



## PE Knowledge Mat / Success Criteria: Year 4

	Developing skills	Making & applying	Physical & mental	Evaluate & improve
<b>Dance</b>	<ul style="list-style-type: none"> <li>Think about character and narrative ideas and respond through movement</li> <li>Experiment with a wide range of actions individually, with a partner or in a group</li> </ul>	<ul style="list-style-type: none"> <li>Use different ideas to create motifs using unison and canon</li> <li>Practise and combine more complex phrases</li> </ul>	<ul style="list-style-type: none"> <li>Show understanding of warming up and cooling down and do it on their own</li> </ul>	<ul style="list-style-type: none"> <li>Describe and interpret dance movements using appropriate vocabulary</li> <li>Suggest how dance and performances can be improved</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>Perform a range of actions with consistency, fluency and clarity of movement</li> <li>Make shapes on the floor and apparatus, working with a partner</li> <li>Combine actions and maintain the quality when performing with a partner</li> </ul>	<ul style="list-style-type: none"> <li>Combine actions to make sequences, changing speed, level, direction and shape</li> <li>Gradually increase the length of sequences</li> <li>Work with a partner to make a short sequence on floor, mats and apparatus</li> </ul>	<ul style="list-style-type: none"> <li>Devise routines of stretching exercises that prepare them for their gym work</li> </ul>	<ul style="list-style-type: none"> <li>Make simple assessments of performance based on criteria given by teacher</li> <li>Refine their sequences and others' work</li> <li>Offer constructive ideas when working with a partner</li> </ul>
<b>Invasion Games</b>	<ul style="list-style-type: none"> <li>Use a range of techniques when passing</li> <li>Change direction and speed when dribbling the ball</li> <li>Show growing consistency and control in games</li> <li>Play with greater speed and flow</li> </ul>	<ul style="list-style-type: none"> <li>Keep and use rules they are given</li> <li>Suggest how rules could be changed to improve the game</li> <li>Adapt rules in agreement with others</li> <li>Use a range of tactics to keep possession of the ball and to attack goal</li> </ul>	<ul style="list-style-type: none"> <li>Use knowledge they have learnt to make up suitable warm up activities.</li> </ul>	<ul style="list-style-type: none"> <li>Know and explain tactics and skills they are confident with and use well in games.</li> <li>Choose different ways of practising these skills and tactics</li> <li>Describe the help they need to improve their play</li> </ul>
<b>Striking/ Fielding</b>	<ul style="list-style-type: none"> <li>Strike a ball with intent and throw it more accurately when bowling/fielding</li> <li>Intercept and stop the ball with consistency and sometimes catch it</li> <li>Return the ball quickly and accurately</li> </ul>	<ul style="list-style-type: none"> <li>Choose and use batting or throwing skills to make game harder for opponents</li> <li>Choose where to stand successfully as a fielder</li> <li>Work well as a team to make it harder for the batter</li> </ul>	<ul style="list-style-type: none"> <li>Know the demands that specific activities make on their bodies.</li> <li>Know the importance of warming up</li> </ul>	<ul style="list-style-type: none"> <li>Describe what is successful in their own and others' play</li> <li>Identify parts of their performance that need improving and suggest how to achieve this</li> </ul>

### Main progressions points:

- Experiment with various actions individually, partnered or in small groups
- Create more complex motifs using 'canon' and 'unison' (6-7 movements)
- Perform a range of actions with consistency, fluency and clarity of movement
- Combine actions to make sequences, changing speed, level, direction and shape
- Use a range of techniques when passing and play with greater speed & flow
- Use a range of tactics to keep possession of the ball and to attack goal
- Strike a ball with intent and throw it more accurately when bowling/fielding

