



## PHYSICAL EDUCATION Y4 PROGRESSION MAP

AUTUMN TERM	SPRING TERM	SUMMER TERM
<b>Progression Statement</b>		
<b>FITNESS</b> <ul style="list-style-type: none"> <li><b>Physical:</b> strength, speed, power, agility, coordination, balance, stamina</li> <li><b>Social:</b> supporting others, working safely</li> <li><b>Emotional:</b> perseverance, determination</li> <li><b>Thinking:</b> identifying areas of strength and areas for development</li> </ul>	<b>GYMNASTICS</b> <ul style="list-style-type: none"> <li><b>Physical:</b> individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand</li> <li><b>Social:</b> responsibility, collaboration, communication, respect</li> <li><b>Emotional:</b> confidence</li> <li><b>Thinking:</b> observing and providing feedback, selecting and applying actions, evaluating and improving sequences</li> </ul>	<b>ATHLETICS</b> <ul style="list-style-type: none"> <li><b>Physical:</b> pacing, sprinting technique, jumping for distance, throwing for distance</li> <li><b>Social:</b> working collaboratively, working safely</li> <li><b>Emotional:</b> perseverance, determination</li> <li><b>Thinking:</b> observing and providing feedback, exploring ideas</li> </ul>
<b>INVASION GAMES (HANDBALL)</b> <ul style="list-style-type: none"> <li><b>Physical:</b> ball control, throwing and catching, moving with the ball, dribbling, shooting</li> <li><b>Social:</b> working safely, communication, respect</li> <li><b>Emotional:</b> honesty and fair play, perseverance</li> <li><b>Thinking:</b> planning strategies, observing and providing feedback</li> </ul>	<b>DANCE</b> <ul style="list-style-type: none"> <li><b>Physical:</b> performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, balance, control, technique</li> <li><b>Social:</b> collaboration, consideration, inclusion, respect</li> <li><b>Emotional:</b> empathy, confidence</li> <li><b>Thinking:</b> observing and providing feedback, selecting and applying skills</li> </ul>	
<b>OAA</b> <ul style="list-style-type: none"> <li><b>Physical:</b> balance, dodging, running</li> <li><b>Social:</b> communication, teamwork, trust, inclusion, listening</li> <li><b>Emotional:</b> confidence, resilience, determination, honesty, integrity</li> <li><b>Thinking:</b> planning, map reading, decision making, tactics, problem solving</li> </ul>	<b>INVASION GAMES (HOCKEY)</b> <ul style="list-style-type: none"> <li><b>Physical:</b> passing, dribbling, receiving, intercepting, tackling</li> <li><b>Social:</b> communication, collaboration, inclusive</li> <li><b>Emotional:</b> honesty and fair play, perseverance, empathy</li> <li><b>Thinking:</b> planning strategies and using tactics, observing and providing feedback, decision making</li> </ul>	<b>NET, COURT &amp; WALL GAMES (TENNIS)</b> <ul style="list-style-type: none"> <li><b>Physical:</b> underarm throwing, catching, forehand, backhand, ready position</li> <li><b>Social:</b> collaboration, respect, supporting others</li> <li><b>Emotional:</b> perseverance, honesty</li> <li><b>Thinking:</b> decision making, understanding rules, selecting and applying skills and tactics</li> </ul>

**Year group long-term overview (with statutory requirements) and subject progression map (above) to be used together to inform medium term planning.**