



As a Year 4 Athlete I will know...

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Ath leti cs	<p>Running: that I need to pace myself when running further or for a long period of time. Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power. Jumping: that transferring weight will help me to jump further.</p> <p>Throwing: that transferring weight will help me to throw further.</p> <p>Rules: know and understand the rules to be able to manage our own events.</p>	G y m n a s t i c s	<p>Shapes: how shapes can be used to improve my sequence.</p> <p>Inverted movements: know that inverted movements are actions in which my hips go above my head.</p> <p>Balances: know how to keep myself and others safe when performing partner balances.</p> <p>Rolls: that I can keep the shape of my roll using body tension.</p> <p>Jumps: that I can control my landing by landing toes first, looking forwards and bending my knees.</p> <p>Strategy: that if I use different directions it will help to make my sequence look interesting.</p>	D a n c e	<p>Actions: that some actions are better suited to a certain character, mood or idea than others.</p> <p>Dynamics: that some dynamics are better suited to a certain character, mood or idea than others.</p> <p>Space: that space can be used to express a certain character, mood or idea.</p> <p>Relationships: that some relationships are better suited to a certain character, mood or idea than others.</p> <p>Performance: that being aware of other performers in my group will help us to move in time.</p> <p>Strategy: that I can select from a range of dance techniques to translate my idea.</p>	N e w A g e K u r l i n g	<p>Aim: that players must try to knock target stones out of the target area.</p> <p>Challenge that the game consists of three rounds that get progressively harder.</p> <p>Score that the team with the highest accumulative score after three rounds wins.</p>



<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Football</p>	<p>Sending & receiving: know that cushioning a ball will help me to control it when receiving it.</p> <p>Dribbling: know that protecting the ball as I dribble will help me to maintain possession.</p> <p>Space: know that moving into space will help my team keep possession and score goals.</p> <p>Attacking: when to pass and when to shoot.</p> <p>Defending: know when to mark and when to attempt to win the ball.</p> <p>Tactics: that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals.</p> <p>Rules: know and understand the rules to be able to manage our own game.</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Netball</p>	<p>Sending & receiving: that cushioning a ball will help me to control it when receiving it.</p> <p>Space: that moving into space will help my team keep possession and score goals.</p> <p>Attacking: when to pass and when to shoot.</p> <p>Defending: when to mark and when to attempt to win the ball.</p> <p>Tactics: that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals.</p> <p>Rules: know and understand the rules to the game.</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Tennis</p>	<p>Shots: when to play a forehand and a backhand and why.</p> <p>Rallying: know that moving my feet to the ball will help me to hit in a more balanced position therefore increasing the accuracy of my shot.</p> <p>Footwork: know that getting my feet in the right position will help me to balance before playing a shot.</p> <p>Tactics: know that applying attacking tactics will help me to score points and create space. Know that applying defending tactics will help me to deny space, return a ball and limit points.</p> <p>Rules: know and understand the rules to be able to manage our own game.</p>
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Jud o		S w i m m i n g	<p>Strokes: that keeping my legs together for crawl helps me to stay straight in the water.</p> <p>Breathing: know that breathing out with a slow consistent breath enables me to swim for longer before needing another breath.</p> <p>Water safety: know what to do if I fall in the water.</p> <p>Rules: the water safety rules.</p>	O A A	<p>Problem solving: know that discussing the advantages and disadvantages of ideas will help to guide us to a conclusion about which idea to use.</p> <p>Navigational skills: how to use a key and use the cardinal points on a map to orientate it.</p> <p>Communication: that there are different types of communication and that I can communicate without talking.</p> <p>Reflection: with increased accuracy, critically reflect on when and why I am successful at solving challenges.</p> <p>Rules: the importance of working with integrity.</p>
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As a Year 4 Athlete I can...



<p>Athletics</p>	<p>Develop stamina and an understanding of speed and pace in relation to distance.</p> <p>Develop power and speed in the sprinting technique.</p> <p>Develop technique when jumping for distance.</p> <p>Develop power and technique when throwing for distance.</p> <p>Develop a pull throw for distance and accuracy.</p>	<p>Gymnastics</p>	<p>Develop individual and partner balances.</p> <p>Develop control in performing and landing rotation jumps.</p> <p>Develop the straight, barrel, forward and straddle roll.</p> <p>Develop the straight, barrel, forward and straddle roll.</p> <p>Develop strength in inverted movements.</p>	<p>Dance</p>	<p>Copy and create actions in response to an idea and be able to adapt this using changes of space.</p> <p>Understand how dynamics, space and relationships can be used to represent a dance idea.</p> <p>Remember and repeat actions and create dance ideas in response to a stimulus.</p> <p>Use choreographing ideas to change how actions are performed</p>	<p>New Age Kurling</p>	<p>Align the pusher arm and the stone with the middle of the gate to improve accuracy.</p> <p>When delivering by hand, hold stone lightly with first three fingers.</p> <p>Aim at the centre of a group of target stones.</p> <p>Practice from shorter distances before starting the challenge.</p>
<p>Football</p>	<p>Sending & receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success.</p> <p>Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control.</p> <p>Space: develop moving into space to help my team.</p> <p>Attacking: change direction to lose an opponent with some success.</p> <p>Defending: develop defending one on one and begin to intercept.</p>	<p>Netball</p>	<p>Sending & receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success.</p> <p>Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control.</p> <p>Space: develop moving into space to help my team.</p> <p>Attacking: change direction to lose an opponent with some success.</p> <p>Defending: develop defending one on one and begin to intercept.</p>	<p>Tennis</p>	<p>Shots: demonstrate technique when using shots playing co-operatively and beginning to execute this competitively.</p> <p>Rallying: develop rallying using both forehand and backhand with increased technique.</p> <p>Footwork: begin to use appropriate footwork patterns to move around the court.</p>		



<p>Jud o</p>		<p>S w i m m i n g</p>	<p>Strokes: develop technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p> <p>Breathing: demonstrate improved breathing technique in front crawl.</p> <p>Water safety: are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.</p>	<p>O A A</p>	<p>Problem solving: plan independently and in small groups, implementing a strategy with increased success.</p> <p>Navigational skills: identify key symbols on a map and follow a route.</p> <p>Communication: confidently communicate ideas and listen to others.</p>
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