



Year 4 PE KNOWLEDGE Subject Map

Dance Gymnastics	Ball skills Fundamentals	Net and Wall (Tennis) Football (Target)	Rugby (Invasion) Stretch and Movement	Swimming (2 week block) Outdoor Adventurous Activities Rounders (Striking and fielding)	Athletics Fitness
DRIVER WORDS					
Early Years	Year 1	Year 2	Year 3	Year 4	Year 5
Develop, Revise , Refine	Travel, Copy, Move, Run, Jump, Balance	Link movements, Perform sequences, Combine skills	Change speed effectively, Travel fluently, Keep possession, Maintain pace, Throw/	Plan, Show improvement	Combine strength and stamina, Compete, Identify risks, Embrace leadership

	KNOWLEDGE		KNOWLEDGE
ATHLETICS	<p>K1. Running: understand that I need to pace myself when running further or for a long period of time.</p> <p>K2. Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power.</p> <p>K3. Jumping: understand that transferring weight will help me to jump further.</p> <p>K4. Throwing: understand that transferring weight will help me to throw further.</p> <p>K5. Rules: know and understand the rules to be able to manage our own events.</p>	BALL SKILLS	<p>K6. Sending: know that I can use a variety of ways to send the ball and it may depend on the situation e.g. distance, speed, if there is a defender.</p> <p>K7. Catching: know to adjust my hands to the height of the ball.</p> <p>K8. Tracking: know that tracking a ball is an important skill used in games activities and be able to give examples of this.</p> <p>K9. Dribbling: know that dribbling with soft hands/touches will help me to keep control.</p>
DANCE	<p>K10. Actions: understand that some actions are better suited to a certain character, mood or idea than others.</p> <p>K11. Dynamics: understand that some dynamics are better suited to a certain character, mood or idea than others.</p> <p>K12. Space: understand that space can be used to express a certain character, mood or idea.</p> <p>K13. Relationships: understand that some relationships are better suited to a certain character, mood or idea than others.</p> <p>K14. Performance: know that being aware of other performers in my group will help us to move in time.</p> <p>K15. Strategy: know that I can select from a range of dance techniques to translate my idea.</p>	FITNESS	<p>K16. Agility: know that keeping my elbows bent when changing direction will help me to stay balanced.</p> <p>K17. Balance: understand that I need to squeeze different muscles to help me to stay balanced in different activities.</p> <p>K18. Co-Ordination: understand that if I begin in a ready position I can react quicker.</p> <p>K19. Speed: understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power.</p> <p>K20. Strength: understand that strength comes from different muscles and know how I can improve my strength.</p> <p>K21. Stamina: understand that I need to pace myself when running further or for a long period of time</p>
FUNDAMENTALS	<p>K22. Running: understand that a change of direction and speed can help to get past or away from an opponent.</p> <p>K23. Balancing: understand that I need to squeeze different muscles to help me to stay balanced in different activities.</p> <p>K24. Jumping and hopping: know that swinging my non-hopping foot helps to create momentum.</p> <p>K25. Skipping: understand that keeping my chest up helps me to stay balanced.</p>	GYMNASTIC	<p>K26. Shapes: understand how shapes can be used to improve my sequence.</p> <p>K27. Inverted movements: know that inverted movements are actions in which my hips go above my head.</p> <p>K28. Balances: know how to keep myself and others safe when performing partner balances.</p> <p>K29. Rolls: understand that I can keep the shape of my roll using body tension.</p> <p>K30. Jumps: know that I can control my landing by landing toes first, looking forwards and bending my knees.</p> <p>K31. Strategy: know that if I use different directions it will help to make my sequence look interesting.</p>
INVASION	<p>K32. Sending & receiving: know that cushioning a ball will help me to control it when receiving it.</p> <p>K33. Dribbling: know that protecting the ball as I dribble will help me to maintain possession.</p> <p>K34. Space: know that moving into space will help my team keep possession and score goals.</p> <p>K35. Attacking: recognise when to pass and when to shoot.</p> <p>K36. Defending: know when to mark and when to attempt to win the ball.</p> <p>K37. Tactics: know that applying attacking tactics will help to maintain possession and score goals.</p> <p>K38. Know that applying defending tactics will help to deny space, gain possession and stop goals.</p> <p>K39. Rules: know and understand the rules to be able to manage our own game.</p>	NET AND WALL	<p>K40. Shots: understand when to play a forehand and a backhand and why.</p> <p>K41. Rallying: know that moving my feet to the ball will help me to hit in a more balanced position therefore increasing the accuracy of my shot.</p> <p>K42. Footwork: know that getting my feet in the right position will help me to balance before playing a shot.</p> <p>K43. Tactics: know that applying attacking tactics will help me to score points and create space.</p> <p>K44. Know that applying defending tactics will help me to deny space, return a ball and limit points.</p> <p>K45. Rules: know and understand the rules to be able to manage our own game.</p>
OUTDOOR ADVENTUROUS ACTIVITIES	<p>K46. Problem solving: know that discussing the advantages and disadvantages of ideas will help to guide us to a conclusion about which idea to use.</p> <p>K47. Navigational skills: understand how to use a key and use the cardinal points on a map to orientate it.</p> <p>K48. Communication: understand that there are different types of communication and that I can communicate without talking.</p> <p>K49. Reflection: with increased accuracy, critically reflect on when and why I am successful at solving challenges.</p> <p>K50. Rules: understand the importance of working with integrity.</p>	STRIKING AND FIELDING	<p>K51. Striking: know that using the centre of the bat will provide the most control and accuracy.</p> <p>K52. Fielding: know that it is easier to field a ball that is coming towards me rather than away so set up accordingly.</p> <p>K53. Throwing: understand that being balanced before throwing will help to improve the accuracy of the throw.</p> <p>K54. Catching: know to track the ball as it is thrown to help to improve the consistency of catching.</p> <p>K55. Tactics: know that applying attacking tactics will help to score points and avoid getting out.</p> <p>K56. Know that applying defending tactics will help to deny space, get opponents out and limit points.</p> <p>K57. Rules: know and understand the rules to be able to manage our own game.</p>
TARGET GAMES	<p>K58. Throwing: know that one handed throws are used for speed and accuracy.</p> <p>K59. Know that keeping my elbow high and stepping with my opposite foot will help to increase the power.</p> <p>K60. Catching (dodgeball): know that moving my feet to a ball and pulling it in to my chest will help me to catch more consistently.</p> <p>K61. Striking: know that using a smooth action will help to increase accuracy.</p> <p>K62. Tactics: know that applying attacking tactics will help me to score points and get opponents out.</p> <p>K63. Know that applying defending tactics will help me to stay in the game.</p>		



