

Physical Education Year 4	
Physical skills	• Perform and repeat longer sequences with clear shapes and controlled movements with changes in level, direction and speed • Perform balance, agility and co-ordination skills in a range of activities with increasing control and accuracy, linking actions together so that they flow in running, jumping and throwing activities • Perform a variety of movements and skills with good body tension • Play competitive sports implementing their fundamental skills into them - including football/basketball/hockey/tri-golf/tennis • Take part in outdoor activity challenges both individually and in a team • Perform dance using a range of movements
Cognitive and creative skills	• Order and follow instructions, movements and skills • Describe their own and other's performance, making simple judgements about the quality of performance and suggest ways they could be improved • Know that rules need to be followed consistently and fairly and use this knowledge to create their own games to teach to others • Cooperate well with others and give constructive feedback • Handle apparatus safely and recognise risks involved
Personal skills	• Improve their stamina and resilience levels when things become difficult • Develop confidence and competence • Work and compete individually and with others • Recognise that strength and suppleness are important parts of fitness • Persevere with a task and improve it by regular practise • Compare their performance with previous ones and demonstrate improvements to achieve their personal best
Health and Fitness Skills	• Know why exercise is important for good health including warming up/cooling down and describe the basic fitness components, explaining how long they should exercise for • Examine the health benefits of participating in physical activity • Use equipment safely and appropriately, including setting activities up, with indirect supervision

Key vocabulary	Related Vocabulary
Greater Depth:	- Choose and use a range of ball skills with a good degree of accuracy - Use a variety of techniques and tactics to attack, keep possession and score - Lead activities and teach other children - Discuss the importance of hydration in relation to exercise - Relate different athletic activities to changes in heart rate, breathing and temperature - Individual talents and interests (in and out of school) are enhanced
Topic/Novel Link:	

Defined End Point
- Start to develop precision to excel in a broad range of physical activities by evaluating the performance of themselves and others - Increasingly engage in competitive sports and activities - Understand how to lead healthy, active lives - The impact of diet and fitness on the muscles in the human body