

Year 4

Dance

To respond imaginatively to a range of stimuli related to character and narrative.

To perform dances clearly and fluently.

Gymnastics

To perform actions, balances, body shapes and agilities with control.

To plan, perform and repeat longer sequences that include changes of speed and level, clear shapes and quality of movement.

Invasion Games

To play games with some fluency and accuracy, using a range of throwing and catching techniques.

To find ways of attacking successfully when using other skills.

Net Games

To choose and use a range of simple tactics for sending the ball in different ways to make it difficult for their opponent.

To choose and use a range of simple tactics for defending their own court.

To adapt and refine rules.

Striking and Fielding

To carry out tactics successfully.

To set up small games.

Athletics

To know and demonstrate a range of throwing techniques.

To perform a range of jumps, showing consistent technique and sometimes using a short run-up.

Outdoor Adventurous Activities

To follow an orienteering course.

To be able to work as a team to effectively complete the course.

Healthy Lifestyle

To show a clear understanding of how to warm up and cool down safely.

To relate different types of activity to different heart rates and body temperatures, and use some of these activities when warming up.

Swimming

To develop basic pool safety and confidence in water.

Can swim at least 25 metres.

Can use different strokes when swimming on my front or back.