



Progression of Knowledge in P.E. – Year 4

<p><u>Invasion Games</u></p>	<ul style="list-style-type: none">● Describe and explain 3 passing techniques – chest, shoulder, bounce● Know and explain the rules of Netball – ball passed between team of 5 into the 'D' where children can shoot into hoop. Opposing team of 5 try to intercept and then attack into their 'D'.● Explain the meaning of the terms intercept, attack and defend● Understand the footwork rule and pivoting with the ball● Know the areas of the court they are allowed in according to their position● Know some warming up activities which will aid speed, strength and stamina● Explain why speed and stamina is needed in invasion games● Understand how the heartbeat and breathing changes through the different activities they are doing● Evaluate and explain what skills need improving to aid teams/children's performance
<p><u>Gymnastics</u></p>	<ul style="list-style-type: none">● Know a range of actions and body shapes they can use in a performance● Understand how they can vary a shape or balance slightly to create something new● Know that tension and extension helps achieve better results● Know different jumps and rolls – tuck, pike, straddle, pencil, star/ forward, teddy, pencil, egg and how they can be used fluently in a sequence● Know the importance of changes in level and speed in a performance● Describe how the body reacts during different activities and how it affects the way they perform● Describe their own and others' work making simple judgements and suggesting ways to improve
<p><u>Dance</u></p>	<ul style="list-style-type: none">● Know and describe ways to create and link motifs that bring out character and effect● Understand and describe the terms 'unison', 'canon' 'repetition' and how it helps vary dance movements● Sequence movements with changes of speed, direction and level● Know and describe what you need to do to warm up and cool down for dance● Know different activities which can be done to slowly increase heart rate and stretch muscles● Describe and evaluate their own and others' dance taking into account character and narrative

Athletics

- Know it is easier to run at speed over short distances
- Know different jumps and be able to link them to make different combinations
- Know different throwing techniques such as slinging, pushing and pulling
- Know which method of throwing is best depending on the equipment they are using
- Know, measure and describe the effect of exercise on the body
- Describe the effectiveness of performances and how they can be improved

Net/Wall

- Know the best way to hold a racket so they can hit a ball accurately
- Understand and explain the different types of shots – forehand, backhand, soft shots, hard shots
- Explain how they can place a shot where it is difficult for an opponent to retrieve it
- Understand the best place to stand in order to intercept a ball
- Know the rules of some net games
- Know some exercises which will help them safely warm up
- Understand and know what skilful play looks like
- Explain how play can be improved