



Progression of Knowledge in P.E. – Year 4

<u>Invasion Games</u>	● 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
<u>Gymnastics</u>	● 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
<u>Dance</u>	● 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

<u>Athletics</u>	● 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
<u>Net/Wall</u>	● 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