

Cheadle Primary – the school at the heart of the village, free to flourish, ready to learn and succeed. Progression of Skills and Knowledge: PE Year 4							
	Autumn 1		Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Gymnastics - Rolling & Travelling low	Athletics	Netball	Tennis	Cricket *Swimming	Dance - Romans *Swimming	OAA *Swimming
Overview	In this unit, children will learn how to practise rolling & travelling low, individually and with a partner.	In this unit we learn a range of throwing, jumping and running techniques and hone technique before competing against ourselves and others.	In this unit we learn the fundamental skills of passing, catching, moving into space, intercepting, tracking and shooting. We also cover the rules of High 5 and the different roles within the game.	In this unit children learn how to move around the court, how to control the ball and to send it across the net using a variety of ground strokes.	This unit develops the skills of bowling, ground fielding, catching, wicket keeping and batting and looks to link skills whilst developing children’s understanding of how the different components fit together into the game itself.	In this unit children use dance to express their understanding of The Romans. They use individual, partner and group work.	Children learn how to plan and communicate as part of a group before taking on physical challenges.
Skills	<p>Forward roll with good technique and control Perform a forward roll as part of a sequence of rolls.</p> <p>Link forward rolls into a rolling sequence seamlessly. Roll along benches, nesting tables, round tables or horses or even bars on the climbing frame.</p> <p>Roll backwards and come to standing without knees touching the mat. Roll backwards into straddle.</p> <p>Create a sequence involving a variety of rolls. Roll over a partner.</p> <p>Mirror a partner’s rolls with good timing. Act on feedback from others.</p> <p>Produce a sequence of rolls which show elements of unison, canon and mirroring.</p>	<p>Develop use of the correct technique to start a sprint race. Improve my coordination to increase my speed.</p> <p>Hurdle efficiently and consistently. Sprint between hurdles.</p> <p>Develop the technique and consistency of my jumps. Jump consistently off the same foot, scissor kick.</p> <p>Throw overarm accurately. Throw overarm with power for distance.</p> <p>Accurately replicate the technique for running, jumping and throwing events. Run a relay efficiently as part of a team.</p> <p>Replicate the techniques for running, jumping and throwing events in competitive situations. Challenge myself to beat previous performances.</p>	<p>Send a netball accurately in a variety of ways Pass under pressure.</p> <p>Pass netball to bypass a defender by passing quickly, or using feinting or by, ‘giving the eyes.’ Defend individually and/or as part of a team.</p> <p>Attack by being fluid in my positioning, using the width and passing quickly.</p> <p>Shoot using good technique. Play in a game showing a range of skills and awareness of where I can go on court.</p> <p>Play a game of High 5, abiding by the rules of the game. Take up multiple roles within the game.</p> <p>Track an opponent on court. Demonstrate the school games values of passion, self-belief, respect, honesty, determination and teamwork.</p>	<p>Take up a ‘ready position’ and move into good positions to strike a ball. Play a game of hand tennis trying to move my opponent around the court.</p> <p>Hit consistent forehand returns. Get into consistently good positions to hit the ball after one bounce.</p> <p>Get into good positions to play backhand shots. Strike the ball on the backhand with some consistency.</p> <p>Volley a ball on the forehand and backhand striking the ball downwards.</p> <p>Serve from the baseline into my opponent’s side of the court. Move into the correct position to play a variety of shots.</p> <p>Use tactics against an opponent.</p>	<p>Stand sideways on with a high back lift ready to receive a ball. Step back and across to pull a short ball.</p> <p>Bowl a ball overarm with a straight arm. Take up a wicket keeping stance and take balls bowled on both sides of the wicket.</p> <p>Throw accurately and powerfully. Drive a ball and then run between a set of wickets, sliding my bat when necessary.</p> <p>Bat successfully with a partner, communicating effectively. Bowl with increasing accuracy.</p> <p>Bowl with a run up. Stop hard balls struck at me by forming a long barrier. Communicate effectively with a partner when batting.</p> <p>Back up my fellow fielders in the field. Play purposefully in a competitive game, taking on multiple roles effectively.</p>	<p>Develop a motif demonstrating some agility, balance, coordination and precision.</p> <p>Creatively change static actions into travelling movements. Show different levels and pathways when I travel.</p> <p>Communicate effectively with a partner.</p> <p>Communicate effectively within a group.</p> <p>Improve our ideas.</p> <p>Evaluate the work of others using accurate technical language.</p>	<p>Work as part of a team. Show enthusiasm, determination and resilience.</p> <p>Work together in a small group to solve problems. Compete under pressure.</p> <p>Negotiate with my group Plan a route map.</p> <p>Work with others to solve problems. Follow the rules of an activity.</p> <p>Identify areas of the school grounds using a map. Run and think simultaneously to compete in a competition.</p> <p>Identify where a number of controls are situated around the school grounds via photographic clues. Take photographs of interesting places around the school site.</p>
Knowledge	<p>How to perform a forward roll safely.</p> <p>How to adjust my hands when rolling along or over apparatus.</p> <p>The correct technique for rolling backwards.</p>	<p>Develop my knowledge of how to start a sprint race. The importance of keeping my first few metres low and powerful.</p>	<p>Which type of passing technique to use depending on the distance I am sending the ball. To pass within 3 seconds of receiving the ball.</p> <p>A good starting position when defending.</p>	<p>What the ready position is. To try and get into the centre of the court after playing each shot.</p> <p>To hit with a nice full backswing. To keep my head still and to try and hit with control.</p>	<p>How to grip the bat. How to move back and across to play the pull shot. What the crease is for.</p> <p>How to grip a ball when bowling. The process of bowling from the coil to release of the ball. How to position</p>	<p>How to contribute key words to a theme related mind map How to translate words/ideas into actions and combine.</p> <p>How to translate theme related actions into travelling movements.</p>	<p>How to use the process of elimination to work out symbols I don’t know.</p> <p>I have to communicate well and negotiate to solve problems in a group. To persevere and try</p>

