




Year Four		Intent	Implementation	Impact	
		It is our intention to develop a lifelong love of physical activity, sport and PE in all of our children. We aim to ensure a positive and healthy physical and mental outlook in the future and help young people to develop essential skills like leadership and teamwork. Within each lesson, we strive to give every child the opportunity to develop skills in PE, consider the impact on their health and fitness, compete/perform and evaluate. It is our intention to ensure that every child has access to at least 2 hours of physical activity per week.	Our secure subject knowledge ensures that modern, high-quality teaching and learning opportunities are provided for all areas of the PE National Curriculum. Technical glossaries, skills posters and guidance support us in our subject knowledge allowing us to share technical vocabulary and skills that children need clearly, confidently and concisely. We structure lesson sequences to consider prior learning and provide opportunities for revision and practise to help build depth to children's knowledge, skills and understanding.	Learners develop detailed knowledge and skills across the full breadth of the PE curriculum through engaging in age-appropriate content. We ensure that learning is memorable, allowing links to be made and ultimately creating a higher level of engagement and understanding. Children's attainment and progress is measured using an assessment spreadsheet linked to the 'I can' statements below. We give ample opportunity for children to showcase the acquired skills in a range of competitions entered over the year.	
GYMNASTICS		GAMES	DANCE	ATHLETICS	ADVENTURE
I can describe how the body reacts at different times and how this affects the performance.		I can describe how the body reacts at different times and how this affects the performance.	I can describe how the body reacts at different times and how this affects the performance.	I can describe how the body reacts at different times and how this affects the performance.	I can describe how the body reacts at different times and how this affects the performance.
I can create a sequence of actions that fit a theme. I show changes of direction, speed and level. I can develop strength, technique and flexibility. I can do a backward roll. I can do balances against a partner.		I can use coordination to strike a moving and a stationary ball. I can develop different ways of throwing and catching. I can move with the ball using a range of techniques showing control and fluency. I can contribute towards helping my team to keep and win back possession of the ball in a game. I can vary the tactics I use in a game.	I can compose a dance that reflects the chosen dance style. I can compose longer dance sequences in a small group. I can demonstrate rhythm and spatial awareness. I can perform and apply skills and techniques with control and accuracy. I can perform and create sequences with fluency and expression.	I can complete a 15m bleep test. I can sprint for distances up to 60m. I can jump in several ways with a short run up. I can perform basic technique for jumping hurdles. I can perform a powerful technique for throwing a soft javelin.	I am starting to recognise features of map orientation. I can make an informed decision on the best equipment to use for an activity. I can work as part of a team. I can create a short trail for others with a physical challenge. I can make forest school crafts.
I can perform and take part in a range of competitive games and activities.		I can perform and take part in a range of competitive games and activities.	I can perform and take part in a range of competitive games and activities.	I can perform and take part in a range of competitive games and activities.	I can perform and take part in a range of competitive games and activities.



Key Stage Two
Year Four

Key Stage Two National Curriculum Aims

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics).
- Perform dances using a range of movement patterns.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Use running, jumping, throwing, and catching in isolation and in combination.
- Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending.

Take part in outdoor and adventurous activity challenges both individually and within a team.