



Physical Education Objectives Year 4

Y4	Gymnastics	develop flexibility, strength, technique, control and balance
Y4	Athletics	develop flexibility, strength, technique, control and balance
Y4	Athletics	use running, jumping, throwing and catching in isolation and in combination
Y4	Games	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Y4	Games	take part in outdoor and adventurous activity challenges both individually and within a team
Y4	Dance	perform dances using a range of movement patterns
Y4	PE	compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Y4	PE - Physical Me	1. Possesses good core strength to apply FUNdamental movements to difficult tasks using FUNS cards.
Y4	PE - Physical Me	2. Applies agility, balance, co-ordination in modified versions of major games.
Y4	PE - Physical Me	3. Demonstrate a range of throwing actions using a variety of objects.
Y4	PE - Healthy Me	1. Work in pairs and small groups safely in different situations.
Y4	PE - Healthy Me	2. Runs at a speed appropriate to the time required.
Y4	PE - Healthy Me	3. Talks about how exercise, eating and sleeping can contribute to good health.
Y4	PE - Social Me	1. Can take responsibility for their actions.
Y4	PE - Social Me	2. Communicates effectively with others.
Y4	PE - Social Me	3. Can play fairly and follow a set of rules.
Y4	PE - Thinking Me	1. Can begin to suggest improvements and refinements.

Y4	PE - Thinking Me	2. Comments on the effect of exercise and how performance can be improved.
Y4	PE - Thinking Me	3. Starts to set personal targets for skill development.