

Newton Hill Community School: Progression Documents



PE: Year Group: 4

Prior Learning Year 3	Year 4 Learning	Year 5 Future Learning	Vocabulary
<p><u>Invasion Games</u> Practise passing to a partner using a number of different sending and receiving techniques. Improve accuracy of passes and use space effectively. Remain in control of ball when traveling. Use communication skills effectively. Play games that involve keeping possession and scoring in targets.</p> <p><u>Multi-skills and Athletics</u> Choose appropriate equipment to perform the challenges they are set. Use a range of different techniques, skills and effort to meet challenges set for running, jumping and throwing. Recognise and describe what their body feels like during different types of activity.</p> <p><u>Striking and Fielding</u> Consolidate and develop the range and consistency of their skills in striking and fielding games.</p>	<p><u>Invasion Games</u> Play games that involve keeping possession and scoring in targets. Plan ideas and tactics for invasion games. Know what rules are needed to keep a game fair. Evaluate how successful their tactics have been and know how to improve performances in future.</p> <p><u>Multi-skills and Athletics</u> Begin to learn about pacing and use their knowledge effectively over different-sized runs. Combine basic actions and form simple jump combinations. Throw at a target using an appropriate technique. Recognise and describe what their body feels like during different types of activity.</p> <p><u>Striking and Fielding</u> Choose and use a range of simple tactics and strategies. Keep, adapt and make rules for striking and fielding. Throw and catch a ball with more accuracy.</p> <p><u>Movement and Co-ordination</u> Create, perform and repeat sequences that include travel, body shapes and balances. Include changes in dynamics. Work with a partner effectively. Compare and contrast different performances.</p>	<p><u>Invasion Games</u> Shield the ball effectively. Change speed/direction with the ball to evade defenders. Shoot accurately in a variety of ways. Mark an opponent effectively. Watch and evaluate the success of the games they played in.</p> <p><u>Multi-skills and Athletics</u> Know how to plan a run so they can pace themselves appropriately. Set themselves and others achievable targets in different events. Critique the performance of a partner, identifying strengths and areas to develop. Throw with some control, accuracy and efficiency.</p> <p><u>Striking and Fielding</u> Develop consistency with their skills within specific striking and fielding games. Strike a moving ball. Begin to use appropriate bowling and throwing techniques.</p> <p><u>Movement and Co-ordination</u> Explore a range of symmetric and asymmetric actions, shapes and balances. Control actions and combine them with some fluency.</p>	<p>Passing, moving, teamwork, balance, co-ordination, Personal Best, striking, fielding, invasion games, position, routine, fitness, accuracy, improvement, agility, resilience, stamina, ball skills, evaluate,</p>

<p>Begin to throw and catch with more accuracy.</p> <p><u>Movement and Co-ordination</u></p> <p>Practise and concentrate on quality of movement.</p> <p>Transfer weight smoothly from one part of the body to another.</p> <p>Copy a partner's sequence.</p> <p>Working alone and with partners, choose effective combinations to work in a sequence.</p>		<p>Be aware of extension, body tension and control.</p> <p>Watch a performance and evaluate successes/areas to develop.</p>	
Common Misconceptions	Key Questions:	Famous People Links	
<ul style="list-style-type: none"> • Catching position • Co-ordination • Travelling with a ball • Incorrect technique for catching and throwing 	<ul style="list-style-type: none"> • How should we move? • How can we improve on our performance? • How do you live a healthy lifestyle? • Why is it important to be healthy? • How can we demonstrate teamwork? • 	<ul style="list-style-type: none"> • Mo Farah • Simone Biles • Harry Kane • Joe Root • Wakefield Trinity • Leeds United 	
Assessment Opportunities/Final Assessment			
<ul style="list-style-type: none"> • Continuous assessment (AFL / formative). • Competition performances. • Recordings of 'Personal Bests' during lessons and competitive events. 			