



Y4 Skills Progression in PE – The complete Champions Sports, Health and Fitness Programme



Y4 - Sports	Skills covered	Y4-Fitness	Skills covered	Y4-Health	Skills covered
Invaders	<ul style="list-style-type: none"> Dribble a ball, receive a ball, change direction, and maintain control Display agility balance and coordination (ABC) to keep control of a ball Improve accuracy of passing by using a target Communicate with team members Display skills of attack and defense 	Boot Camp	<ul style="list-style-type: none"> Raise the heart rate, experience, and describe some of the changes that occur to the body in exercise Clearly articulate how to prepare the body for exercise and what fitness means Perform more complex patterns of movement in a circuit 	Body Parts and their functions	<ul style="list-style-type: none"> Explain that the skeleton provides shape and structure Name different bones and joints Explain that muscles work by contracting and relaxing Describe the process of digestion and its importance for our bodies to receive nutrients. Explain what we can incorporate into our lifestyles to maintain a healthy digestive system.
Dynamic Dance	<ul style="list-style-type: none"> develop dance and performance skills: line dance demonstrate an awareness of rhythm when phrasing and improvising create an individual dance that reflects a style identify key skills needed to provide accurate and tactful feedback to peers work cooperatively with a group 	Mighty Movers (boxercise)	<ul style="list-style-type: none"> apply techniques to a routine set to music apply correct techniques with coordination link skills with control and precision develop personal fitness levels, particularly strength and stamina 	Healthy mind, emotions and goals	<ul style="list-style-type: none"> explain strategies to deal with stress. Identify how challenges make you feel and how to ask for help Understand what is meant by mental health Understand what self-confidence is and why it is important. Understand that they control the sort of person they are now and, in the future
Gym Sequences	<ul style="list-style-type: none"> Refine flexibility, strength, balance, power, and mental focus Practise symmetrical and asymmetrical body shapes Link symmetrical and asymmetrical balances, maintaining fluency Work with a partner to create counterbalances Use canon and unison to perform a sequence Evaluate own and others' sequences 	Step to the beat	<ul style="list-style-type: none"> Learn a step routine showing coordination and balance 	Healthy Lifestyle: You are what you eat!	<ul style="list-style-type: none"> Identify healthy and unhealthy foods and how to choose foods that promote health Explain what vitamins and minerals are and how cooking affects them explain what we eat affects our size and our hearts clearly explain the benefits of exercise: on heart, burning calories and stress relief/ releasing endorphins explain the benefits of sleep and good sleeping habits understand what a priority is and how to allocate time accordingly
Striking and Fielding	<ul style="list-style-type: none"> Develop and investigate ways of throwing Know how to play Qwik cricket Be able to field a ball in ways to stop it travelling further. Use ABC to catch in different situations Use hand eye coordination to strike both a stationary and moving ball Play in a competitive situation, demonstrating good sporting behaviour 	Gymfit (circuits)	<ul style="list-style-type: none"> Understand that a circuit can be sport – specific Complete a hockey circuit with accuracy Work collaboratively with a partner in a skills-based situation Motivate self and others to perform well Evaluate own and others' performance 	Healthy Body: blood and guts	<ul style="list-style-type: none"> Identify main parts of circulatory system Explain function of blood vessels and blood and what blood is made of (components) Link knowledge of blood and heart to the benefits of exercise Identify main parts and purpose of respiratory system Describe how the body changes from birth to old age



Y4 Skills Progression in PE – The complete Champions Sports, Health and Fitness Programme



<p>Nimble nets</p>	<ul style="list-style-type: none"> • Become familiar when handling a tennis racket • Drop and hit the ball to serve the ball • Begin to build up a rally • Demonstrate forehand and backhand techniques • Use a volley technique • Play a competitive game with point scoring 	<p>Cool Core (Pilates)</p>	<ul style="list-style-type: none"> • Perform basic pilates moves with control, technique and understanding • Sustain balance and concentration when performing moves • Understand why breathing throughout the moves is important. • Create own move using balance 	<p>Healthy Mind: healthy body</p>	<ul style="list-style-type: none"> • Explain how we can learn from mistakes • Explain what it means to be happy and suggest ways to improve happiness • Identify dangers in the real world and how to stay safe • Identify dangers in the virtual world (online) and how to stay safe • Identify hazards on the road and how to keep themselves safe • Learn about issues that affect societies around the world
<p>Young Olympians</p>	<ul style="list-style-type: none"> • Select and maintain pace for different distances, modifying technique appropriately • Use the pull technique to throw • Throw and retrieve implements safely • Describe the effect of different throwing positions • React quickly to a stimulus and display good technique when running as part of a team • Perform a standing broad jump (2 feet to 2 feet) • Explore and evaluate the effectiveness of different footwork patterns when jumping 	<p>Fitness frenzy</p>	<ul style="list-style-type: none"> • Perform more complex patterns of movement • Complete a circuit using skills from previous fitness units with improving ABC 	<p>Healthy Lifestyle: germ busters!</p>	<ul style="list-style-type: none"> • Explain the importance of personal hygiene and ways to keep our bodies clean • Define different types of microorganism and what they do • Recognize signs of ill health and recall strategies to get better • Identify acceptable living standards required for health • Identify the risks to their skin of being in the sun and understand why it is important to keep or bodies the correct temperature