique for the <b>standing vertical jump</b></p> <p>Maintain control at each stage of the <b>triple jump</b></p> <p>Perform and apply different types of jumps in other contexts</p> <p>Set up and lead jumping activities</p> <p>Perform a <b>heave throw</b></p> <p>Continue to develop techniques to throw for increased distance and support others in improving their personal best</p> <p>Develop and refine techniques to throw for accuracy</p>



<b>PROGRESSIVE VOCABULARY</b>	distance accuracy throw measure	distance accuracy throw measure	distance accuracy throw measure	distance accuracy throw measure	distance accuracy jump measure	distance accuracy jump measure hop step jump	Articulate and recognise subject specific vocabulary
<b>CURRICULUM EXPERIENCES</b>						Children to take part in an inter-house competition	
<b>END POINT</b>	Children can explain the difference between distance and accuracy	Children can throw a javelin using a pull throw and improve their distance	Children can throw a shot put using a pull throw and improve their distance	Children can throw a discus using a pull throw and improve their distance	Children can jump and improve their distance	Children can perform a standing triple jump	

