

PE Non Negotiables: Year 4

	Developing skills	Making & applying	Physical & mental	Evaluate & improve
Dance <i>(Core task: Indian Delight)</i>	<ul style="list-style-type: none"> I can think about character and narrative ideas and respond through movement I can experiment with a wide range of actions individually, with a partner or in a group 	<ul style="list-style-type: none"> I can use different ideas to create motifs using unison and canon I can practise and combine more complex phrases 	<ul style="list-style-type: none"> I show understanding of warming up and cooling down and do it on my own 	<ul style="list-style-type: none"> I can describe and interpret dance movements using appropriate vocabulary I can suggest how dance and performances can be improved
Gymnastics <i>(Core task: Partner Work)</i>	<ul style="list-style-type: none"> I can perform a range of actions with consistency, fluency and clarity of movement I can make shapes on the floor and apparatus, working with a partner I can combine actions and maintain the quality when performing with a partner 	<ul style="list-style-type: none"> I can combine actions to make sequences, changing speed, level, direction and shape I can gradually increase the length of sequences I can work with a partner to make a short sequence on floor, mats and apparatus 	<ul style="list-style-type: none"> I can devise routines of stretching exercises that prepare me for my gymnastic work 	<ul style="list-style-type: none"> I can make simple assessments of performance based on criteria given by teacher I can refine my sequences and others' sequences I can offer constructive ideas when working with a partner
Invasion Games <i>(Core task: On the Attack)</i>	<ul style="list-style-type: none"> I can use a range of techniques when passing I can change direction and speed when dribbling the ball I can show growing consistency and control in games I can play with greater speed and flow 	<ul style="list-style-type: none"> I can keep and use rules I am given I can suggest how rules could be changed to improve the game I can adapt rules in agreement with others I can use a range of tactics to keep possession of the ball and to attack a goal 	<ul style="list-style-type: none"> I can use knowledge I have learnt to make up suitable warm up activities 	<ul style="list-style-type: none"> I know and explain tactics and skills I am confident with and use well in games I can choose different ways of practising these skills and tactics I can describe the help I need to improve their play
Striking/ Fielding <i>(Core task: Run the Loop)</i>	<ul style="list-style-type: none"> I can strike a ball with intent and throw it more accurately when bowling/fielding I can intercept and stop a ball with consistency and sometimes catch it I can return the ball quickly and accurately 	<ul style="list-style-type: none"> I can choose and use batting or throwing skills to make game harder for opponents I can choose where to stand successfully as a fielder I can work well as a team to make it harder for the batter 	<ul style="list-style-type: none"> I know the demands that specific activities make on my body I know the importance of warming up 	<ul style="list-style-type: none"> I can describe what is successful in my own and others' play I can identify parts of my performance that need improving and suggest how to achieve this

<p>Outdoor/ Adventure</p> <p><i>(Core task: Search & Rescue)</i></p>	<ul style="list-style-type: none"> • I can recognise where I am on a plan or a diagram • I can travel successfully to and from objects and locations on the grounds • I can recognise symbols and pictures and relate them to a diagram 	<ul style="list-style-type: none"> • I can understand the purpose of an activity and plan actions so they are successful • I can choose simple approaches to solve problems I am set • I can work cooperatively with others on tasks 	<ul style="list-style-type: none"> • I can recognise the physical demands of the tasks and challenges 	<ul style="list-style-type: none"> • I can describe my own and others' roles in activities • I can identify what was completed well and what different approaches could have been used
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Main progressions points:

- Experiment with various actions individually, partnered or in small groups
- Create more complex motifs using 'canon' and 'unison' (6-7 movements)
- Perform a range of actions with consistency, fluency and clarity of movement
- Combine actions to make sequences, changing speed, level, direction and shape
- Use a range of techniques when passing and play with greater speed & flow
- Use a range of tactics to keep possession of the ball and to attack goal
- Strike a ball with intent and throw it more accurately when bowling/fielding
- Choose and use batting or throwing skills to make game harder for opponents
- Recognise where they are on a plan or a diagram
- Recognise symbols and pictures and relate them to a diagram

Spring 2012 - CN
 Summer Term 2012 reviewed - ND
 Summer 2014 reviewed - TC