




PE Progression Map Year 4

National Curriculum	Area	Theme	Knowledge/Skills (Sequence of learning)	
<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • 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 • develop flexibility, strength, technique, control and balance [for example, through • athletics and gymnastics] 	Athletics	Health and Fitness	<ol style="list-style-type: none"> 1) Describe how the body reacts at different times and how this affects performance 2) Explain why exercise is good for your health 3) Know some reasons for warming up and cooling down 	describe reactions explain, health reasons, warming up / cooling down
		Running	<ol style="list-style-type: none"> 1) Confidently demonstrate an improved technique for sprinting 2) Carry out an effective sprint finish 3) Perform a relay focusing on the baton change-over technique 4) Speed up and slow down smoothly 	technique, sprinting sprint finish relay, baton, change over vary speed
		Throwing	<ol style="list-style-type: none"> 1) Perform a pull throw 2) Measure the distance of their throws 3) Continue to develop techniques to throw for increased distance 	pull throw measure, distance technique, distance
		Jumping	<ol style="list-style-type: none"> 1) Learn how to combine a hop, step and jump to perform the standing triple jump 2) Land safely and with control 3) Begin to measure the distance jumped 	standing triple jump land safely measure
		Compete/ Perform	<ol style="list-style-type: none"> 1) Perform and apply skills and techniques with control and accuracy 2) Take part in a range of competitive games and activities 	control, accuracy competitive
		Evaluate	<ol style="list-style-type: none"> 1) Watch, describe and evaluate the effectiveness of performances giving ideas for improvement 2) Modify their use of skills or techniques to achieve a better result 	improvement modify, technique, improve
	Dance	Health and Fitness	<ol style="list-style-type: none"> 1) Describe how the body reacts at different times and how this affects performance 2) Explain why exercise is good for your health 3) Know some reasons for warming up and cooling down 	describe reactions explain, health reasons, warming up / cooling down

<ul style="list-style-type: none"> perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best. swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations. 		Dance Skills	<ol style="list-style-type: none"> Identify and repeat the movement patterns and actions of a chosen dance style Compose a dance that reflects the chosen dance style Confidently improvise with a partner or alone Compose longer dance sequences in small group Demonstrate precision and some control in response to stimuli Begin to vary dynamics and develop actions and motifs in response to a stimuli Demonstrate rhythm and spatial awareness Change parts of a dance as a result of self evaluation Use simple dance vocabulary when comparing and improving work 	movement patterns compose, dance style improvise partner, alone precision, control dynamics, actions, motifs rhythm, spatial awareness self evaluation compare, improve
		Complete / Performs	<ol style="list-style-type: none"> Perform and create sequences with fluency and expression Perform and apply skills and techniques with control and accuracy 	fluency, expression control and accuracy
		Evaluate	<ol style="list-style-type: none"> Watch, describe and evaluate the effectiveness of a performance giving ideas for improvements Modify their use of skills or techniques to achieve a better result 	Improvement modify, technique, improve
	Games	Health and Fitness	<ol style="list-style-type: none"> Describe how the body reacts at different times and how this affects performance Explain why exercise is good for your health Know some reasons for warming up and cooling down 	describe reactions explain, health reasons, warming up / cooling down
		Tactics and Rules	<ol style="list-style-type: none"> Vary the tactics they use in a game Adapt rules to alter games 	vary, tactics adapt rules
		Strike and hitting a ball	<ol style="list-style-type: none"> Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control Accurately serve underarm Build a rally with a partner Use at least two different shots in a game situation Use hand-eye co-ordination to strike a moving and stationary ball 	hit, accuracy, control underarm rally shots hand-eye co-ordination
		Throwing and catching a ball	<ol style="list-style-type: none"> Develop different ways of throwing and catching 	develop throwing / catching
		Attacking and defending	<ol style="list-style-type: none"> Use a range of attacking and defending skills and techniques in a game Use fielding skills as an individual to prevent a player from scoring 	attacking / defending techniques fielding skills
		Travelling with a ball	<ol style="list-style-type: none"> Move with the ball using a range of techniques showing control and accuracy 	move, control, accuracy
		Using space	<ol style="list-style-type: none"> Make the best use of space to pass and receive the ball 	space, pass, receive
		Passing a ball	<ol style="list-style-type: none"> Pass a ball with increasing speed, accuracy and success in a game situation 	speed, accuracy
		Complete / Perform	<ol style="list-style-type: none"> Perform and apply skills and techniques with control and accuracy Take part in a range of competitive games and activities 	control, accuracy, perform competition
	Evaluate	<ol style="list-style-type: none"> Watch, describe and evaluate the effectiveness of performances giving ideas for improvement 	Improvement modify, technique, improve	

