



Dance

Perform a variety of dance styles.

I can change the way I dance to match what I have been asked to do.

Use a component of dance in a composition.

I can make up a sequence which uses a dance skill have been shown.

Create a sequence of movement with a clear beginning, middle and ending.

I can make up a dance with a clear beginning, middle and ending.

Combine ideas with others to create a routine.

I can put ideas together in a group to create a dance together.

Games

Demonstrate confident control of equipment in opposed situations.

I can control equipment in a game against other people or a team.

Demonstrate relevant skills and techniques within the context of a competitive game.

I can use skills I have been shown in a game against other people or another team.

Apply the basic principles of attacking and defending to fulfil a role within a competitive game.

I can use attack and defence techniques in a game.

Identify the roles of team members in executing tactics.

I can organise my team mates in a game.

Basic skills: Complete a forward roll and land on the feet;
Skip forwards in a fluid motion; Kick a ball accurately.

Gymnastics

Show variety in balances, jumps, travelling and turns across a range of apparatus and in a variety of spaces.

I can work on different apparatus and spaces using a variety of balances, jumps, movements and turns.

Create and perform sequences on the floor and using apparatus which demonstrates balance and flexibility.

I can make up and perform sequences using balances and flexibility.

Control subtle variations in level, speed and direction.

I can control small changes in my movements, such as level speed and direction.

Combine ideas with others to create a group sequence.

I can combine my ideas with others to create a group sequence.

Athletics

Demonstrate control and technique when running, sprinting, throwing and jumping.

I can show control and technique when I run, sprint, throw and jump.

Select technique intended to improve performance when competing.

I can choose the best ways to run, sprint, throw and jump.

Evaluating Performance

Identify what needs to improve about his/her own performance in different physical activities and sports.

I can analyse and improve my own performance in a range of activities and sports.

Compare his/her own performance to others' and recognise success.

I can compare my performance to how others have performed and explain what has been done well.

Year 4 PE outcomes