

# LEAS PARK JUNIOR SCHOOL - Curriculum Progression Map

**Year Group: 4**

**Subject: PE**

Unit Curriculum Strand	Autumn: Tag Rugby (1) / Dance (2)	Spring: Netball (3) / Gymnastics (4)	Summer: Rounders (5) / Athletics (6)
<b>Key Skills</b>	<p>Children can...</p> <ul style="list-style-type: none"> <li>Follow basic instructions, work co-operatively with each other and in a team and be able to communicate effectively. (1-6)</li> <li>Begin to think about warm up ideas that prepare them for the exercise that they are going to do. (1-6)</li> <li>Throw (overarm and underarm) with greater accuracy and control and perform bounce, chest, lob and overhead throws towards a target (4,5,6)</li> <li>Run at fast, medium and slow speeds and apply this within different situations. (1,3,5,6)</li> </ul> <p>Children know...</p> <ul style="list-style-type: none"> <li>The impact which regular practise of key skills has on performance. (1-6)</li> <li>The physical changes during and after exercise and the long term benefits of physical activity (1-6)</li> </ul>		
<b>Flexibility Strength Technique Control Balance</b>	<p>Children can...</p> <ul style="list-style-type: none"> <li>Demonstrate an understanding of rhythm, expression and spatial awareness. (2)</li> <li>Begin to improvise with a partner and small group to learn simple dances with a focus on coordination, dancing to the beat and following a leader (2)</li> <li>Safely use one and two feet to take off and land with, showing an understanding of mirror, match, and repetition. (2,4,6)</li> <li>Develop their flexibility strength, technique, control and balance through performing jumps, leaps, rolls, vaults, round offs and cartwheels (4)</li> <li>Link moves to create sequences to perform individually and within a group (4)</li> <li>Use the correct techniques and positioning to throw different apparatus (6)</li> </ul> <p>Children know...</p> <ul style="list-style-type: none"> <li>The meaning of higher level dance vocabulary (co-ordination, beat, mirror, match, repetition). (2)</li> <li>The importance of and how to move equipment safely within the school hall. (revisited)</li> </ul>		
<b>Games (outdoor activity)</b>	<p>Children can...</p> <ul style="list-style-type: none"> <li>Demonstrate hitting and striking skills using the correct batting/hitting technique and use it in a game. (3,5) (revisited)</li> <li>Pass a ball while stationary and moving and support teammates in possession of the ball to be able to receive a pass (1,3,5)</li> <li>At times, anticipate where and when the ball will be passed and get into a position to be able to intercept it. (1,3,5)</li> <li>Begin to understanding the meaning of 'marking a player' - understanding their defence and attack role. (1,3)</li> </ul> <p>Children know...</p> <ul style="list-style-type: none"> <li>The basic principles and rules of invasion games and apply them fairly in a game situation. (1,3,5) (revisited - new games introduced)</li> </ul>		
<b>Performance and Analysis</b>	<p>Children can...</p> <ul style="list-style-type: none"> <li>Give peer feedback and show some awareness of comparing their work with others and therefore improve it. (2,4) (revisited)</li> <li>Compete against self and others and compare this to previous performances (record in athletics log). (6) (revisited)</li> <li>Watch and describe the effectiveness of a performance/game and explain how their performance has improved over time. (1-6) (revisited)</li> </ul> <p>Children know...</p> <ul style="list-style-type: none"> <li>The importance of teacher, self and peer feedback and evaluation in order to improve. (1-6) (revisited)</li> <li>Describe how the body reacts at different times and how this affects performance. (1-6)</li> </ul>		