		2) Modify their use of skills or techniques to achieve a better result	
Gymnastics	Health and Fitness	1) Describe how the body reacts at different times and how this affects performance 2) Explain why exercise is good for your health 3) Know some reasons for warming up and cooling down	describe reactions explain, health, reasons, warming up / cooling down
	Rolls	1) Forward roll from standing 2) Straddle forward roll 3) Tucked backward roll 4) Backward roll to straddle	forward roll straddle tuck, backward straddle
	Acquiring and developing skills (General)	1) Create a sequence of actions that fit a theme 2) Use an increasing range of actions, directions and levels in their sequences 3) Move with clarity, fluency and expression 4) Show changes of direction, speed and level during a performance 5) Travel in different ways including flight 6) Improve the placement and alignment of body parts in balances 7) Use equipment to vault in a variety of ways 8) Carry out balances, recognising the position of their centre of gravity and how this affects the balance 9) Begin to develop good technique when travelling, balancing and using equipment 10) Develop strength, technique and flexibility throughout performances	sequence action, direction, level expression changes travel balance vault centre of gravity good technique strength, technique, flexibility
	Vault	1) Hurdle step onto springboard 2) Squat on vault 3) Straddle on vault 4) Star jump off 5) Tuck jump off 6) Straddle jump off 7) Pike jump off	hurdle squat straddle star jump tuck jump pike
	Shapes and Balances	1) 1, 2, 3 and 4 point balances 2) Balances on apparatus 3) Balances with and against a partner 4) Pike, tuck, star, straight, straddle shapes 5) Front and back support	points balance partner pike, tuck, star, straight, straddle support
	Handstands, cartwheels and round offs	1) Lunge into handstand 2) Lunge into cartwheel	lunge, handstand cartwheel
	Jumps	1) Straight jump 2) Tuck jump 3) Jumping jack 4) Star jump 5) Straddle jump 6) Pike jump 7) Straight jump half turn	straight tuck jumping jack star straddle pike half turn

		<ul style="list-style-type: none"> 8) Straight jump full turn 9) Cat leap 10) Cat leap half turn 	<ul style="list-style-type: none"> full turn cat leap
	Travelling and linking actions	<ul style="list-style-type: none"> 1) Tiptoe, step, jump and hop 2) Hopscotch 3) Skipping 4) Chassis steps 5) Straight jump half turn 6) Straight jump full turn 7) Cat leap 8) Cat leap half turn 9) Pivot 	<ul style="list-style-type: none"> tiptoe hopscotch skip chassis steps jump, turn cat leap pivot
	Compete and perform	<ul style="list-style-type: none"> 1) Perform and create sequences with fluency and expression 2) Perform and apply skills and techniques with control and accuracy 	<ul style="list-style-type: none"> fluency, expression control and accuracy
	Evaluate	<ul style="list-style-type: none"> 1) Watch, describe and evaluate the effectiveness of a performance giving ideas for improvements 2) Modify their use of skills or techniques to achieve a better result 	<ul style="list-style-type: none"> Improvement modify, technique, improve
Outdoor Adventurous Activities	Health and Fitness	<ul style="list-style-type: none"> 1) Describe how the body reacts at different times and how this affects performance 2) Explain why exercise is good for your health 3) Know some reasons for warming up and cooling down 	<ul style="list-style-type: none"> describe reactions explain, health reasons, warming up / cooling down
	Trails	<ul style="list-style-type: none"> 1) Orientate themselves with accuracy around a short trail 2) Create a short trail for others with a physical challenge 3) Start to recognise features of an orienteering course 	<ul style="list-style-type: none"> orientate create, trail features
	Problem Solving	<ul style="list-style-type: none"> 1) Communicate clearly with other people in a team and with other teams 2) Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each 3) Associate the meaning of a key in the context of the environment 	<ul style="list-style-type: none"> communicate key skills key, environment
	Preparation and Organisation	<ul style="list-style-type: none"> 1) Try a range of equipment for creating and completing an activity 2) Make an informed decision on the best equipment to use for an activity 3) Plan and organise a trail that others can follow 	<ul style="list-style-type: none"> equipment choices plan, organise
	Communication	<ul style="list-style-type: none"> 1) Communicate clearly with others 2) Work as part of a team 3) Begin to use a map to complete an orienteering course 	<ul style="list-style-type: none"> communicate team map, course
	Compete and Perform	<ul style="list-style-type: none"> 1) Complete an orienteering course more than once and begin to identify ways of improving completion time 2) Offer an evaluation of both personal performances and activities 3) Start to improve trails to increase the challenge of the course 	<ul style="list-style-type: none"> complete, improve evaluate improve, increase challenge
	Evaluate	<ul style="list-style-type: none"> 1) Watch, describe and evaluate the effectiveness of performances giving ideas for improvement 2) Modify their use of skills or techniques to achieve a better result 	<ul style="list-style-type: none"> Improvement modify, technique, improve