

## Year 4 PE Progression Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Personal Skills/ Physical Skills/ Invasion Games	Social Skills/ Physical Skills/ Gymnastics/Dance	Cognitive Skills/ Physical Skills/ Swimming	Creative Skills/ Physical Skills/ Swimming	Physical Skills/ Yoga	Health & Fitness Skills/ Physical Skills/ Athletics/Rounders
Learning Objective (from DC Pro)	<ul style="list-style-type: none"> <li>1. I cope well and react positively when things become difficult.</li> <li>2. I can persevere with a task and I can improve my performance through regular practice.</li> <li>1. I can perform a variety of movements and skills with good body tension.</li> <li>I can complete all Green and most Red FUNS Challenges</li> </ul>	<ul style="list-style-type: none"> <li>1. I cooperate well with others and give helpful feedback.</li> <li>2. I help organise roles and responsibilities and I can guide a small group through a task.</li> <li>1. I can perform a variety of movements and skills with good body tension.</li> <li>I can complete all Green and most Red FUNS Challenges</li> </ul>	<ul style="list-style-type: none"> <li>1. I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon.</li> <li>2. I can use my awareness of space and others to make good decisions.</li> <li>1. I can perform a variety of movements and skills with good body tension.</li> <li>I can complete all Green and most Red FUNS Challenges</li> <li>1. I can submerge to retrieve an object from the bottom of the pool</li> <li>2. I can swim 10m on the back</li> </ul>	<ul style="list-style-type: none"> <li>I can link actions and develop sequences of movements that express my own ideas</li> <li>2. I can change tactics, rules or tasks to make activities more fun or challenging.</li> <li>1. I can perform a variety of movements and skills with good body tension.</li> <li>I can complete all Green and most Red FUNS Challenges</li> <li>1. I can submerge to retrieve an object from the bottom of the pool.</li> <li>2. I can swim 10m on the back</li> </ul>	<ul style="list-style-type: none"> <li>I can perform a variety of movements and skills with good body tension.</li> <li>I can complete all Green and most Red FUNS Challenges</li> </ul>	<ul style="list-style-type: none"> <li>I can describe the basic fitness components and explain how often and how long I should exercise to be healthy.</li> <li>I can record and monitor how hard I am working.</li> <li>2. I can link actions together so that they flow in running, jumping and throwing activities.</li> <li>I can complete all Green and most Red FUNS Challenges</li> </ul>
Skills	<p>On both legs (FS1):</p> <ul style="list-style-type: none"> <li>Standstill for 30 seconds with eyes closed</li> <li>Complete five squats</li> <li>Complete five uncle extensions</li> </ul> <p>Floorwork(FS10):</p> <ul style="list-style-type: none"> <li>Hopscotch forward and backwards, alternating hopping leg each time.</li> <li>Move in a three step zigzag pattern forwards.</li> <li>Move in a three step zigzag pattern backwards.</li> </ul>	<p>Seated(FS2):</p> <ul style="list-style-type: none"> <li>Pick up a cone from one side and placed on the other side with the same hand.</li> <li>Return it to the opposite side using the other hand.</li> <li>Sit in a dish shape and hold it for five seconds.</li> </ul> <p>Jumping and Landing(FS6):</p> <ul style="list-style-type: none"> <li>Jump from 2 feet to 2 feet with 180° turn in either direction.</li> <li>Complete a tucked jump.</li> <li>Complete tucked jump with 180° turn in either direction.</li> </ul>	<p>On a line(FS5)</p> <ul style="list-style-type: none"> <li>March, lifting knees and elbows up to a 90° angle.</li> <li>Walk fluidly with heel to toe landing.</li> <li>Walk fluidly, lifting knees and using heel to toe landing.</li> <li>Walk fluidly lifting heels to bottom and using heel to toe landing.</li> </ul> <p>Ball skills (FS9):</p> <p>In 20 seconds or less:</p> <ul style="list-style-type: none"> <li>Legs apart and move the ball around one leg 16 times (right and left leg).</li> <li>Move a ball round waist 17 times.</li> <li>Stand with legs apart and move the ball around alternate legs 16 times.</li> </ul>	<p>In Pairs (FS7):</p> <ul style="list-style-type: none"> <li>Hold on and, with a short base, lean back, hold balance and then move back together.</li> <li>Hold on with one hand and, with a short base, lean back, hold balance and then move back together.</li> <li>Perform above challenges with eyes closed.</li> </ul> <p>Sending and Receiving(FS8):</p> <ul style="list-style-type: none"> <li>Strike a ball with alternate hands in a rally</li> <li>Kick a ball with the same foot.</li> <li>Kick a ball with alternate feet.</li> <li>Roll two balls alternately using both hands, sending one as the other is returning</li> </ul>	<p>Floorwork(FS3):</p> <ul style="list-style-type: none"> <li>Hold full front support position</li> <li>Lift one arm and point to the ceiling with either hand in front support.</li> <li>Transfer cone on and off back in front support.</li> </ul> <p>Reaction and Response (FS12):</p> <p>From 1,2,and 3 metres:</p> <ul style="list-style-type: none"> <li>React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on one leg.</li> </ul>	<p>Stance (FS4):</p> <ul style="list-style-type: none"> <li>Receive small force from various angles.</li> <li>Raise alternate feet five times.</li> <li>Raise alternate knees five times.</li> <li>Catch ball at chest height and throw it back.</li> </ul> <p>Ball chasing(FS11):</p> <ul style="list-style-type: none"> <li>Chase a large rolled ball, let it roll through legs and then collect it in a balanced position facing the opposite direction</li> <li>Chase a large bouncing ball, let it roll through legs and then collect it in a balanced position facing the opposite direction.</li> <li>Complete above challenges with tennis ball.</li> </ul>

