



Games



Gymnastics



Dance



Athletics



Outdoor and Adventurous

...catch with one hand.

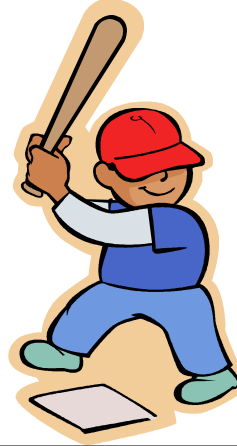
...throw and catch accurately.

...use clues to follow a route within a time limit.

...hit a ball with accuracy and control.

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

...keep possession of the ball.



...jump in different ways.

...hit a target.

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

The Year 4 Sports Person
'I can...'

...throw in different ways.

...work in a controlled way.

...sprint over a short distance.

...include change of speed and direction.

...work with a partner to create, repeat and improve a sequence with at least three phrases.

...run over a long distance.

...include a range of shapes.

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

...use dance to communicate an idea.