Year 4 Medium term plan 26/76 - Autumn

Week Commencing	Activity	Focus
7/9/26 14/9/26	Fitness and X Country preparation	Teach running a skill Increase understanding of health & fitness
21/9/26 28/9/26	Basketball/Netball	**Attacking** Sport specific attacking skills Attacking 2 vs 2 Understanding of sports scoring systems Basic tactics to score points Basic understanding of attacking restarts
5/10/26	Basketball/Netball	
12/10/26	Tag Rugby	
19/10/26	Tag Rugby	
26/10/26	Hockey	
2/11/26	Hockey	
9/11/26	Basketball/Netball	**Defending** Sport specific defensive skills Understanding of marking a player Understanding of marking space Basic understanding of defending restarts
16/11/26	Basketball/Netball	
23/11/26	Tag Rugby	
30/11/26	Tag Rugby	

7/12/26 14/12/26	Hockey	
04/01/27	Hockey	
11/01/27	Fitness & Circuit training	
18/01/27	Fitness & Circuit training	Increase understanding of health & fitness
25/01/27	Basketball/Netball	**<u>Game play</u>** Experience playing in age appropriate games Opportunities for leadership and umpiring Learn and apply sport specific rules
01/02/27	Tag Rugby	
08/02/27	Hockey	