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Sport specific skills	<ul style="list-style-type: none"> <li>Develop different ways of throwing and catching.</li> <li>Move with the ball using a range of techniques showing control and fluency.</li> <li>Pass the ball with increasing speed, accuracy and success in a game situation.</li> <li>Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</li> <li>Make the best use of space to pass and receive the ball.</li> <li>Vary the tactics they use in a game.</li> <li>Adapt rules to alter games.</li> <li>Vary the tactics they use in a game.</li> <li>Adapt rules to alter games.</li> </ul>	<p>Gym</p> <ul style="list-style-type: none"> <li>Develop different ways of throwing and catching.</li> <li>Move with the ball using a range of techniques showing control and fluency.</li> <li>Pass the ball with increasing speed, accuracy and success in a game situation.</li> <li>Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</li> <li>Make the best use of space to pass and receive the ball.</li> <li>Vary the tactics they use in a game.</li> <li>Adapt rules to alter games.</li> <li>Vary the tactics they use in a game.</li> <li>Adapt rules to alter games.</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>Identify and repeat the movement patterns and actions of a chosen dance style.</li> <li>Compose a dance that reflects the chosen dance style.</li> <li>Confidently improvise with a partner or on their own.</li> <li>Compose longer dance sequences in a small group.</li> <li>Demonstrate precision and some control in response to stimuli.</li> <li>Begin to vary dynamics and develop actions and motifs in response to stimuli.</li> <li>Demonstrate rhythm and spatial awareness.</li> <li>Change parts of a dance as a result of self-evaluation.</li> <li>Use simple dance vocabulary when comparing and improving work.</li> </ul>	•			<p>Athletics</p> <ul style="list-style-type: none"> <li>Confidently demonstrate an improved technique for sprinting.</li> <li>Carry out an effective sprint finish.</li> <li>Perform a relay, focusing on the baton changeover technique.</li> <li>Speed up and slow down smoothly.</li> <li>Learn how to combine a hop, step and jump to perform the standing triple jump.</li> <li>Land safely and with control.</li> <li>Begin to measure the distance jumped.</li> <li>Perform a pull throw.</li> <li>Measure the distance of their throws.</li> <li>Continue to develop techniques to throw for increased distance.</li> </ul> <p>Cricket</p> <ul style="list-style-type: none"> <li>Develop different ways of throwing and catching.</li> <li>Move with the ball using a range of techniques showing control and fluency.</li> <li>Pass the ball with increasing speed, accuracy and success in a game situation.</li> <li>Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</li> <li>Make the best use of space to pass and receive the ball.</li> <li>Vary the tactics they use in a game.</li> <li>Adapt rules to alter games.</li> <li>Vary the tactics they use in a game.</li> <li>Adapt rules to alter games.</li> </ul>
Vocabulary	Keep possession; Scoring goals; Keeping score; Making space; Pass/send/receive; Travel with a ball; Points; Rules; Tactics;	Stretch; push; pull; step; spring; crawl; still; slowly; tall; long; forwards; high; low; roll; copy; jump; land; balance Repetition; Action and reaction				Batting; Fielding; Defending; Hitting

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