

Year 4 Summer 1 Medium Term Plan

<i>Sport Taught</i>	<i>National Curriculum Links</i>
Non Stop Action - Dance	Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Non-Stop Action - Athletics	Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Swimming	Swim competently, confidently and proficiently over a distance of at least 25 meters. Use a range of strokes effectively. Perform safe self-rescue in different water based situations.