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| **PE Skills**  *Expected by End of Year 4* |
| **GAMES**  *(including a range of Net & Wall, Invasion and Striking & Fielding)* |
| * Pupils can control and catch a ball and pass whilst moving and can begin to make informed choices about whether to pass or dribble. * Pupils can see where themselves and others need to improve and make sensible suggestions about this. * They can talk about reasons for warming up and can suggest activities to use for this. |
| **Gymnastics** |
| * Pupils begin to link simple actions and ideas with control and coordination working well with a partner and small groups. * They can create simple sequences alone and with others and can make sensible suggestions for improvement using gymnastic terms and can work cooperatively with others to carry and place apparatus safely. * Pupils know how gymnastics helps overall health and can give reasons for changes happening to the body during exercise. |
| **Dance** |
| * Pupils begin to link movement phrases together demonstrating good use of choreographic devises working well with a partner and small groups. * They can create movement phrases and alone and with others and can make sensible suggestions for improvement using dance terminology. * Pupils know how dance helps overall health and can give reasons for changes happening to the body during exercise. |
| **Outdoor and Adventurous Activities** |
| * Take part in outdoor and adventurous activity challenges individually. |
| **Swimming** |
| * Swim competently, confidently and proficiently over a distance of 10 metres. |

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| **PE Assessment**  *Expected by End of Year 4* | | | | | |
| **GAMES***(including a range of Net & Wall, Invasion and Striking & Fielding)* | | | **Gymnastics** | | |
| * Pupils can control and catch a ball and pass whilst moving and can begin to make informed choices about whether to pass or dribble. * Pupils can see where themselves and others need to improve and make sensible suggestions about this. * They can talk about reasons for warming up and can suggest activities to use for this. | | | * Pupils begin to link simple actions and ideas with control and coordination working well with a partner and small groups. * They can create simple sequences alone and with others and can make sensible suggestions for improvement using gymnastic terms and can work cooperatively with others to carry and place apparatus safely. * Pupils know how gymnastics helps overall health and can give reasons for changes happening to the body during exercise. | | |
| **Below Expectation** | **Above Expectation** | | **Below Expectation** | | **Above Expectation** |
| **Dance** | | | **Outdoor and Adventurous Activities** | | |
| * Pupils begin to link movement phrases together demonstrating good use of choreographic devises working well with a partner and small groups. * They can create movement phrases and alone and with others and can make sensible suggestions for improvement using dance terminology. * Pupils know how dance helps overall health and can give reasons for changes happening to the body during exercise. | | | * Take part in outdoor and adventurous activity challenges individually | | |
| **Below Expectation** | | **Above Expectation** | **Below Expectation** | | **Above Expectation** |
| **Swimming** | | | | | |
| * Swim competently, confidently and proficiently over a distance of 10 metres. | | | | | |
| **Below Expectation** | | | | **Above Expectation** | |