

Physical Education Key Skills

Year 4

Competitive sports	Physical skills	Dance
Outdoor adventurous activities	Activities to develop flexibility, strength, control and balance	

Physical skills include: running, jumping, throwing, catching (separately or in context)

Supporting health and fitness	To give reasons why warming up before an activity is important
	To give reasons why physical activity is good for my health
	To describe how my body feels during different activities, using parts of the body to describe the effects
Physical competence	To show an awareness of tactics for being successful
	To select and use the most appropriate skills, actions and ideas
	To perform with increasing skill and control across familiar activities
	To practice and refine new skills, getting better over time
	To give others constructive feedback to help improve their performance
	To say how my work is similar to and different from others'
	To refine performances using advice from others
	To use models to improve my own performance
Personal skills	To follow the rules of the game and play fairly
	To lead others and act as a respectful team member
	To support others and seek support if required when the situation dictates
	To show resilience when plans do not work and initiative to try new ways of working