

Year 4 Aims	Examples of topics which could be used to meet this criteria
Acquiring and developing skills	
Games: can dribble effectively with and without equipment in and out of obstacle courses	Football Hockey
Athletics: perform a long run, short sprint, standing long jump and throw a large ball overhead for distance Outdoor and Adventurous: develop problem solving skills in the outdoors	Multi skills towards athletics- team games with running, jumping and distance throwing Introduction to Cross Country Orienteering Residential
Gym: perform a variety of bridging , sliding and jumping skills using apparatus Perform a range of rolls including a forward roll	Exploring Movement -sliding and frame Developing Skills -bridging and jumping Badge 6-5 skills
Dance: respond imaginatively to a variety of stimuli demonstrating a wide range of actions and different dynamics with precision, control and fluency.	Historical Dance - Ancient Greeks Cultural Dance - African Dance or Bollywood
Selecting and applying skills, tactics and compositional ideas	
Games : effectively play a small sided competitive team and net games	Football Hockey or Benchball Developing striking and fielding skills Cricket Tennis
Gym: develop longer and more varied movement sequences demonstrating good presentation and extension including in the transitions	Developing Skills -bridging and jumping Badge 6-5 skills
Dance: compare, develop and adopt movement motifs to create longer dances	Historical Dance - Ancient Greeks Cultural Dance - African Dance or Bollywood
Evaluating and improving performance	
Begin to describe how to modify and improve performance. Refine own performance in response to comments of others and self analysis	Developing Skills -bridging and jumping Cultural Dance - African Dance or Bollywood Badge 6-5 skills Multi skills towards athletics- team games with running, jumping and distance throwing
Knowledge and understanding of fitness, health and wellbeing	
Demonstrate activities for specific aspects of warm up – stretching and mobility, raising heart rate. Describe the effects of exercise on the body showing an understanding of respiration, fatigue and recovery Fit for Life - Recognise that exercise is good for our mental and physical health and should be part of our everyday lives beyond our PE lessons (both in and out of school - PE, clubs, sports, family, playtimes, evenings, weekends)	Especially gymfit and aerobics, running and skipping Especially running, aerobics, skipping, team games Especially fit for life topics - running, yoga, fitness, games