

PE Skills Progression Year 4

Year 4	Invasion Games (Competitive)	Gymnastics	Dance	Net and Wall	Striking and Fielding	Multiskills and athletics	Outdoor/Forest School	Swimming
Key Skills	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and combination. • Show confidence in ball skills such as dribbling, bouncing and kicking. • Understand simple patterns of play. • Plan ideas and tactics across similar invasion games, • Pass, receive and shoot the ball with increasing control. 	<ul style="list-style-type: none"> • Safely perform balances individually and with a partner. • Plan and perform and repeat sequences with a partner which include a change of level, balances, travelling and a change of body shape. • Adapt their sequences to include apparatus. • Give positive feedback and possible improvements to others performances. 	<ul style="list-style-type: none"> • Explore and create characters and narratives in response to a range of stimuli. • Describe, interpret and evaluate their own and others' dances. • Compose short dances with a clear start, middle and end. • Develop basic actions and skills using dynamics, space and relationships, travels, gestures, turns, balances and 	<ul style="list-style-type: none"> • Play games using throwing and catching skills. • Vary length and direction of throw. • Understand how they can make it difficult for opponent to receive the ball. • Understand where to stand when receiving. • Understand attack and defence tactics. • Use a range of basic racket skills and a variety of shots in different areas of the court. 	<ul style="list-style-type: none"> • Throw and catch balls at different speeds, heights and directions. • Choose and use a range of simple tactics and strategies. • Keep, adapt and make rules for striking and fielding games. • Use overarm and underarm throwing. • Strike a ball and ball after a bounce. • Bowl a ball with some accuracy and consistency. 	<ul style="list-style-type: none"> • Develop technique for running at speed for shorter distances and keeping a steady pace for running longer distances. • Jump for distance and height with control and balance. • Perform a 3 step hop, skip, and jump. • Throw with some accuracy into a target, 	<ul style="list-style-type: none"> • Den building. • Leaf I.D. • Bug hunt. • Tree climbing. • Art & craft making spiritual face/design/early settler with leaves, sticks, mud. • Sessions on fire and safety. Make own tools. Make own small scale fires. Cooking tasty snacks weekly with fire. • Using tools. 	<p>Delivered by swimming teachers at Bury Castle Leisure Centre.</p> <ul style="list-style-type: none"> • To develop confidence through a range of exercises, games and drills. • Develop kicking, arm pull and breathing techniques and correct body position. • Swim competently, confidently and proficiently over a distance of

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- Defend one on one and know when and how to win the ball.
- Choose and adapt their techniques to keep possession and give their team a chance to shoot.
- Know what rules are needed to make games fair.
- Create their own games using skills and knowledge.
- Evaluate how successful their tactics have been, use appropriate language to describe performance and identify what they do

- jumps with good composure and control.
- Remember and perform a simple dance sequence.
 - Perform confidently and fluently.

- Play a continuous game.

- at least 25 metres.
- Use a range of strokes (front crawl backstroke, breaststroke)
 - Perform safe self-rescue in different water-based situations.
 - Taught about water safety.

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	that makes things difficult for their opponents.							
When Taught and who by (black - sports teacher) (green - class teacher)	<p>Autumn 1 Netball</p> <p>Autumn 1 Basketball</p> <p>Autumn 2 Football</p> <p>Spring 1 Invasion games</p> <p>Spring 2 Tag Rugby</p>	<p>Spring 1 Gymnastics</p>	<p>Autumn 2 Dance</p>	<p>Summer 1 Badminton</p>	<p>Summer 2 Rounders</p> <p>Spring 2 Dodgeball</p> <p>Summer 2 Cricket</p>	<p>Summer 1 Athletics</p>	<p>Summer 1 & 2 Fridays PM</p>	<p>Spring 2</p>

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Key Vocab	Attack Defend Dribble Kick Shoot Score Opponent Tactics Techniques Throw Jump Run Catch	Perform Sequence Body shape Body level Apparatus Adapt Feedback Travelling Balancing	Describe Interpret Perform Fluently Confidently Sequence Compose Space Travel Dynamics Composure Control Gestures Turns Jumps	Throw Catch Length Direction Opponent Receive Racket Court	Throw Catch Speed Height Underarm Overarm Direction Strike Bowl Bounce Accuracy	Steady pace Speed Shorter distance Longer distance Hop, skip & jump accuracy	Den Fire Safety I.D. Tools	Length Front crawl Backstroke Breaststroke Rescue Float Arm pull Kicking techniques Breathing techniques metres