

PE Progression of Skills

Get Set 4 PE

Fundamentals				
	Running	Balance	Jumping and hopping	Skipping
EYFS	<ul style="list-style-type: none"> Explore running and stopping. Explore changing direction safely. 	<ul style="list-style-type: none"> Explore balancing whilst stationary and on the move. 	<ul style="list-style-type: none"> Jumping- Begin to explore take-off and landing safely. Hopping- Explore hopping on both feet. 	<ul style="list-style-type: none"> Explore skipping as a travelling action.
Year 1	<ul style="list-style-type: none"> Explore changing direction and dodging. Discover how the body moves at different speeds. 	<ul style="list-style-type: none"> Move with some control and balance. Explore stability and landing safely. 	<ul style="list-style-type: none"> Jumping- Demonstrate control in take-off and landing when jumping. Hopping- Begin to explore hopping in different directions. 	<ul style="list-style-type: none"> Show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.
Year 2	<ul style="list-style-type: none"> Demonstrate balance when changing direction. Clearly show different speeds when running. 	<ul style="list-style-type: none"> Demonstrate balance when performing movements. 	<ul style="list-style-type: none"> Jumping- Demonstrate jumping for distance, height and in different directions. Hopping- Demonstrate hopping for distance, height and in different directions. 	<ul style="list-style-type: none"> Explore single and double bounce when jumping in a rope.
Year 3	<ul style="list-style-type: none"> Change direction quickly. Understand and show how the body moves at different speeds. 	<ul style="list-style-type: none"> Demonstrate balance when performing other fundamental skills. 	<ul style="list-style-type: none"> Link jumping and hopping actions. 	<ul style="list-style-type: none"> Jump and turn a skipping rope.

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Invasion Games (Basketball, Football)					
	Sending & Receiving	Dribbling	Attacking	Defending	Space
EYFS	<ul style="list-style-type: none"> Explore S&R with hands and feet using a variety of equipment. 	<ul style="list-style-type: none"> Explore dropping and catching with two hands and moving a ball with their feet 	<ul style="list-style-type: none"> Explore changing direction and tagging games. 		<ul style="list-style-type: none"> Recognise their own space.
Year 1	<ul style="list-style-type: none"> Explore S&R with hands and feet to a partner. 	<ul style="list-style-type: none"> Explore dribbling with hands and feet. 	<ul style="list-style-type: none"> Explore changing direction to move away from a partner. 	<ul style="list-style-type: none"> Explore tracking and move to stay with a partner. 	<ul style="list-style-type: none"> Recognise good space when playing games.
Year 2	<ul style="list-style-type: none"> Developing S&R with increased control 	<ul style="list-style-type: none"> Explore dribbling with hands and feet with increasing control on the move. 	<ul style="list-style-type: none"> Developing moving into space away from defenders. 	<ul style="list-style-type: none"> Explore staying close to other players to try and stop them getting the ball. 	<ul style="list-style-type: none"> Explore moving with a ball towards goal.
Year 3	<ul style="list-style-type: none"> Explore S&R abiding by the rules of the game. 	<ul style="list-style-type: none"> Explore dribbling the ball abiding by the rules of the game under some pressure. 	<ul style="list-style-type: none"> Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games 	<ul style="list-style-type: none"> Track opponents to limit their scoring opportunities. 	<ul style="list-style-type: none"> Develop moving with a ball towards goal with some control.

Year 4	<ul style="list-style-type: none"> Develop passing to a teammate using a variety of techniques appropriate to the game. 	<ul style="list-style-type: none"> Develop control whilst dribbling under pressure. 	<ul style="list-style-type: none"> Develop decision making around when to pass and when to shoot. 	<ul style="list-style-type: none"> Develop defending one on one and know when to win the ball. 	<ul style="list-style-type: none"> Move into space to help their team keep possession and score goals
Year 5	<ul style="list-style-type: none"> Develop control Defending when S&R under pressure 	<ul style="list-style-type: none"> Select and apply a variety of dribbling techniques to game situations. 	<ul style="list-style-type: none"> Explore creating tactics with others and applying them to game situations. 	<ul style="list-style-type: none"> Develop tracking and marking with a variety of techniques and increased success 	<ul style="list-style-type: none"> Move to create space for themselves and others in their team.
Year 6	<ul style="list-style-type: none"> Develop making quick decisions about when, how and who to pass to. 	<ul style="list-style-type: none"> Dribble consistently using a range of techniques with increasing control under pressure. 	<ul style="list-style-type: none"> Explore creating attacking tactics with others in response to the game. 	<ul style="list-style-type: none"> Explore creating and applying defending tactics with others in response to the game. 	<ul style="list-style-type: none"> Move to the correct space when transitioning from attack to defence.

