


PE Skills Document – Year 4

TERM OF COVERAGE  SKILLS ↓	Autumn Term	Spring Term	Summer Term
Team Games Follow rules to play more challenging games. Such as rounders, hockey, non-stop cricket or team tag. Apply basic principles suitable for attacking and defending			
Throwing/Catching/Striking a Ball Throw, chest pass, catch, strike and field a ball with control and accuracy. Kick			
Tactics Work effectively, as part of a team, choosing an appropriate strategy or tactic to cause an opposition problems.			
Dance Improvise and move with precision, control and fluency in response to a range of stimuli. Create/perform fluently a sequence of movements, showing good balance/body tone. Practise to improve the quality of performance.			
Athletics Skills Run with pace over longer distances and for more extended periods. Able to identify the difference between longer distance running and sprinting.			
Gymnastics Skills Combine movements, actions and balances, individually or collaboratively, to create a fluid routine. Balance on one foot Forward roll Climb			
Development Use constructive feedback to make improvements to performance Compare performance with previous ones and demonstrate improvement to achieve their personal best.			

