

Year 4 – PE

Games	Gym	Dance	Athletics	Outdoor	Evaluation
<p>Use running, jumping, throwing and catching in isolation and in combination To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>	<p>To develop flexibility, strength, technique, control and balance.</p>	<p>To perform dances using a range of movement patterns.</p>	<p>To use running, jumping, throwing and catching in isolation and in combination.</p>	<p>To take part in outdoor and adventurous activity challenges, both individually and within a team.</p>	<p>To compare their performances with previous ones and demonstrate improvement to achieve their person best.</p>
<p>G1 I can apply basic skills of traveling for attacking and defending.</p>	<p>GY1 I can develop a range of rolls, jumps, travel, body shapes and balances and include in a performance.</p>	<p>D1 I can improvise with a partner or on my own.</p>	<p>A1 I can begin to build a variety of running techniques.</p>	<p>O1 I can develop listening skills.</p>	<p>E1 I can watch and describe a performance.</p>
<p>G2 I can strike a ball with intent and throw it more accurately when bowling and/or fielding.</p>	<p>GY2 I can begin to use gym vocabulary to describe how to improve and refine performances.</p>	<p>D2 I can demonstrate provision and some control in response to stimuli.</p>	<p>A2 I can perform a running jump with more than one component.</p>	<p>O2 I can begin to use a simple map.</p>	<p>E2 I can begin to think about how I can improve my work.</p>
<p>G3 I can show confidence in using ball skills in various ways and can link these together (bouncing and kicking).</p>	<p>GY3 I can create gymnastic sequences that meet a theme or set of objectives.</p>	<p>D3 I can begin to vary dynamics and develop actions and motifs.</p>	<p>A3 I can demonstrate accuracy in throwing activities.</p>	<p>O3 I can begin to think activities through and problem solve.</p>	<p>E3 I can work with a partner or with a small group to improve my skills.</p>
<p>G4 I can use running, jumping, throwing and catching in isolation and combination.</p>	<p>GY4 I can begin to develop strength, technique and flexibility throughout performances.</p>	<p>D4 I can modify a sequence using dance vocabulary as a result of self-evaluation.</p>		<p>O4 I can begin to choose and apply strategies.</p>	<p>E4 I can make suggestions of how to improve my work.</p>
<p>G5 I can use skills with coordination, control and fluency.</p>	<p>GY5 I can begin to apply sequences of taught skills when using equipment.</p>	<p>D5 I can perform dances with rhythm and use spatial awareness.</p>		<p>O5 I can begin to demonstrate an understanding of how to stay safe.</p>	
<p>G6 I can take part in a competitive game.</p>		<p>D6 I understand the need to warm up.</p>			

G7 I can begin to create my own game using knowledge and skills taught.					
G8 I can begin to use skills to keep possession and control of the ball.					
G9 I can effectively play a competitive net/wall game.					
G10 I can experiment with different techniques to attack and defend.					
G11 I can begin to show an awareness of when to attack and defend.					