Target Games (Handball, Netball, Cricket, Rounders)				
	Throwing	Catching	Throwing Underarm	Striking
EYFS	<ul style="list-style-type: none"> Explore throwing using a variety of equipment. 	<ul style="list-style-type: none"> Explore catching using a variety of equipment. 		<ul style="list-style-type: none"> Explore sending a ball to a partner.



Year 1	<ul style="list-style-type: none">• Throwing Overarm-Explore technique when throwing overarm towards a target.		<ul style="list-style-type: none">• Explore technique when throwing underarm towards a target.	<ul style="list-style-type: none">• Explore striking a ball with their hand and equipment.
Year 2	<ul style="list-style-type: none">• Throwing Overarm-Develop co-ordination and technique when throwing overarm at a target.		<ul style="list-style-type: none">• Develop co-ordination and technique when throwing underarm at a target.	<ul style="list-style-type: none">• Develop striking a ball with equipment with some consistency
Year 3	<ul style="list-style-type: none">• Explore throwing at a moving target.	<ul style="list-style-type: none">• Build the confidence to attempt catching in game situations.		<ul style="list-style-type: none">• Begin to explore striking a ball with sport specific equipment.
Year 4	<ul style="list-style-type: none">• Throw with increasing accuracy and success in game situations.	<ul style="list-style-type: none">• Catch with increasing consistency in game situations.		<ul style="list-style-type: none">• Explore striking techniques appropriate to the situation.
Year 5	<ul style="list-style-type: none">• Demonstrate clear technique when throwing under pressure.	<ul style="list-style-type: none">• Demonstrate good technique and consistency in catching skills under pressure.		<ul style="list-style-type: none">• Develop a wider range of striking techniques and begin to use them under pressure.

Year 6	<ul style="list-style-type: none"> Consistently make good decisions on who and when to throw at in order to get opponents out. 	<ul style="list-style-type: none"> Make quick decisions on when to catch and when to dodge. 		<ul style="list-style-type: none"> Successfully select and apply a wider range of striking techniques appropriate to the situation.
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Striking and Fielding (Cricket, Rounders, Netball, Handball)				
	Striking	Fielding	Throwing	Catching
EYFS	<ul style="list-style-type: none"> Explore sending a ball to a partner 	<ul style="list-style-type: none"> Explore tracking and stopping a rolling ball 	<ul style="list-style-type: none"> Explore rolling, throwing and catching using a variety of equipment 	
Year 1	<ul style="list-style-type: none"> Explore striking a ball with their hand and equipment. 	<ul style="list-style-type: none"> Develop tracking and retrieving a ball for their team. 	<ul style="list-style-type: none"> Explore technique when throwing over and underarm. 	<ul style="list-style-type: none"> Develop coordination and technique when catching.



Year 2	<ul style="list-style-type: none">Develop striking a ball with their hand and equipment with some consistency	<ul style="list-style-type: none">Understand that there are different roles within a fielding team.	<ul style="list-style-type: none">Develop coordination and technique when throwing over and underarm.	<ul style="list-style-type: none">Catch with two hands with some coordination and technique.
Year 3	<ul style="list-style-type: none">Begin to strike a bowled ball using different equipment.	<ul style="list-style-type: none">Explore bowling and fielding skills to include a two-handed pick up and long and short barriers	<ul style="list-style-type: none">Use overarm and underarm throwing in game situations.	<ul style="list-style-type: none">Catch with some consistency in game situations
Year 4	<ul style="list-style-type: none">Develop batting technique consistent with the rules of the game.	<ul style="list-style-type: none">Develop bowling with some consistency, abiding by the rules of the game.	<ul style="list-style-type: none">Use overarm and underarm throwing with increased consistency in game situations.	<ul style="list-style-type: none">Beginning to catch with one and two hands with some consistency in game situations.
Year 5	<ul style="list-style-type: none">Explore defensive and driving hitting techniques and directional batting	<ul style="list-style-type: none">Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation.	<ul style="list-style-type: none">Demonstrate clear technique when using a variety of throws under pressure	<ul style="list-style-type: none">Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.
Year 6	<ul style="list-style-type: none">Strike a bowled ball with increasing accuracy and consistency.	<ul style="list-style-type: none">Consistently select and apply the appropriate fielding action for the situation	<ul style="list-style-type: none">Consistently make good decisions on who and when to pass to in order to get batters out	<ul style="list-style-type: none">Consistently demonstrate good technique in catching skills under pressure

