

Year 4 - Progression of Knowledge and Skills- PE

Term	Knowledge	Skills
<p>Autumn 1</p> <p>Topic: Invasion Games (netball, football, tag rugby and hockey)</p> <p>Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p>Sending & receiving: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately. Know that cushioning a ball will help me to control it when receiving it.</p> <p>Dribbling: know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders. Know that protecting the ball as I dribble will help me to maintain possession.</p> <p>Space: know that by spreading out as a team we move the defenders away from each other.</p> <p>Attacking and defending: know my role as an attacker and defender. Change direction to lose an opponent with some success.</p> <p>Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.</p> <p>Rules: know the rules of the game and begin to apply them.</p>	<p>Sending & receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success.</p> <p>Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control.</p> <p>Space: develop moving into space to help my team.</p> <p>Attacking: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. Develop moving into space to help my team.</p> <p>Defending: develop tracking opponents to limit their scoring opportunities. Develop defending one on one and begin to intercept.</p> <p>Health and fitness: Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>

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<p style="text-align: center;">Autumn 2</p> <p>Topic: Gymnastics</p> <p>Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p>Shapes: understand how shapes can be used to improve my sequence.</p> <p>Inverted movements: know that inverted movements are actions in which my hips go above my head.</p> <p>Balances: understand that I can make my balances look interesting by using different levels.</p> <p>Rolls: understand the safety considerations when performing more difficult rolls. Jumps: understand that I can change the take off and shape of my jumps to make them look interesting.</p> <p>Jumps: Know a range and names of different jumps. know that I can control my landing by landing toes first, looking forwards and bending my knees.</p> <p>Strategy: know that if I use different levels it will help to make my sequence look interesting.</p>	<p>Shapes: explore matching and contrasting shapes.</p> <p>Balances: explore point and patch balances and transition smoothly into and out of them.</p> <p>Rolls: develop the straight, barrel, and forward roll.</p> <p>Jumps: develop stepping into shape jumps with control. Crouched forward roll Forward roll from standing Tucked backward roll</p> <p>Jumps: Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn Cat leap</p> <p>Sequencing: Choose ideas to compose a movement sequence independently and with others. Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p>Health and fitness: Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>



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<p style="text-align: center;">Spring 1</p> <p style="text-align: center;">Topic: Bollywood Dance</p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p>Actions: respond imaginatively to a range of stimuli related to character and narrative. Identify and repeat the movement patterns and actions of the Bollywood dance style.</p> <p>Compose: Compose a dance that reflects the Bollywood dance style. Compose longer dance sequences in a small group.</p> <p>Dynamics: change dynamics confidently within a performance to express changes in character.</p> <p>Space: confidently use changes in level, direction and pathway.</p> <p>Relationships: use action and reaction to represent an idea.</p> <p>Performance: perform complex dances that communicate narrative and character well, performing clearly and fluently</p> <p>Strategy: know that I can select from a range of dance techniques to translate my idea.</p> <p>Health and Fitness: Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down.</p>	<p>Actions: understand that some actions are better suited to a certain character, mood or idea than others. Develop flexibility, strength, technique, control and balance. Demonstrate precision and some control in response to stimuli.</p> <p>Dynamics: understand that some dynamics are better suited to a certain character, mood or idea than others. Begin to vary dynamics and develop actions and motifs in response to stimuli.</p> <p>Space: understand that space can be used to express a certain character, mood or idea. Demonstrate rhythm and spatial awareness.</p> <p>Relationships: understand that some relationships are better suited to a certain character, mood or idea than others. Confidently improvise with a partner or on their own.</p> <p>Performance: know that being aware of other performers in my group will help us to move in time. Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy.</p> <p>Strategy: know that I can select from a range of dance techniques to translate my idea.</p>



