

Year 4 - Progression of Knowledge and Skills PE

Term	
AUT 1	Children can: ▪ Understand the ABCs of shooting (Angle, Balance, Contact) ▪ Play small games following the rules provided ▪ Put into practice the techniques shown ▪ Know how to stand and hold the ball before shooting ▪ Understand the terms of 'travelling' and 'double dribble' ▪ Pass, dribble and shoot with control in a variety of games

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Term	
AUT 2	Children can: ▪ Support a partner to record their scores at each station ▪ Complete an eight station fitness circuit ▪ Use and combine basic movements that involves getting them out of breath ▪ Perform a range of movements with control and accuracy ▪ Tell a partner what they are doing well in their performance ▪ Perform different types of movements ▪ Talk about the effects of exercise, before and after taking part ▪ Combine skills within an activity ▪ Talk about how fitness activities effect their bodies

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Term	Knowledge	Skills
SPR 1	Children can: ▪ Learn and practise basic gymnastic shapes, balances, and movements. ▪ Develop confidence in simple rolling, jumping, and travelling skills. ▪ Be introduced to using low apparatus safely. ▪ Begin linking skills into short sequences with a clear start and finish. ▪ Perform simple routines to others with growing confidence. ▪ Reflect on their own work and suggest one improvement.	

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Term	Children can:
SPR 2	▪ Know how to grip the racket ▪ Control the ball whilst hitting it with their racket ▪ Know their feet need to be at least shoulder width apart with your head forwards ▪ Look to get the ball as soon as possible ▪ Know how to use a badminton racket to balance a shuttlecock ▪ Use a forehand grip with a badminton racket ▪ Begin to use a badminton racket to hit a shuttlecock in a particular direction ▪ Move quickly to be in a position to consistently return a shuttle ▪ Perform a series of movements whilst retaining their balance

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Term	
SUM 1	Children can: ▪ Judge the flight of the ball and be ready to catch the ball using the appropriate technique ▪ Bowl the ball to a partner using the correct technique ▪ Stand correctly when getting ready to hit a bowled ball ▪ Know when they can go for the big shots when the ball is delivered slower ▪ Understand the scoring system, and how players can be played 'out' ▪ Make contact with a bowled ball

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Term	Children can:
SUM 2	▪ Change direction quickly ▪ Run efficiently using the correct technique ▪ Accurately throw a small piece of athletic equipment for distance ▪ Understand to transfer their body weight from back to front to generate more power when throwing ▪ Understand the basics of jumping and landing ▪ Use the upper body to gain distance on the jump ▪ Understand that when running for distance they must pace themselves in order to complete the distance set