

Key Stage 2 YEAR 4 PHYSICAL EDUCATION

National Curriculum KS2 Programme of Study	Chris Quigley Essential Skills Milestone 2	
<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance <i>[for example, through athletics and gymnastics]</i> • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Swimming, children should be taught to:</p> <ul style="list-style-type: none"> • swim competently, confidently and proficiently of at least 25m. • use a range of strokes effectively <i>[for example; frontcrawl, backstroke and</i> 	<p>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle <u>Games</u></p>	<ul style="list-style-type: none"> • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Lead others and act as a respectful team member.
	<p>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle <u>Dance</u></p>	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Create dances and movements that convey a definite idea. • Develop physical strength and suppleness by practising moves and stretching.
	<p>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle <u>Gymnastics</u></p>	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Travel in a variety of ways, e.g. flight, by transferring weight to generate power in movements. • Show a kinesthetic sense in order to improve the placement and alignment of body parts (<i>e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape</i>).
	<p>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle <u>Athletics</u></p>	<ul style="list-style-type: none"> • Run over a longer distance, conserving energy in order to sustain performance. • Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a run up where appropriate. • Compete with others and aim to improve personal best performances.

<p><i>breaststroke.]</i></p> <ul style="list-style-type: none"> perform safe self-rescue in different water based situations. 	<p>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle <u>Swimming</u></p>	<ul style="list-style-type: none"> Swim between 25 and 50 metres unaided. Use more than one stroke and coordinate breathing as appropriate for the stroke being used.
	<p>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle <u>Outdoor and adventurous activities</u></p>	<ul style="list-style-type: none"> Understand the need to show accomplishment in managing risks. Show an ability to both lead and form part of a team. Show resilience when plans do not work and initiative to try new ways of working. Use compasses and digital devices to orientate themselves. Remain aware of changing conditions and change plans if necessary.