

Progression of Skills and Knowledge LKS2 PE

Name:

Notes:

	Year 3	Year 4
Dance	- improvise freely and translate ideas from a stimulus into movement - share and create phrases with a partner and small group - remember and repeat dance perform phrases - extend the story through: movement, story sequencing and retelling, and musical art (links with music)	- take the lead when working with a partner or group - use dance to communicate an idea - use a theme as a stimulus to create ideas
Gymnastics	- adapt sequences to suit different types of apparatus and criteria - explain how strength and suppleness/flexibility affect performance - work cooperatively with others to produce a routine - compare and contrast gymnastic sequences	- move in a controlled way - include change of speed and direction in a sequence - work with a partner to create, repeat and improve a sequence with at least three phases
Competitive Games	In basketball children will: - be aware of space and use it to support team-mates and to cause problems for the opposition - know and use rules fairly - apply basic rules - begin to use suitable techniques - learn from not winning - evaluate and recognise own improvement in invasion games In badminton children will: - be aware of space and use it to support team-mates and to cause problems for the opposition - know and use rules fairly - apply basic rules - begin to use suitable techniques - learn from not winning In rounders children will: - be aware of space and use it to support team-mates and to cause problems for the opposition - know and use rules fairly - apply basic rules - begin to use suitable techniques - learn from not winning	In tag rugby children will - throw and catch accurately with one and two hands - vary tactics and adapt skills depending on what is happening in a game - work as a team to reduce the opposition scoring points In badminton children will: - hit a shuttlecock accurately with control - vary tactics and adapt skills depending on what is happening in a game - work as a team to reduce the opposition scoring points. In rounders children will - throw and catch accurately - hit a ball accurately with control - vary tactics and adapt skills depending on what is happening in a game
Athletics	- run at fast, medium and slow speeds; changing speed and direction - take part in a relay, remembering when to run and what to do - identify different ways to jump and throw linked to athletics	- sprint over a short distance and show stamina when running over a long distance - jump in different ways, taking off on one foot and 2 feet, and landing with control
Swimming		- swim competently, confidently and proficiently over a distance of at least 25 metres - use a range of strokes effectively such as front crawl, backstroke and breaststroke - to perform safe self-rescue in different water-based situations
Evaluating and understanding	Understanding Identify how their body has changed	Evaluating - provide support and advice to others in dance - be prepared to listen to the ideas of others - work as team to develop others Understanding discuss the benefits of keeping active