Year 4 Topic Coverage

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
G1- G11 E1- E4	D1-D6		GY1- GY5 E1-E4 O1-O5		O1--O5 G1-G11 A1-A3
Vocabulary					
possession, scoring, space, pass/send/receive, dribble, travel, team, striking, combinations, co-ordination fluency, co-operation, competition technique, partner, points, goals, rules, tactics, court, target, net, defending, racket, attacking, hitting, stance, pitch, offside, batting, fielding, bowler wicket, tee, base, boundary, innings, rounder, backstop, improve, adapt, performance Health and fitness – warm up/ cool down/heart rate/pulse	spatial awareness, repeat, dance, character, repetition, action, reaction, pattern, movement, evaluate, improve, agility, flexibility, strength, technique, control, balance, combination, stimulus, motifs, dynamics, perform, timing, Health and fitness – warm up/ cool down/ heart rate		degrees, balance, forwards, backwards, combine, rotation, against, towards, across, evaluate, improve, height, strength, suppleness, stamina, speed, level, wide, tucked, straight, twisted, constructive, points, twist, turn, safety, refine, agility, strength, technique, control, balance, evaluate, improve, Shapes - tuck, straddle, pike, arch, back support, front support, shoulder stand, bridge, partner balances level 1 – steps, knees, thighs, shoulders, counter balance, Health and fitness warm up/ cool down/ heart rate, improve, adapt, performance		possession, scoring, space, pass/send/receive, dribble, travel, team, striking, combinations, co-ordination fluency, co-operation, competition technique, partner, points, goals, rules, tactics, court, target, net, defending, racket, attacking, hitting, stance, pitch, offside, batting, fielding, bowler wicket, tee, base, boundary, innings, rounder, backstop, improve, adapt, performance Health and fitness – warm up/ cool down/heart rate/pulse, running, technique, pace, accuracy, power, throw, high, low, skip, aim, fast, slow, bounce, jump, leap, hop, target, overarm, underarm, walking, jogging, accelerate, baton, relay, push, take off, landing, improve, adapt.
I will learn...					
✓ How to apply basic skills of travelling for	✓ How to improvise a dance with a partner or on my own. ✓ How to demonstrate provision and some control in response to stimuli.		✓ How to develop a range of rolls, jumps, travel, body shapes and balances and include them in a performance.		✓ How to begin to build a variety of running techniques.

<p>attacking and defending.</p> <ul style="list-style-type: none"> ✓ How to show confidence in using ball skills in various ways and can link these together (passing, throwing and kicking). ✓ How to use running, jumping, throwing and catching in isolation and combination. ✓ How to use skills taught with increasing coordination, control and fluency. ✓ How to work as part of a team. ✓ How to take part in a competitive games. ✓ How to begin to create my own game using knowledge and skills taught. ✓ How to begin to use skills to keep possession. ✓ How to keep control of the ball. ✓ How to effectively play a competitive net/wall game such as tennis. ✓ How to experiment with different techniques to 	<ul style="list-style-type: none"> ✓ How to begin to vary dynamics and develop actions and motifs. ✓ How to modify a sequence using dance vocabulary as a result of self-evaluation. ✓ How to perform dances with rhythm and use spatial awareness. ✓ The need to warm up. 	<ul style="list-style-type: none"> ✓ How to use gymnastics vocabulary to describe how to improve and refine performances. ✓ How to create gymnastic sequences that meet a theme or set of objectives. ✓ How to begin to develop strength, technique and flexibility throughout performances. ✓ How to begin to apply sequences of taught skills to equipment. ✓ How to develop listening skills. ✓ How to begin to use a simple map. ✓ How to begin to think activities through and begin to solve problems. ✓ How to begin to choose and apply strategies. ✓ How to begin to demonstrate an understanding in how to stay safe in the outdoors. ✓ How to describe a performance. ✓ How to use the appropriate vocabulary when giving feedback. ✓ How to make suggestions to improve my performance. ✓ How to work with a partner or group to improve my skills. ✓ How to improve my own and others performances. 	<ul style="list-style-type: none"> ✓ How to perform a running jump with more than one component. ✓ How to demonstrate accuracy in throwing activities. ✓ How to develop listening skills. ✓ How to begin to use a simple map. ✓ How to begin to think activities through and begin to solve problems. ✓ How to begin to choose and apply strategies. ✓ How to begin to demonstrate an understanding in how to stay safe in the outdoors. ✓ How to strike a ball with intent. ✓ How to throw a ball more accurately when bowling and/or fielding. ✓ How to use running, jumping, throwing and catching in isolation and combination. ✓ How to take part in a competitive games.
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<p>attack and defend.</p> <ul style="list-style-type: none">✓ How to begin to show an awareness of when to attack and defend.✓ How to describe a performance.✓ How to use the appropriate vocabulary when giving feedback.✓ How to make suggestions to improve my performance.✓ How to work with a partner or group to improve my skills.✓ How to improve my own and others performances.			
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