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<p style="text-align: center;">Spring 2</p> <p style="text-align: center;">Topic: Games Net and Wall Volleyball, Badminton, Tennis</p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p>Shots: know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately. Understand when to play a forehand and a backhand and why.</p> <p>Rallying: know that hitting towards my partner will help them to return the ball easier and keep the rally going. know that moving my feet to the ball will help me to hit in a more balanced position therefore increasing the accuracy of my shot.</p> <p>Footwork: know that moving to the middle of my court will enable me to cover the most space. Know that getting my feet in the right position will help me to balance before playing a shot.</p> <p>Tactics: know that applying attacking tactics will help me to score points and create space. Know that applying defending tactics will help me to deny space, return a ball and limit points.</p> <p>Rules: know and understand the rules to be able to manage our own game.</p>	<p>Shots: explore returning a ball using shots such as the forehand and backhand. Demonstrate technique when using shots playing cooperatively and beginning to execute this competitively.</p> <p>Rallying: explore rallying using a forehand. Develop rallying using both forehand and backhand with increased technique.</p> <p>Footwork: consistently use and return to the ready position in between shots. Begin to use appropriate footwork patterns to move around the court.</p> <p>Health and Fitness: Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>



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<p style="text-align: center;">Summer 1</p> <p style="text-align: center;">Topic: Athletics</p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p>Running: understand that I need to pace myself when running further or for a long period of time. Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power.</p> <p>Jumping: know that if I jump and land in quick succession, the momentum will help me to jump further. Understand that transferring weight will help me to jump further.</p> <p>Throwing: understand that the speed of the movement helps to create power. Understand that transferring weight will help me to throw further.</p> <p>Rules: know the rules of the event and begin to apply them. Know and understand the rules to be able to manage our own events</p> <p>Compete/Perform: Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.</p> <p>Strength: know that when completing strength activities they need to be performed slowly and with control to help me to stay safe.</p> <p>Stamina: understand that I need to pace myself when running further or for a long period of time.</p>	<p>Running: develop the sprinting technique and apply it to relay events. Focus on their arm and leg action to improve their sprinting technique. Begin to combine running with jumping over hurdles.</p> <p>Jumping: Use one and two feet to take off and to land with. Develop an effective take-off for the standing long jump. Develop an effective flight phase for the standing long jump. Land safely and with control.</p> <p>Throwing: Throw with greater control and accuracy. Show increasing control in their overarm throw. Perform a push throw. Continue to develop techniques to throw for increased distance.</p> <p>Health and fitness: Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>

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<p style="text-align: center;">Summer 2</p> <p style="text-align: center;">Topic: Striking and fielding Cricket and Rounders Outdoor Adventure</p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p>Striking: know that striking to space away from fielders will help me to score.</p> <p>Fielding: know to look at where a batter is before deciding what to do. Know to communicate with teammates before throwing them a ball.</p> <p>Throwing: know that overarm throwing is used for long distances and underarm throwing for shorter distances.</p> <p>Catching: know to move my feet to the ball.</p> <p>Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space.</p> <p>Rules: know the rules of the game and begin to apply them.</p> <p>Problem solving: know that trying ideas before deciding on a solution will help us to come up with the best idea.</p> <p>Navigational skills: know to hold the map so that the items on the map match up to the items that have been placed out.</p> <p>Communication: know to take turns when giving ideas and not to interrupt each other.</p> <p>Reflection: reflect on when and why I am successful at solving challenges.</p> <p>Rules: know that using the rules honestly will help to keep myself and others safe</p>	<p>Striking: begin to strike a bowled ball after a bounce with different equipment.</p> <p>Fielding: explore bowling to a target and fielding skills to include a two-handed pick up.</p> <p>Throwing: use overarm and underarm throwing in game situations.</p> <p>Catching: catch with some consistency in game situations.</p> <p>Health and fitness: Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p> <p>Problem solving: discuss how to follow trails and solve problems. Work with others to select appropriate equipment for the task.</p> <p>Navigational skills: identify where I am on a simple map. Use and begin to create simple maps and diagrams and follow a trail.</p> <p>Communication: follow and give instructions and accept other peoples' ideas.</p>