(Football, Basketball, Netball, Cricket, Rounders, Handball)				
	Sending	Catching	Tracking	Dribbling
EYFS	<ul style="list-style-type: none"> Explore sending an object with hands and feet. 	<ul style="list-style-type: none"> Explore catching using a variety of larger balls and beanbags. 	<ul style="list-style-type: none"> Explore stopping a ball with hands and feet. 	<ul style="list-style-type: none"> Explore bouncing and catching.
Year 1	<ul style="list-style-type: none"> Roll and throw with some accuracy towards a target. 	<ul style="list-style-type: none"> Begin to catch with two hands. Catch after a bounce. 	<ul style="list-style-type: none"> Track a ball being sent directly. 	<ul style="list-style-type: none"> Begin to dribble with hands and feet.
Year 2	<ul style="list-style-type: none"> Roll, throw and kick a ball to hit a target. 	<ul style="list-style-type: none"> Develop catching a range of objects with two hands. Catch with and without a bounce 	<ul style="list-style-type: none"> Consistently track and collect a ball being sent directly. 	<ul style="list-style-type: none"> Dribble a ball with hands and feet with some control.
Year 3	<ul style="list-style-type: none"> Send a ball with accuracy and increasing consistency to a target. 	<ul style="list-style-type: none"> Catch a range of objects with increasing consistency. 	<ul style="list-style-type: none"> Track a ball not sent directly. 	<ul style="list-style-type: none"> Dribble a ball with hands and feet with control.
Year 4	<ul style="list-style-type: none"> Accurately use a range of techniques to send a ball to a target. 	<ul style="list-style-type: none"> Catch different sized objects with increasing consistency with one and two hands. 	<ul style="list-style-type: none"> Consistently track a ball sent directly and indirectly. 	<ul style="list-style-type: none"> Dribble a ball with increasing control and co-ordination.

Year 5	<ul style="list-style-type: none"> Demonstrate clear technique when sending a ball under pressure. 	<ul style="list-style-type: none"> Demonstrate good technique under pressure. 	<ul style="list-style-type: none"> Demonstrate a range of techniques when tracking and collecting a ball. 	<ul style="list-style-type: none"> Dribble with some control under pressure.
Year 6	<ul style="list-style-type: none"> Show good technique when sending a ball with increasing control, accuracy and consistency under pressure. 	<ul style="list-style-type: none"> Demonstrate increasing consistency of catching under pressure in a variety of game situations. 	<ul style="list-style-type: none"> Demonstrate a wider range of techniques when tracking a ball under pressure 	<ul style="list-style-type: none"> Demonstrate a range of dribbling techniques with increasing control under pressure.

Dance					
	Actions	Dynamics	Space	Relationships	Performance
EYFS	<ul style="list-style-type: none"> Explore how their body moves. Copy basic body actions and rhythms 	<ul style="list-style-type: none"> Explore actions in response to music and an idea 	<ul style="list-style-type: none"> Explore pathways and the space around them in relation to others 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Are given opportunities to perform in front of others
Year 1	<ul style="list-style-type: none"> Copy, remember and repeat actions to represent a theme. Explore creating their own actions in 	<ul style="list-style-type: none"> Explore varying speeds to represent an idea 	<ul style="list-style-type: none"> Explore pathways within their performances 	<ul style="list-style-type: none"> Begin to explore actions and pathways with a partner 	<ul style="list-style-type: none"> Begin to use counts within their performance

	relation to a theme				
Year 2	<ul style="list-style-type: none"> Accurately remember, repeat and link actions to express an idea 	<ul style="list-style-type: none"> Develop an understanding of dynamics 	<ul style="list-style-type: none"> Develop the use of pathways and travelling actions to include levels 	<ul style="list-style-type: none"> Explore working with a partner using unison, matching and mirroring 	<ul style="list-style-type: none"> Develop the use of facial expressions in their performance
Year 3	<ul style="list-style-type: none"> Use dynamics effectively to express an idea 	<ul style="list-style-type: none"> Use directions to transition between formations 		<ul style="list-style-type: none"> Develop an understanding of formations 	<ul style="list-style-type: none"> Perform short, self-choreographed phrases showing and awareness of timing
Year 4	<ul style="list-style-type: none"> Respond imaginatively to a range of stimuli related to character and narrative 	<ul style="list-style-type: none"> Change dynamics confidently within a performance to express changes in character 	<ul style="list-style-type: none"> Confidently use changes in level direction and pathway 	<ul style="list-style-type: none"> Use action and reaction to represent an idea 	<ul style="list-style-type: none"> Perform complex dances that communicate narrative and character well, performing clearly and fluently
Year 5	<ul style="list-style-type: none"> Choreograph planned dances by using, adapting and developing actions and steps from different dance styles 	<ul style="list-style-type: none"> Confidently use dynamics to express different dance styles 	<ul style="list-style-type: none"> Use direction and patterning to express different dance styles 	<ul style="list-style-type: none"> Confidently use formations, canon and unison to express a dance idea 	<ul style="list-style-type: none"> Perform dances expressively, using a range of performance skills, showing accuracy and fluency
Year 6	Show controlled movements which express emotion and feeling	Explore, improvise and combine movement dynamics to express ideas fluently,		Use a variety of basic compositional principles when	Demonstrate a clear understanding of timing in relation to the music and other

