



Whitegate CE Primary School
 "Trusting in God; Growing in Wisdom"

Whitegate C of E Primary School – Physical Education

Year Four Progressive Statement

Curriculum Requirements

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	Games and athletics	Dance	Gymnastics
Year Four	<ul style="list-style-type: none"> • Strike a ball and field with control. • Choose appropriate tactics to cause problems for opposition. • Lead a team effectively. • Run over a longer distance, conserving energy to sustain performance. • Throw with a accuracy to hit a target or cover a distance. • Jump in a number of ways using appropriate run up if required. • To compete with others to improve personal best performances. • Uphold spirit of fair play and respect in all competitive situations. 	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Create movements and dances which convey a clear idea. • Develop physical strength by practising moves. 	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Travel in a variety of ways including flight by transferring weight to generate power). • Understand centre and gravity and use this to create interesting body shapes.
Swimming	<p>By the end of Key Stage 2: swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations</p>		

