



Year 4 Expectations in PE

Invasion Games

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
play games with some fluency and accuracy, using a range of throwing and catching techniques		
find ways of attacking successfully when using other skills		
use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score		
know the rules of the game		
understand that they need to defend as well as attack		
understand how strength, stamina and speed can be improved by playing invasion games		
lead a partner through short warm-up routines		



watch and describe others' performances, as well as their own, and suggest practices that will help them and others to play better		
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Net/Wall Games

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
keep up a continuous game, using a range of throwing and catching skills and techniques		
use a small range of basic racket skills		
choose and use a range of simple tactics for sending the ball in different ways to make it difficult for their opponent		
choose and use a range of simple tactics for defending their own court		
adapt and refine rules		
make up their own net games		
understand the point of the game		



keep rules effectively and fairly		
recognise how net games make the body work		
talk about what they do well and recognise things they could do better		

Striking and Fielding Games

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
use a range of skills, e.g. throwing, striking, intercepting and stopping a ball, with some control and accuracy		
choose and vary skills and tactics to suit the situation in a game		
carry out tactics successfully		
set up small games		
know rules and use them fairly to keep games going		



explain what they need to do to get ready to play games		
carry out warm ups with care and an awareness of what is happening to their bodies		
describe what they and others do that is successful		
suggest what needs practising		

Outdoor and Adventurous Activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
use maps and diagrams to orientate themselves and to travel around a simple course		
respond when the task or environment changes and the challenge increases		
start to plan sensible responses to physical challenges or problems, talking and working with others in their group		



recognise some of the physical demands that activities make on them		
identify parts of the work that were successful		
respond to feedback on how to go about their work differently		

Dance Activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
respond imaginatively to a range of stimuli related to character and narrative		
use simple motifs and movement patterns to structure dance phrases on their own, with a partner and in a group		



refine, repeat and remember dance phrases and dances		
perform dances clearly and fluently		
show sensitivity to the dance idea and the accompaniment		
show a clear understanding of how to warm up and cool down safely		
describe, interpret and evaluate dance, using appropriate language		

Gymnastic activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
perform actions, balances, body shapes and agilities with control		
plan, perform and repeat longer sequences that include changes of speed and level, clear shapes and quality of movement		



adapt their own movements to include a partner in a sequence		
understand that strength and suppleness can be improved		
lead a partner through short warm-up routines		
recognise criteria that lead to improvement, e.g. changing a level		
watch, describe and suggest possible improvements to others performances		
suggest improvements to their own performance		

Athletic activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
understand and demonstrate the difference between sprinting and running for sustained periods		



know and demonstrate a range of throwing techniques		
throw with some accuracy and power into a target area		
perform a range of jumps, showing consistent technique and sometimes using a short run-up		
play different roles in small groups		
relate different types of activity to different heart rates and body temperatures, and use some of these activities when warming up		
compare and contrast performances using appropriate language		

Swimming activities and water safety

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
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swim between 50 and 100 metres and keep swimming for 45 to 90 seconds		
use three different strokes, swimming on their front and back		
control their breathing		
swim confidently and fluently on the surface and under water		
work well in groups to solve specific problems and challenges, sharing out the work fairly		
recognise how swimming affects their body, and pace their efforts to meet different challenges		
suggest activities and practices to help improve their own performance		