

PE and Games Age End Points - Year 4

Dance	Gymnastics	Athletics	Invasion					
			Football	Tag Rugby	Basketball	Netball	Hockey	Multi Skills
<ul style="list-style-type: none"> + copy & explore steps / actions + recall & adapt actions + link moves to a theme + move to varied tempo / speeds 	<ul style="list-style-type: none"> + perform basic jumps + use low apparatus safely + perform a forward roll + adapt a sequence to involve low level apparatus 	<ul style="list-style-type: none"> + demonstrate technique needed for endurance running (breathing / pacing) + jump 1 foot to 2 feet + perform triple jump in the correct sequence + throw a vortex howler / foam javelin from a side on position 	<ul style="list-style-type: none"> + explore the areas of feet to control & send + beat a goalkeeper + participate effectively in small sided games + dispossess an opponent 	<ul style="list-style-type: none"> + put evade a tackler + tackle a player in possession + stop & pass after being tagged + score a try 	<ul style="list-style-type: none"> + send and receive a chest & bounce pass + move to receive a pass + dribble using both hands + attempt a shot at goal 	<ul style="list-style-type: none"> + perform a pivot + link a pass & receive with a shot at goal + mark a player + play within boundaries 	<ul style="list-style-type: none"> + send & receive a ball + shoot with power + show a basic understanding of feet & stick rules + dribble around an obstacle 	<ul style="list-style-type: none"> + throw at a target + evade a ball + play effectively to the rules of Dodgeball + outwit and opponent
			<ul style="list-style-type: none"> + demonstrate an understanding of the role of a defender + demonstrate an understanding if the role of an attacker + demonstrate basic understanding of how games start / restart 					
Striking & Fielding		Net / Wall		Outdoor & Adventurous Activities		Assessment	Coaching / Leadership	
Cricket	Rounders	Tennis	Badminton	<ul style="list-style-type: none"> + change an idea to tackle a problem + work alone/with a partner/with a team + give and follow simple instructions + recognise key features of a map + continue to demonstrate perseverance 		<ul style="list-style-type: none"> + identify own weakness (self-assess) + identify areas of improvement in others (peer assess) 	<ul style="list-style-type: none"> + recall important information and repeat simple instructions to help a peer + take alternative roles within a group/team 	
<ul style="list-style-type: none"> + hit a ball to space + bowl with a straight arm 	<ul style="list-style-type: none"> + make contact with bat & ball + change direction of ball from a tee + knows to stop at a base 	<ul style="list-style-type: none"> + serve at a target + hit a moving ball 	<ul style="list-style-type: none"> + serve at a target + return a moving shuttle 					
<ul style="list-style-type: none"> + knows how to score + knows how to deny scoring + use a long barrier + show understanding of pitch markings 		<ul style="list-style-type: none"> + know forehand/backhand sides + knows how a rally ends + score in a modified game 						

PE and Games Age End Points - Year 4