

Information for Parents/Carers

Targets in Physical Education

Physical Education Targets - A Year 4 Sports Person

Games

I can catch with one hand.

I can throw and catch accurately.

I can hit a ball accurately with control.

I can keep possession of the ball.

I can vary tactics and adapt skills depending on what is happening in a game.

Gymnastics

I can work in a controlled way.

I can include change of speed and direction.

I can include a range of shapes.

I can work with a partner to create, repeat and improve a sequence with at least three phases.

Dance

I can take the lead when working with a partner or group.

I can use dance to communicate an idea.

Athletics

I can run over a long distance.

I can sprint over a short distance.

I can throw in different ways.

I can hit a target.

I can jump in different ways.

Outdoor and adventurous

I can follow a map in a (more demanding) familiar context.

I can follow a route within a time limit.