

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

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Sport specific skills	<ul style="list-style-type: none"> Develop different ways of throwing and catching. Move with the ball using a range of techniques showing control and fluency. Pass the ball with increasing speed, accuracy and success in a game situation. Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game. Make the best use of space to pass and receive the ball. Vary the tactics they use in a game. Adapt rules to alter games. Vary the tactics they use in a game. Adapt rules to alter games. 	<p>Gym</p> <ul style="list-style-type: none"> Develop different ways of throwing and catching. Move with the ball using a range of techniques showing control and fluency. Pass the ball with increasing speed, accuracy and success in a game situation. Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game. Make the best use of space to pass and receive the ball. Vary the tactics they use in a game. Adapt rules to alter games. Vary the tactics they use in a game. Adapt rules to alter games. <p>Dance</p> <ul 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 on their own. Compose longer dance sequences in a small group. Demonstrate precision and some control in response to stimuli. Begin to vary dynamics and develop actions and motifs in response to 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. 				<p>Athletics</p> <ul style="list-style-type: none"> Confidently demonstrate an improved technique for sprinting. Carry out an effective sprint finish. Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly. Learn how to combine a hop, step and jump to perform the standing triple jump. Land safely and with control. Begin to measure the distance jumped. Perform a pull throw. Measure the distance of their throws. Continue to develop techniques to throw for increased distance. <p>Cricket</p> <ul style="list-style-type: none"> Develop different ways of throwing and catching. Move with the ball using a range of techniques showing control and fluency. Pass the ball with increasing speed, accuracy and success in a game situation. Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game. Make the best use of space to pass and receive the ball. Vary the tactics they use in a game. Adapt rules to alter games. Vary the tactics they use in a game. Adapt rules to alter games.
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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