		effectively on their own, with a partner or in a small group		creating their own dances	dancers throughout their performance
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Athletics			
	Running	Jumping	Throwing
EYFS	<ul style="list-style-type: none"> Explore running and stopping Explore running on the balls of their feet 	<ul style="list-style-type: none"> Explore jumping and hopping safely 	<ul style="list-style-type: none"> Explore throwing to a target
Year 1	<ul style="list-style-type: none"> Explore running at different speeds 	<ul style="list-style-type: none"> Develop balance whilst jumping and landing Explore hopping, jumping and leaping for distance 	<ul style="list-style-type: none"> Explore throwing for distance and accuracy
Year 2	<ul style="list-style-type: none"> Develop the sprinting action 	<ul style="list-style-type: none"> Develop jumping, hopping and skipping actions Explore safely jumping for distance and height 	<ul style="list-style-type: none"> Develop overarm throwing for distance

Year 3	<ul style="list-style-type: none"> Develop the sprinting technique and apply it to relay events 	<ul style="list-style-type: none"> Develop technique when jumping for distance in a range of approaches and take off positions 	<ul style="list-style-type: none"> Develop overarm throwing for distance
Year 4	<ul style="list-style-type: none"> Develop an understanding of speed and pace in relation to distance Develop power and speed in the sprinting technique 	<ul style="list-style-type: none"> Develop technique when jumping for distance 	<ul style="list-style-type: none"> Explore the technique for a pull throw
Year 5	<ul style="list-style-type: none"> Apply fluency and coordination when running for speed in relay changeovers Effectively apply speeds appropriate for the event 	<ul style="list-style-type: none"> Develop power, control and consistency in jumping for distance Explore technique and rhythm in the triple jump 	<ul style="list-style-type: none"> Develop technique and power in javelin and shot put
Year 6	<ul style="list-style-type: none"> Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique 	<ul style="list-style-type: none"> Develop power, control and technique in the triple jump 	<ul style="list-style-type: none"> Develop power, control and technique when throwing discus and shot put

OAA				
	Problem Solving	Navigational Skills	Communication	Reflection
EYFS	<ul style="list-style-type: none"> Explore activities in which they make their own decisions in response to a task 	<ul style="list-style-type: none"> Make decisions about where to move in space 	<ul style="list-style-type: none"> Develop their confidence in expressing themselves 	<ul style="list-style-type: none"> Begin to identify when they were successful
Year 1	<ul style="list-style-type: none"> Suggest ideas in response to a task 	<ul style="list-style-type: none"> Follow a path and lead others 	<ul style="list-style-type: none"> Communicate simple instructions and listen to others 	<ul style="list-style-type: none"> Identify when they were successful and make basic

				observations about how to improve
Year 2	<ul style="list-style-type: none"> Begin to plan and with some success, apply strategies to overcome a challenge 	<ul style="list-style-type: none"> Understand how to use, follow and create a simple diagram/map 	<ul style="list-style-type: none"> Work cooperatively with a partner and a small group 	<ul style="list-style-type: none"> Verbalise when they were successful and area that they could improve
Year 3	<ul style="list-style-type: none"> Can plan and implement strategies to solve problems 	<ul style="list-style-type: none"> Developing map reading skills 	<ul style="list-style-type: none"> Can follow and give instructions and are accepting of other peoples' ideas 	<ul style="list-style-type: none"> Can reflect on when and why they were successful at solving challenges
Year 5	<ul style="list-style-type: none"> Explore tactical planning within a team to overcome increasingly challenging tasks 	<ul style="list-style-type: none"> Develop navigational skills and map reading in increasingly challenging tasks including map orientation 	<ul style="list-style-type: none"> Explore a variety of communication methods with increasing success 	<ul style="list-style-type: none"> Reflect on when they were successful at solving challenges and alter their methods in order to improve
Year 6	<ul style="list-style-type: none"> Pool ideas within a group, selecting and applying the best methods to solve a problem 	<ul style="list-style-type: none"> Orientate a map efficiently to navigate around a course 	<ul style="list-style-type: none"> Inclusively communicate with others, share job roles and lead when necessary 	<ul style="list-style-type: none"> With increasing accuracy they reflect on when and how they were successful at solving challenges and alter their methods in order to improve

