

Subject Progression

Physical Education – Year 4

Adjusted Autumn Term Due to COVID restrictions

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Athletics: -I can sustain a sprint with a good arm/leg drive. -I can pass/receive the baton successfully in a Shuttle relay race. -I can combine a number of jumps with control, coordination and consistency. -I can throw with accuracy at a target.	Athletics: -I can participate in an athletics competition demonstrating most of the skills I have learnt to improve my sprinting, jumping and throwing.	Tag Rugby: -I can run with the ball at speed, dodging tackles and passing with accuracy.	Dance: - I can be part of a group dance playing an effective role in storytelling.	Athletics: -I can participate in an athletics competition demonstrating most of the skills I have learnt to improve my sprinting, jumping and throwing.	Tennis: -I can play a competitive tennis game using the following skills: to control a tennis ball with a tennis racket, to play a forehand and backhand tennis shot, be able to serve consistently into an area and use some tactics in gameplay.
		Gymnastics: -I can create a sequence of 6 - 8 elements using the floor and apparatus. -I can name and include both symmetrical and asymmetrical elements and a start and finish position. -I can show different levels in my sequence and perform with some body tension.	Tri-Golf: -I can play a golf course within 20 shots on the target number using some correct techniques.	Swimming: -I can swim 10m on the front using a reasonable technique and a recognised arm recovery. -I can Swim 10m on the back using reasonable technique and a recognised arm recovery. -I can Swim at least 10m using 3 changes of direction without touching the side or pool bottom.	Cricket: -I can play a cricket game using the following skills: hit the ball a range of distances off a batting tee. -I can bowl a ball underarm or overarm towards a target a designated area, allowing the ball to bounce once. -I know how runs are scored in cricket.