	<p>How to roll over a partner safely.</p> <p>How to mirror a partner on the apparatus.</p> <p>How to present myself when performing for others.</p>	<p>Which my take off foot is. The technique associated with hurdling.</p> <p>That my furthest point backwards in long jump triple jump is the point measured in competition. To run in an arc & to approach the bar sideways on when high jumping.</p> <p>To position my body sideways on when throwing. The pull technique in throwing.</p> <p>How to receive and transfer a baton safely. How to remember the technique for triple jump.</p> <p>I can improve on personal bests. How to measure my own and others' performances.</p>	<p>That I need to pass in front of my teammates so they can run on to the ball.</p> <p>The correct technique for shooting. Rules which apply to attackers and defenders when shooting.</p> <p>How to officiate. How to be involved in the game even when not on court and take on added roles and responsibilities within the game.</p> <p>How to officiate and take on added roles and responsibilities within the game.</p>	<p>That I can play backhand with one hand or two, whichever feels more comfortable.</p> <p>To volley a ball by deflecting it downwards.</p> <p>The rules of tennis. How to score.</p> <p>My own and my opponent's strengths and weaknesses.</p>	<p>myself wicket keeping so no obstructions to my vision.</p> <p>When to slide my bat to make my ground when running between the wickets. What 'backing up' means to fielders.</p> <p>The different calls I can make as batsman. Which batsman/ woman calls for runs and the circumstances when each should call.</p> <p>How to form a long barrier to field a hard shot.</p> <p>When to stand still in the field and when to walk in as the bowler runs in. Why I need to call my name if going for a high catch.</p>	<p>How to translate images into actions to communicate meaning.</p> <p>How to listen to other's and share my own ideas. How to translate words from a poem into movements.</p> <p>How to use canon, formation changes, direction and level to improve our ideas. How to listen to other people's ideas and vocalise my own thoughts.</p> <p>How to recognise good timing, execution and performance skills.</p>	<p>again when things don't go immediately to plan.</p> <p>The compass points. How to navigate around an area following directions.</p> <p>The importance of listening to others and communicating well.</p> <p>How to orientate a map and find clues.</p> <p>How to use an iPad to take photographs. How to take turns and use equipment safely.</p>
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*Swimming curriculum

Children will be taught the following skills by qualified swimming instructors at Stockport Grand Central, working towards achieving the following National Curriculum standards:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations