



## Progression of Knowledge in P.E. – Year 4

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

## **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