

Curriculum end points – Year 4

| By the end of year 4, pupils will be able to... | | |
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| HEAD (cognitive/thinking) | HANDS (psychomotor / doing) | HEART (affective/ behavioural) |
| <ul style="list-style-type: none">• Select and apply tactical strategies in individual and team game context.• Identify and learn how to apply the attacking and defending principles.• Assess and analyse own performances - to recognise achievements and areas for development to achieve personal bests.• Solve problems through decision making, as an individual, in an unopposed environment.• Understand the impact of exercise on the body, both short and long term. | <ul style="list-style-type: none">• To have refined and mastered the range of basic FMS.• Apply a range of physical skills acquired in a range of competitive games and small sided games and physical activities.• Develop strength, flexibility, technique, control and balance.• Compose and perform dances using coordination and control.• Swim a minimum of 25m in a range of strokes competently, confidently and proficiently. | <ul style="list-style-type: none">• Use a range of communication methods, styles and language appropriate to the context, effectively.• Co-operate within a group/team; respecting and valuing other members.• Manage their own emotional intelligence i.e empathy, self-awareness, growth mindset and discipline.• Display school key values in PE, School sport and Physical activity. |

Skills and knowledge

Games

- I can change direction with speed during a game at appropriate times.
- I can use a range of throwing techniques to pass equipment, thinking about speed and direction.
- I can pass and receive a range of passes while stationary and on the move.
- I can begin to discuss some attacking and defending principles such as marking/intercepting and keeping possession.
- I can contribute towards helping my team win back possession and discuss strategies to counter-attack.

Gym

- I can perform and apply skills and techniques with clarity, fluency and expression.
- I can show changes of direction, speed and levels.
- I can show good technique when travelling, balancing and using equipment.
- I can begin to begin to hold my own body weight through a range of exercise. (plank, wall sit)

Dance

- I can identify and repeated movement patterns with precision and control.
- I can show awareness of rhythm and beat.
- I can improvise as part of a group or individually.

- I can compose more complex sequences as part of a group and discuss and analyse how to improve.

Athletics

- I can run demonstrating a good running stance and run at pace for longer periods.
- I can demonstrate a good technique for sprinting.
- I can throw and jump with more control (measuring my own distances)
- I can perform hop, step and jump variations.

OAA

- I can find points on a map/diagram (within school).
- I can plan and follow simple routes and directions.
- I can work effectively as part of a team and take on different roles.

Swimming (dry)

- Have an understanding of 'water safety'
- Be aware of the importance of swimming and being water confident.