



# Our PE journey in Year 4

Key Words:  
• Distance  
• Stamina  
• Upright  
• Arm drive



At the end of Y4 I am now ready to move into Y5, where I can further develop my skills and extend my knowledge of how to live a healthy, active lifestyle, with a love of sport!

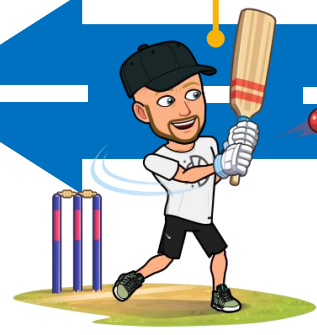


Perform athletic throwing events with some technique.

Correct grip of baton during a relay race .

## Athletics

### End of Year



Be able to strike the ball when bowled accurately to them. Be able to strike a ball at a slow pace.

Be able to underarm throw to a target continuously

Perform sprint and long distance runs, maintaining smooth arm/leg technique and increase speed/ head movement over finish line.

Can aim for a target with a controlled feed.

Can start a game with an underarm serve.

## Racket sports

Be able to use the underarm bowl accurately.

Key words  
• Accuracy  
• Overarm  
• Long Barrier  
• Space  
• Wicket Keeper  
• Off Side  
• On Side  
• Bowler

Use and apply sport specific rules.



Understand the different skills required to play inclusive games

## Inclusive Games

Implement previous invasion skills in Tag Rugby

## Invasion Games

Know that there are different components of fitness

Be able to lead warm up.

Key words  
• Circuit  
• Pulse  
• Components  
• Co-ordination  
• Control  
• Stamina  
• Flexibility  
• Power

## Striking and fielding

To use different methods of travel across various apparatus

Key words  
• Stretch  
• Imaginative  
• Demonstrate  
• Coordination  
• Respond  
• Styles  
• Fluent  
• Stimuli  
• Sensitivity  
• Range



Perform clear & fluent dances that show sensitivity to ideas and range of stimuli.

Understand changes in the body when warming up

## Fitness

To perform balances with control on low, medium and high levels for 3 seconds

Key words  
• Tuck  
• Pike  
• Straddle  
• Control  
• Tension  
• Extension  
• Start position  
• End position  
• Flight

Perform a forward roll safely

Work safety on apparatus.

## Aesthetics

Perform movement patterns, demonstrating control and coordination.

Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.



Perform safe self-rescue in different water based situations

Swim competently, confidently and proficiently over a distance of at least 25 metres

## Swimming

Begin to use a bounce pass, which only bounces once.

Mark another player and begin to attempt interceptions.

Key words  
• Dribble  
• Double Dribble  
• Contact  
• Interception  
• Javelin pass  
• One-on-one marking/man to man marking  
• Shoulder pass

Begin to understand the rule of double dribble and only use 1 hand for dribbling.



Understand previous rules plus double dribble.

Land 1-2 with correct footwork and sometimes catch the ball.

Use a chest pass and shoulder pass to support team in scoring.

Use a chest pass and shoulder pass to support team in scoring.

Can stay with a chosen player and lose them having the ball (attack)

Can show some technique when shooting at a target.

## Invasion games

Begin to develop power in shooting from pushing from the chest to shoot.

Begin to use attacking a defending concepts in small sided game play.

### Autumn Term

Key words  
• Contact  
• Javelin pass  
• One-on-one marking/man to man marking  
• Shoulder pass

Know how to dribble into a space keeping their head up.

Sometimes stop a rolling ball with the correct part of the foot.

Key Words  
• Passing  
• Control  
• Shoot  
• Defend  
• Attack  
• Dribble  
• On-your-toes  
• Tracking  
• Head-up

