



Warren Wood Progression Grid



PE Skills and Knowledge Expected by the End of Year Four	
Dance	Gymnastics
<ul style="list-style-type: none">• Copy, remember and adapt set choreography.• Choreograph considering structure individually, with a partner and in a group.• Use action and reaction to represent an idea.• Change dynamics to express changes in character or narrative.• Use counts when choreographing short phrases.	<ul style="list-style-type: none">• Use body tension to perform balances both individually and with a partner.• Demonstrate increasing strength, control and technique when taking own and others weight.• Demonstrate increased flexibility and extension in more challenging actions.• Plan and perform sequences showing control and technique with and without a partner.
Games	Athletics
<ul style="list-style-type: none">• Link dribbling the ball with other actions with increasing control.• Change direction when dribbling with feet with some control in game situations.• Use a variety of throwing techniques with increasing success in game situations.• Kick with increasing success in game situations.• Catch a ball passed to them using one and two hands with increasing success.• Receive a ball using different parts of the foot under pressure.• Strike a ball using varying techniques with increasing accuracy.• Change direction to lose an opponent with some success.• Create and use space with some success in game situations.• Use simple tactics to help their team score or gain possession.	<ul style="list-style-type: none">• Demonstrate how and when to speed up and slow down when running.• Link hopping and jumping actions with some control.• Jump for distance and height showing balance and control.• Throw with some accuracy and power towards a target area.• Demonstrate good balance when performing other fundamental skills.• Show balance when changing direction at speed in combination with other skills.• Begin to co-ordinate their body at speed in response to a task.
OAA	Swimming
<ul style="list-style-type: none">• Accurately follow instructions given by a peer and give clear and usable instructions to a peer.	<p><u>Beginners</u></p> <ul style="list-style-type: none">• Submerge and regain feet in the water.• Breathe in sync with an isolated kicking action from poolside



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- Confidently communicate ideas and listen to others before deciding on the best approach.
- Plan and apply strategies to solve problems.
- Identify key symbols on a map and use a key to help navigate around a grid.
- Watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements.

- Use arms and legs together to move effectively across a short distance in the water.
- Float on front and back for short periods of time.
- Glide on front and back over short distances.
- Confidently roll from front to back and then regain a standing position.

Developers

- Confidently and consistently retrieve an object from the floor with the same breath.
- Begin to co-ordinate breath in time with basic strokes showing some consistency in timing.
- Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes.
- Combine gliding and floating on front and back over an increased distance.
- Float on front and back using different shapes with increased control.
- Comfortably demonstrate sculling head first, feet first and treading water.