

- Begin to throw a range of balls overarm
- explore static balancing and hold for a short period of time
- explore dynamic balance to agility including turns
- explore floor movement with control
- travel in different ways, showing clear transition using equipment
- jump with control in different ways
- catch balls of different sizes and can use a range of techniques
- throw a range of balls underarm at a target accurately

explain the correct form for each jump

accurately perform a tucked backward roll

accurately perform a forward roll

accurately perform a cartwheel

perform a sequence with a partner with control (5 steps).



The Year 4 Sports Person I can...

perform a linking sequence independently with control (5 steps)

change your body shape for each jump correctly building on previous year with more jumps

use short snappy body movements with

Use all of the above in motifs

use slides with control

use side steps with control

use turns with accuracy and control

create movements linked to different emotions

vary the speed and level of my actions and explain why I have varied them

stop and control a ball

look up whilst travelling with the ball

practice different roles within a game in isolation. E.g. defender, goalkeeper and attacker

follow a game with specific rules

demonstrate control and fluency when using different techniques to move with the ball.

improvise and create movements with a partner using a set stimulus

pass the ball with increasing accuracy and speed over different distances

change direction and speed when using different techniques to move with the ball

apply defending skills and strategies in a game situation

work with a partner to link actions to create and perform a dance montage

practice defending skills and strategies in isolation

begin to contribute to the success of my team

catch a range of balls and be able to explain the appropriate technique

Participate in team games

apply attacking skills and strategies in a game situation

work as a part of a team and begin to take specific roles

make simple decisions about when and where to run and explain why they did so

use striking and fielding skills in a game

choose the appropriate technique for a pass and to receive the ball

begin to reflect on their teams performance through discussion with peers and class teacher

use the correct technique for overarm

strike a ball in an intended direction

use a range of fielding techniques: eye on the ball, leg block, over arm throw, passing to teammates

practise throwing underarm and over arm

jump for distance and explain the technique for the standing long jump

sprint with fluency over hurdles

sprint effectively and to explain the technique

practise existing running, throwing and jumping skills.

learn different push throw techniques

Standing long jump competition

Push throw competition

hold a bat / racket correctly and describe how to hold it

choose an appropriate object for the task

hit a ball over a net to continue a rally

learn different strokes e.g. under arm, over arm, forehand, backhand.

apply these to an individual or team game

choose and use tactics to suit different situations

adapt to the rules of different games

begin to work effectively with others to complete a task

begin to communicate effectively

begin to follow simple maps

begin to follow multi-step instructions

begin to know what orienteering is

begin to solve a range of problems when working with others

begin to know and understand a range of map symbols

begin to follow a set of directions correctly

begin to give clear and precise directions for someone else to follow