Year 4 PE SKILLS Subject Map



	SKILLS		SKILLS
ATHLETICS	<p>S1. Running: develop an understanding of speed and pace in relation to distance.</p> <p>S2. Develop power and speed in the sprinting technique.</p> <p>S3. Jumping: develop technique when jumping for distance.</p> <p>S4. Throwing: explore power and technique when throwing for distance in a pull and heave throw.</p>	BALL SKILLS	<p>S5. Sending: accurately use a range of techniques to send a ball to a target.</p> <p>S6. Catching: catch different sized objects with increasing consistency with one and two hands.</p> <p>S7. Tracking: consistently track a ball sent directly and indirectly.</p> <p>S8. Dribbling: dribble a ball with increasing control and co-ordination.</p>
DANCE	<p>S9. Actions: respond imaginatively to a range of stimuli related to character and narrative.</p> <p>S10. Dynamics: change dynamics confidently within a performance to express changes in character.</p> <p>S11. Space: confidently use changes in level, direction and pathway. Relationships: use action and reaction to represent an idea.</p> <p>S12. Performance: perform complex dances that communicate narrative and character well, performing clearly and fluently.</p>	FITNESS	<p>S13. Agility: show balance when changing direction at speed.</p> <p>S14. Balance: show control whilst completing activities which challenge balance.</p> <p>S15. Co-ordination: explore increased speed when co-ordinating my body. Speed: demonstrate improved sprinting technique.</p> <p>S16. Strength: develop building strength in different muscle groups.</p> <p>S17. Stamina: demonstrate using my breath to maintain my work rate.</p>
FUNDAMENTALS	<p>S18. Running: change direction quickly under pressure.</p> <p>S19. Demonstrate when and how to accelerate and decelerate.</p> <p>S20. Balancing: demonstrate good balance and control when performing other fundamental skills.</p> <p>S21. Jumping and hopping: link hopping and jumping actions with other fundamental skills.</p> <p>S22. Skipping: consistently skip in a rope.</p>	GYMNASTIC	<p>S23. Shapes: develop the range of shapes I use in my sequences.</p> <p>S24. Inverted movements: develop strength in bridge and shoulder stand.</p> <p>S25. Balances: develop control and fluency in individual and partner balances.</p> <p>S26. Rolls: develop the straight, barrel, forward and straddle roll and perform them with increased control.</p> <p>S27. Jumps: develop control in performing and landing rotation jumps.</p>
INVASION	<p>S28. Sending & receiving: develop passing techniques appropriate to the game with increasing success.</p> <p>S29. Catch a ball using one and two hands and receive a ball with feet/object with increasing success.</p> <p>S30. Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control.</p> <p>S31. Space: develop moving into space to help my team.</p> <p>S32. Attacking: change direction to lose an opponent with some success.</p> <p>S33. Defending: develop defending one on one and begin to intercept.</p>	NET AND WALL	<p>S34. Shots: demonstrate technique when using shots playing co-operatively and beginning to execute this competitively.</p> <p>S35. Rallying: develop rallying using both forehand and backhand with increased technique.</p> <p>S36. Footwork: begin to use appropriate footwork patterns to move around the court.</p>
OUTDOOR ADVENTUROUS ACTIVITIES	<p>S37. Problem solving: plan independently and in small groups, implementing a strategy with increased success.</p> <p>S38. Navigational skills: identify key symbols on a map and follow a route.</p> <p>S39. Communication: confidently communicate ideas and listen to others</p>	STRIKING AND FIELDING	<p>S40. Striking: develop batting technique with a range of equipment.</p> <p>S41. Fielding: develop bowling with some consistency, abiding by the rules of the game.</p> <p>S42. Throwing: use overarm and underarm throwing with increased consistency in game situations.</p> <p>S43. Catching: begin to catch with one and two hands with some consistency in game situations.</p>
TARGET GAMES	<p>S44. Throwing: throw with increasing accuracy at a target.</p> <p>S45. Catching (dodgeball): catch with increasing consistency.</p> <p>S46. Striking: strike a ball with increasing consistency.</p>		

PE VOCABULARY

accelerate, attack, balance, catch, communicate, control, **co-ordination**, **decelerate**, defend, dribble, exercise, fielding, **fine motor**, fitness, flexibility, footwork, games, **gross motor**, health, healthy, **heart rate**, hop, jump, movement, move, **participate**, perform, rules, running, roll, sending, shape, skill, skip, space, speed, **stamina**, strength, striking, **tactics**, team, teamwork, throw, tracking, transition, travel