

## KNOWLEDGE

### Competent learner:

Confidently demonstrate creativity in their work with control  
Demonstrate how strategies and tactics can improve their work  
Demonstrate improvements to their work  
Perform fundamental movement skills in a range of activities demonstrating balance, coordination & agility  
Understanding of effective leadership

### Active & healthy learner:

Describe why physical activity is good for health and well being  
Recognise and describe how their body feels during and after activities  
Understand how to remain active for sustained periods of time

### Reflective learner:

Make judgements to improve their and others' work  
Respond to set tasks following rules and expectations

### Engaged learner:

Demonstrate enthusiasm for PE  
Effectively communicate and collaborate with each other  
Understand the principles and purpose of preparing effectively for PE and sport  
Work independently for extended periods of time without the need for guidance

### Disciplined learner:

Demonstrate a positive attitude to all activities and be respectful towards others  
Follow rules and listen well to all instructions  
Stay on task and be attentive in all activities  
Show kindness and consideration when working with others

## SKILLS

### Locomotion skills

**Run** - identifying space to move into to receive the ball  
**Avoid** - monitoring opposition and moving accordingly to remain in space and maintain possession  
**Jump** - block, intercept, receive object off target/on the move

### Ball manipulation skills

**Send** - from a static position and on the move, into a space for a teammate to run on to and receive  
**Receive** - from a static position and on the move, transitioning into an immediate pass when received (quick pass)  
**Dribble** - varying movements to outwit opponent  
**Pick up** - loose ball followed by an immediate pass or shot  
**Carry** - controlling the ball on the move, disguise pass or shot  
**Shoot** - kick, throw or strike/push a ball with intent into a goal or net

# Year 4 | Multi Skills

KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
Demonstrate creativity	Are inventive with their own movements and actions and gain an advantage
Strategies and tactics	Identify and implement changes to performance that gain an advantage over their opponent
Improvements to work	Review and implement correct changes to better their performance without prompt or guidance
Fundamental Movement Skills	Can sequence a series of movements with consistent control (e.g. dribble then pass)
Understanding effective leadership	Can suggest characteristics of an effective leader and explain why it is important and how it benefits the team
Health and wellbeing	Have an awareness of the multi-dimensional elements (physical, social, emotional) and comment on their importance
Changes to the body	Reference longer term benefits of exercising, such as muscle growth and improved endurance
Remain active	Reference managing energy levels accordingly and external factors such as diet, sleep and hydration
Actions and feelings	Demonstrate respect and fair play by shaking hands and congratulating others when on the losing team
Make judgements to improve their and others' work	Identify relevant changes to apply to their work and others that would improve performance, without prompt
Rules and expectations	Follow rules in activities and reinforce to others. Begin to officiate own activities with little guidance
Enthusiasm for PE	Show an interest and enjoyment in lessons and reflect positively, celebrating successes
Communicate and collaborate	Work sensibly with who they are partnered or grouped with, despite friendships or abilities
Preparation for PE and Sport	Show accountability of having correct kit and take ownership of own preparation (remove watches/jewellery, have medication ready)
Work independently	Keep an activity flowing and resolve any conflict, without adult supervision
Positive attitude and respect	Do not allow own preferences on activity choice, activity results or incidents influence their behaviour or manner to others
Following rules and instruction	Ignore any distractions and tries to influence others to do the same
Stay on task	Do not allow own preferences on activity choice, activity results or incidents influence their participation
Kindness to others	Show understanding and encouragement when someone makes a mistake
Additional key vocabulary	Definition
Strategy	A plan of action to achieve a long term goal (i.e. overall result)
Tactic	An action planned to achieve a specific end (i.e. in play)
Shooting	The action in which a player kicks, strikes or throws the ball into the opposition's net/goal
Marking	A strategy were defensive players identify attacking players they are responsible for reducing space to receive