

Year group Year 4 - PE

Games	Gym	Dance	Athletics	Outdoor	Evaluation	Swimming
G1 I can apply basic skills of traveling for attacking and defending	GY1 I can develop a range of rolls, jumps, travel, body shapes and balances and include in a performance.	D1 I can improvise with a partner or on my own.	A1 I can begin to build a variety of running techniques.	O1 I can develop listening skills.	E1 I can watch and describe a performance.	S1 - I can swim 5m with face dipped in the water
G2 I can strike a ball with intent and throw it more accurately when bowling and/or fielding.	GY2 I can begin to use gym vocabulary to describe how to improve and refine performances	D2 I can demonstrate provision and some control in response to stimuli.	A2 I can perform a running jump with more than one component	O2 I can begin to use a simple map.	E2 I can begin to think about how I can improve my work.	S2 - I can enter shallow then deep water by a) turning and sliding-in & b) jumping in independently and exiting the pool.
G3 I can show confidence in using ball skills in various ways and can link these together (passing, throwing and kicking)	GY3 I can create gymnastic sequences that meet a theme or set of objectives.	D3 I can begin to vary dynamics and develop active and motifs.	A3 I can demonstrate accuracy in throwing activities	O3 I can begin to think activities through and problem solve.	E3 I can work with a partner or with a small group to improve my skills.	S3 - I can glide from side and back horizontally on front for slow count of 3, both face-out and face-in.
G4 I can use running, jumping, throwing and catching in isolation and combination	GY4 I can begin to develop strength, technique and flexibility throughout performances	D4 I can modify a sequence using dance vocabulary as a result of self-evaluation.		O4 I can begin to choose and apply strategies.	E4 I can make suggestions in how to improve my work.	S4 - I can swim 10m front and back paddle with arms pulling and legs kicking – 5 metres must be in the deep.

G5 I can use skills with coordination, control and fluency	GY5 I can begin to apply sequences of taught skills to equipment	D5 I can perform dances with rhythm and use spatial awareness.		O5 I can begin to demonstrate an understanding in how to stay safe.		S5 - I can float motionless horizontally on front and back in shallow and deep water.
G6 I can take part in a competitive game.		D6 I understand the need to warm up				
G7 I begin to create my own game using knowledge and skills taught.						
G8 I 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.						

Topic coverage

Autumn Hocus Pocus	Spring Around the world	Summer The Romans
Swimming - S1, S2, S3, S4, S5 Football - G1, G2, G3, G5, G6, G7, G8, G9, G10, G11. Gym - GY1, GY2, GY3, GY4, GY5 Evaluation - E1, E2, E3, E4	Swimming - S1, S2, S3, S4, S5 Dance - D1, D2, D3, D4, D5, D6 Tennis - G1, G2, G3, G4, G5, G6, G7, G8, G9, G10, G11. Evaluation - E1, E2, E3, E4	Athletics - A1, A2, A3 Outdoor sport - O1, O2, O3, O4, O5 Rounders - G1, G2, G3, G4, G5, G6, G7, G10, G11. Evaluation - E1, E2, E3, E4

Vocabulary	Vocabulary	Vocabulary
<p>Shallow, Deep, Turning, Rolling, Metres, Glide, Front, Back, Style, Horizontally, Vertically, Front crawl, Back stroke, Float</p> <p>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, Improve, adapt, performance Health and fitness – warm up/ cool down/heart rate/pulse</p> <p>Forwards, Backwards, Combine, Rotation, Against, Towards, Across, Evaluate, Improve, Height, Strength, Suppleness, Stamina, Speed, Level, Wide, Twisted, Constructive, Points, Turn, Safety, Refine, Agility, Technique, Control Evaluate, Shapes - tuck, straddle, pike, arch, back support, Front support, shoulder stand, bridge Partner Balances level 1 – steps, knees, thighs, shoulders, counter balance Improve, adapt, performance</p>	<p>Shallow, Deep, Turning, Rolling, Metres, Glide, Front, Back, Style, Horizontally, Vertically, Front crawl, Back stroke, Float</p> <p>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/pulse</p> <p>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, Improve, adapt, performance Health and fitness – warm up/ cool down/heart rate/pulse</p>	<p>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, Bowling, Throwing, Fielding, Co-operation, Competition Rules, Tactics Batting, Fielding, Bowler, Wicket, Innings, Boundary, Improve, adapt, performance Health and fitness – warm up/ cool down/heart rate/pulse</p>
I will learn.....	I will learn.....	I will learn.....

<ul style="list-style-type: none"> - How to swim confidently over 10m with 5m in the deep end - How to swim 5m with my face in the water - How to enter and exit the shallow end by a) turning and sliding-in - How to enter and exit the deep end by turning and sliding-in & b) jumping in - How to glide from side and back horizontally on front for slow count of 3, both face-out and face-in. - How to swim 10m front and back paddle with arms pulling and legs kicking – 5 metres must be in the deep. - How to use a range of strokes - How to float motionless horizontally on front and back in shallow and deep water. - How to apply basic skills of traveling for attacking and defending - How to show confidence in using ball skills in various ways and can link these together (passing, throwing and kicking). - 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 	<ul style="list-style-type: none"> - How to swim confidently over 10m with 5m in the deep end - How to swim 5m with my face in the water - How to enter and exit the shallow end by a) turning and sliding-in - How to enter and exit the deep end by turning and sliding-in & b) jumping in - How to glide from side and back horizontally on front for slow count of 3, both face-out and face-in. - How to swim 10m front and back paddle with arms pulling and legs kicking – 5 metres must be in the deep. - How to use a range of strokes - How to float motionless horizontally on front and back in shallow and deep water. - 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 begin to vary dynamics and develop active 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 - How to apply basic skills of traveling for attacking and defending - How to show confidence in using ball skills in various ways and can link these 	<ul style="list-style-type: none"> - How to begin to build a variety of running techniques. - 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. - use running, jumping, throwing and catching in isolation and combination - How to take part in a competitive games. - How to watch and describe a performance. - How to improve my and others performances by making suggestions using the correct vocabulary
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<ul style="list-style-type: none"> - How to effectively play a competitive net/wall game such as tennis - How to experiment with different techniques to attack and defend. - To begin to show an awareness of when to attack and defend. - How to develop a range of rolls, jumps, travel, body shapes and balances and include them in a performance. - 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 watch and describe a performance. - How to improve my and others performances by making suggestions using the correct vocabulary 	<p>together (passing, throwing and kicking).</p> <ul style="list-style-type: none"> - 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 attack and defend. - To begin to show an awareness of when to attack and defend. - How to watch and describe a performance. - How to improve my and others performances by making suggestions using the correct vocabulary 	
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