

	Knowledge covered in Physical Education by the end of Y4
Games	<ul style="list-style-type: none"> • Understand the need for control when throwing and catching and using equipment. • Understanding which tactics and movements are appropriate for different games. • Understand the term hand eye coordination. • Understand the rules for a variety of games. • Knowing that games need to be played fairly and for enjoyment. • Know how to lead others and be respectful within a team.
	<p>Key Vocabulary Attack, defend, pressure, cover, goal side, possession, pass, decision, communicate, receive, court, pitch and pivot, throw, catch, control, space, support, opposition, strike and field, accuracy, rules, possession and tactics.</p>
Gymnastics	<ul style="list-style-type: none"> • Knows the terms and can attempt: frog balance, y balance and t balance and apply in sequences. • Knows the terms and can attempt: forward rolls and backwards rolls and can demonstrate in a controlled manner. • Knows how to perform different balances, movements and shapes on a variety of equipment and on the floor. • Knows how to climb, traverse and perform 3 points hold on equipment and can explain how to be safe.
	<p>Key Vocabulary Balance, strength, flexibility, agility, coordination, extensions, levels, forward roll, backward roll, diving, matching, mirroring and endurance. apparatus, strength, suppleness, performance, compare and contrast, sequences, stamina and improve.</p>
Dance	<ul style="list-style-type: none"> • Understands how to plan, perform and repeat sequences, with a clear beginning, middle and end. • Understands that movements can be combined. • Knows how to convey an idea through dance through dynamics, relationships and space. • Knows that changing the speed and levels of a performance will impact on the outcome. • Understands the need for physical strength and suppleness.
	<p>Key Vocabulary Step, count, gesture, travel, stillness, jump and turn, trigger, unison and canon, speed, direction, share and create, plan, repetition, performance phrases and levels</p>

OAA	<ul style="list-style-type: none"> • Knowledge of natural environment • Understand how to keep themselves safe • Demonstrate an understanding of the importance of : teamwork, social/communication skills and leadership skills • Know how to read a map of the school grounds • Develop an understanding of the importance and significance of rules and safety
	<p>Key Vocabulary Follow, route, appropriate equipment, safely, familiar context, manage risks/problems.</p>
Athletics	<ul style="list-style-type: none"> • Knows that their skills can be developed through strength, control and technique in a variety of manners (jumping, throwing, running)
	<p>Key Vocabulary Speed and direction, underarm, overarm, throwing, technique, distance, sprint, accuracy and personal best.</p>
Swimming	<ul style="list-style-type: none"> • Know how to enter and exit the water • Demonstrate an understanding of streamlining, pushing and gliding • Know how to move effectively and efficiently through the water - breaststroke, backstroke and front crawl
	<p>Key Vocabulary Swim, breathing, surface, float, front crawl, breast stroke and backstroke</p>
This knowledge set needs to be applied across all areas	<ul style="list-style-type: none"> • Can set personal challenges to improve through a positive attitude. • Can give feedback to others in reference to a set success criteria. • Can listen to feedback from to others and respond by making changes in a positive manner.