



beyond
the physical

Year 4 MTP 2025-26

Lesson 1

or

Lessons 1 & 2 for the first three weeks

Learning
theme

pass
position
patience



NCPE
link

'Competitive
games;
principles of
attacking and
defending'

Autumn 2

throw
prepare
catch



'Use throwing
and catching in
isolation and in
combination'

Spring 1

jump
shape
create



'Develop
flexibility,
strength,
technique,
control and
balance'

Spring 2

hands
feet
equipment



'Apply and
develop a
broader range of
skills and use
them in different
ways'

Summer 1

target
control
combine



'Apply and
develop a
broader range
of skills and use
them in
different ways'

Summer 2

accuracy
power
distance



'Develop
strength,
technique,
control and
balance'

Lesson 2

or

Lessons 1 & 2 for the last three weeks

Learning
theme

look
run
avoid



NCPE
link

'Competitive
games;
principles of
attacking and
defending'

react
roll
retrieve



'Apply and
develop a
broader range
of skills and use
them in
different ways'

symmetry
balance
travel



'Develop
flexibility,
strength,
technique,
control and
balance'

pass
position
patience



'Competitive
games;
principles of
attacking and
defending'

strike
react
rally



'Apply and
develop a
broader range
of skills and use
them in
different ways'

fair
share
dare



'Embed values
such as
fairness and
respect'