



Year 4

Progression in PE

Key Stage 2 PE Statutory Coverage

Pupils should be taught to:

1. Use running jumping, throwing and catching in isolation and in combination
2. Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending
3. Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)
4. Perform dances using a range of movement patterns
5. Take part in outdoor and adventurous activity challenges, both individually or in a team
6. Compare their performance with previous ones, demonstrate improvement to achieve their personal best
7. Swim competently, confidently and proficiently over a distance of at least 25m
8. Use a range of strokes effectively (for example, front crawl, back stroke and breast stroke)

Perform safe self-rescue in different water based situations

Key Objective	Key Skills
1. Use running, jumping, throwing and catching in isolation and in combination	<ul style="list-style-type: none"> -Throw, catch, strike, field, and stop a ball with increasing control and accuracy. -Be increasingly accurate in throwing for distance -Control take-off and landing when jumping
2. Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending	<ul style="list-style-type: none"> -Throw, catch, strike, field, and stop a ball with increasing control and accuracy. -Be increasingly accurate in throwing for distance -Decide the best way to move a ball for different purposes and needs. -Choose an appropriate speed to move a ball. -Decide on the best position in team games. -Begin to make use of space -Vary skills, actions and ideas within simple games.
3. Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)	<ul style="list-style-type: none"> -Move in an increasingly coordinated way. -Control take-off and landing when jumping. -Show increasing control in balance and agility. -Uses movements to create an idea using expression and conveying emotion. -Refine movements into an increasingly complex sequence. -Cooperate with others to form sequences. -Use different parts of the body for effect.
4. Perform dances using a range of movement patterns	<ul style="list-style-type: none"> -Move in an increasingly coordinated way. -Control take-off and landing when jumping. -Show increasing control in balance and agility. -Uses movements to create an idea using expression and conveying emotion.

	<ul style="list-style-type: none"> -Refine movements into an increasingly complex sequence. -Cooperate with others to form sequences. -Use different parts of the body for effect.
5. Take part in outdoor and adventurous activity challenges, both individually or in a team	<ul style="list-style-type: none"> -Orientate themselves and move with increasing confidence and accurately when following simple orienteering courses -Use skills with control in problem solving activities -Realise that activities need thinking through and recognise that planning is useful -Prepare themselves effectively and follow safety procedures -Learn from watching others and use what they have seen to improve their own performance
6. Compare their performance with previous ones, demonstrate improvement to achieve their personal best	<ul style="list-style-type: none"> -Analyse and comment on skills and techniques. -Understand how performances can be improved through practice and reflections. -Explain and apply basic safety principles in preparing for exercise. -Explain how the body reacts during different types of exercise. -Warm up and cool down appropriately.
7. Swim competently, confidently and proficiently over a distance of at least 25m	<ul style="list-style-type: none"> -Control, their breathing and are comfortable on the surface and under water swimming fluently and with control when using back crawl, front crawl and breast stroke. -To swim at least 25m
8. Use a range of strokes effectively (for example, front crawl, back stroke and breast stroke)	<ul style="list-style-type: none"> -Swim on their front and back using arm and leg actions with smooth coordination. -Control, their breathing and are comfortable on the surface and under water swimming fluently and with control when using back crawl, front crawl and breast stroke.
9. Perform safe self-rescue in different water based situations	<ul style="list-style-type: none"> -Use personal surviving techniques including floating, sculling and surface diving.