



Federation of St. Cuthbert's and St. Sebastian's Catholic Primary Schools



**PE
PROGRESSION MAP**

Year 4			
	AUTUMN TERM	SPRING TERM	SUMMER TERM
	Games (Invasion Games) Indoor Athletics Gymnastics (Balance)	Games (Net, Court & Wall) Gymnastics (Balance / Travel / Direction) Dance	Games (Striking & Fielding) Outdoor Athletics Dance
Domain	Progression Statement		
Gymnastics	<ul style="list-style-type: none"> Identify and use a variety of body parts for supporting balances and understand which combinations produce the most stable bases Demonstrate a variety of balance positions, including ones with feet high and understand about body tension and quality of performance Understand that the same base can support different shaped balances and demonstrate contrasting shapes e.g. wide/narrow/curled; symmetry and asymmetry Create and perform a sequence which combines four or more balances with travelling movements, jumps or rolls. Link the above to apparatus 	<ul style="list-style-type: none"> Identify and use a range of travelling, jumping and turning movements on different levels to show ways of balancing on different body parts Demonstrate various sliding, rolling and turning movements which leads smoothly into balance positions showing change of front Move into a balance, then move out of it in a different direction With a partner, link together a series of movements and balances which demonstrate an understanding of change of front and direction and show contrast in speed Link the above to apparatus 	
Dance		<ul style="list-style-type: none"> Understand that ideas can be translated into movement Explore different movements patterns and simple motifs Structure a dance with a partner or in a small group Evaluate the work of others using a specific criteria 	<ul style="list-style-type: none"> Perform imaginatively in character Link movement / sections together using appropriate transitional movement Work with a partner showing meeting/parting and action / reaction Perform with understanding and mood of the dance

<p>Games</p>	<ul style="list-style-type: none"> • Play confidently in small sided invasion games using various formations • Use a range of techniques to pass and travel with the ball • Use a range of tactics to keep possession of the ball and get into position to shoot or score • Understand how to dodge, mark, signal for the ball and intercept • Play within the rules • Recognise aspects that need improving 	<ul style="list-style-type: none"> • To consolidate their striking skills and improve the control and quality. • To vary the shots and employ them appropriately. • To recognise what they do well and what needs improving. • To adapt rules of net games. 	<ul style="list-style-type: none"> • Know and use different ways of sending into and fielding from different directions • Throw accurately to and be a reliable “bowler” or “feeder” of the ball • Strike a ball along the ground or through the air in different directions with control • Understand how to direct or place a ball into spaces in order to score and how best to intercept and field the ball to return it • Combine the skills to play small sided striking/ fielding games to show an understanding of simple attacking and defending strategies
<p>Indoor Athletics</p>	<ul style="list-style-type: none"> • Run at different speeds smoothly and with consistency • Demonstrate different combinations of jumps, showing control, coordination and consistency • Throw a range of objects into a target area accurately • Recognise that there are different throwing, running and jumping styles and be able to choose the appropriate one in different situations • Understand about pacing so they can keep going and maintain the quality of their actions • Recognise that different events make different demands on their body • Identify when the body is cool, warm, hot and record it • Watch and describe specific aspects of running, throwing and jumping and suggest ways of improving 		
<p>Outdoor Athletics</p>			<ul style="list-style-type: none"> • Understand and demonstrate the different between sprinting and running for sustained periods of time • Know and demonstrate a range of throwing techniques • Throw with some accuracy and power into a target area • Perform a range of jumps, showing consistent techniques and sometimes using a short run up • Play different roles in small groups

			<ul style="list-style-type: none">• Relate different type of activity to different heart rates and body temperatures, and use some of these activities when warming up• Compare and contrast performances using appropriate language
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Year group long-term overview (with statutory requirements) and subject progression map (above) to be used together to inform medium term planning.