

## PE Key Skills Y4

Area	Key Skill
<b>Games</b>	<ul style="list-style-type: none"> <li>• Change pace, length and direction to outwit their opponent</li> <li>• Choose and use a range of ball skills with a good degree of accuracy</li> <li>• Use a variety of techniques and tactics to attack, keep possession and score</li> <li>• Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others</li> <li>• Understand how strength, stamina and speed can be improved by playing games</li> <li>• Identify good performances and suggest ideas for practices that will improve their play</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Can explore and create characters and narratives</li> <li>• Can create motifs</li> <li>• Can describe the need to warm up</li> <li>• Can evaluate their own performance and comment on improvements</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Perform a range of gymnastic actions with increased consistency and fluency Work with a partner to show similar and contrasting actions on the floor and apparatus</li> <li>• Combine actions and show clarity of shape in longer sequences, alone or with a partner</li> <li>• Understand how strength and suppleness improve gymnastic performance</li> <li>• Describe their own and others' work, making simple judgements about the quality of performances and suggesting ways they could be improved</li> </ul>
<b>Outdoor Adventure</b>	<ul style="list-style-type: none"> <li>• Use maps and diagrams to orientate themselves and to travel around a simple course</li> <li>• Plan responses to physical challenges and problems as a group</li> <li>• Prepare physically for activities and keeping safe</li> <li>• Evaluate the challenge and identify different approaches that could have been used</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>• Show some control when using a range of basic running, jumping and throwing actions</li> <li>• Perform a range of jumps showing contrasting techniques and sometimes using a short run up</li> <li>• Throw with some accuracy and power into a target area</li> <li>• Work in cooperative groups to use different techniques, speeds and effort to meet challenges</li> <li>• Relate different athletic activities to changes in heart rate, breathing and temperature</li> <li>• Identify and describe different aspects of athletic styles and use to improve own performance</li> </ul>