

Name: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PE – Year 4**

**Autumn 2 – Invasion Games**

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I plan and perform sequences with a partner that include a change of shape or level? |  |  |
| Can I safely perform balances individually and with a partner? |  |  |
| Can I develop the straight, barrel, forward and straddle roll and perform with increased control? |  |  |
| Can I develop control in performing and landing rotation jumps? |  |  |
| Can I develop strength in bridge and shoulder stand? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I watch, describe and suggest possible improvements to others performances and my own? |  |  |

**Autumn 1 - Gymnastics**

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I dribble, pass, receive and shoot the ball with increasing control? |  |  |
| Can I recognise who is on my team and attempt to send them the ball? |  |  |
| Can I pass to a teammate using a variety of techniques appropriate to the game? |  |  |
| Can I dribble under pressure with control? |  |  |
| Can I decision making around when to pass and when to shoot? |  |  |
| Can I defend one on one and know when to win the ball? |  |  |
| Can I delay an opponent and help to prevent the other team from scoring? |  |  |
| Can I move into space to help my team keep possession and score goals? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I begin to use simple tactics to help my team score or gain possession? |  |  |
| Can I understand the rules of the game and use them often and honestly? |  |  |
| A group of people in matching yellow shirts  Description automatically generated with low confidence | Can I share ideas and work with others to manage our game? |  |  |

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A close-up of a logo  Description automatically generated with low confidence | Can I copy and remember set choreography? |  |  |
| Can I respond imaginatively to a range of stimuli relating to character and narrative? |  |  |
| Can I use counts to keep in time with others and the music? |  |  |
| Can I use simple movement patterns to structure dance phrases on my own, with a partner and in a group? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I perform complex dances that communicate narrative and character well, performing clearly and fluently? |  |  |
| Can I provide feedback using appropriate language relating to the lesson? |  |  |

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|  |  **Key Objectives:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I develop batting techniques consistent with the rules of the game?  |  |  |
| Can I bowl with some consistency and accuracy, abiding by the rules of the game? |  |  |
| Can I use under and overarm throws with increased consistency in game situations? |  |  |
| Can I begin to catch with one and two hands with some consistency in game situations? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I learn the rules of the game and begin to use them honestly and fairly? |  |  |
| Can I communicate with my teammates to apply some tactics? |  |  |
| A group of people in matching yellow shirts  Description automatically generated with low confidence | Can I share ideas and work with others to manage our game? |  |  |

**Spring 2 – Striking & Fielding**

**Spring 1 - Dance**

 **Summer 2 – Net & Wall Games**

 **Summer 1 - Athletics**

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I demonstrate the difference in sprinting and jogging techniques and understand speed and pace in relation to distance? |  |  |
| Can I jump for distance and height with balance and control? |  |  |
| Can I throw with some accuracy and power to a target area? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I identify when I was successful and what I need to do to improve? |  |  |
| Can I show determination to improve my personal best? |  |  |
| A group of people in matching yellow shirts  Description automatically generated with low confidence | Can I support and encourage others to work to their best? |  |  |

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I play a forehand shot accurately when the ball comes to my dominant side? |  |  |
| Can I play a backhand when the ball comes to my non-dominant side? |  |  |
| Can I serve underarm with increased consistency? |  |  |
| Can I develop rallying using both forehand and backhand with increased technique?  |  |  |
| Can I begin to use appropriate footwork patterns to move around the court? |  |  |
| Can I return to the ready position to defend my own court? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I understand the rules of the game and use them often and fairly? |  |  |
| Can I show good sportspersonship when playing against an opponent? |  |  |

**Swimming**

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|  | **Success Criteria:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I swim competently, confidently and proficiently over a distance of at least 25 metres? |  |  |
| Can I use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)? |  |  |
| Can I perform safe self-rescue in different water-based situations? |  |  |