Gymnastics					
	Shapes	Inverted Movements	Balances	Rolls	Jumps
EYFS	Show contrast with their bodies including wide/narrow, straight/curved		Explore shapes in stillness using different parts of their bodies	Explore rocking and rolling	Explore jumping safely
Year 1	Explore basic and still shapes straight, tuck, straddle, pike		Perform balances making their bodies sense, stretched and curled	Explore barrel, straight and forward roll progressions	Explore shape jumps including jumping off low apparatus
Year 2	Explore using shapes in different		Remember, repeat and link combinations of gymnastic balances	Explore barrel, straight and forward	Explore shape jumps and take off combinations

	gymnastic balances			roll and put into sequence work	
Year 3	Explore matching and contrasting shapes		Explore point and patch balances and transition smoothly into and out of them	Develop the straight, barrel, and forward roll	Develop stepping into shape jumps with control
Year 4	Develop the range of shapes they use in their sequences	Develop strength in bridge and shoulder stand	Develop control and fluency in individual and partner balances	Develop the straight, barrel, forward and straddle roll and perform with increased control	Develop control in performing and landing rotation jumps
Year 5	Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastics actions	Explore progressions of a cartwheel	Explore symmetrical and asymmetrical balances	Develop control and fluency in the straight, barrel, forward, straddle and backward roll	Select a range of jump to include in sequence work
Year 6	Combine and perform gymnastic shapes more fluently and effectively	Develop control in progressions of a cartwheel and a headstand	Explore counter balances and counter tensions balances	Develop fluency and consistency in the straddle, forward and backward roll	Combine and perform a range of gymnastic jumps more fluently and effectively

Net and Wall Games (Badminton)						
	Hitting	Feeding	Shots	Serving	Footwork	Rallying
EYFS	<ul style="list-style-type: none"> Explore hitting a ball with their hands 	<ul style="list-style-type: none"> Feeding and Rallying- Explore sending a 			<ul style="list-style-type: none"> Explore changing direction, running and stopping 	<ul style="list-style-type: none">

		ball to a partner				
Year 1	<ul style="list-style-type: none"> Explore hitting a dropped ball with a racket 	<ul style="list-style-type: none"> Throw a ball over a net to land into the court area 			<ul style="list-style-type: none"> Use the ready position to move towards a ball 	<ul style="list-style-type: none"> Explore underarm rallying with a partner
Year 2	<ul style="list-style-type: none"> Develop hitting a dropped ball over a net 	<ul style="list-style-type: none"> Accurately underarm throw over a net to a partner 			<ul style="list-style-type: none"> Consistently use the ready position to move towards a ball 	<ul style="list-style-type: none"> Explore underarm rallying with a partner catching after one bounce
Year 5			<ul style="list-style-type: none"> Develop the range of shots used in the games they play 	<ul style="list-style-type: none"> Develop their range of serving techniques appropriate to the game they are playing 	<ul style="list-style-type: none"> Demonstrate effective footwork patterns to move around the court 	<ul style="list-style-type: none"> Use a variety of shots to keep a continuous rally
Year 6			<ul style="list-style-type: none"> Demonstrate increased success and techniques in selecting and applying the appropriate shot for the situation 	<ul style="list-style-type: none"> Serve accurately and consistently. Beginning to apply tactics to their serve. 	<ul style="list-style-type: none"> Demonstrate a variety of footwork patterns relevant to the game they are playing 	<ul style="list-style-type: none"> Successfully apply a variety of shots to keep a continuous rally

Yoga				
	Balance	Flexibility	Strength	Mindfulness
Year 1	Perform balances and poses making their body tense, stretches and curled	Explore poses and movements that challenge their flexibility	Explore strength whilst transitioning from one pose to another	
Year 2	Remember, copy, and repeat sequences of linked poses	Show increased awareness of extension in poses	Demonstrate increased control in performing poses	Explore controlling their focus and sense of calm
Year 3	Demonstrate increased control when in poses and explore control in paired poses	Explore poses and movement in relation to their breath	Explore arm balances with some control	Develop their ability to stay still and keep their focus
Year 5	Use their breath to maintain balance within a pose	Develop flexibility by connecting their movement with their breath	Demonstrate increased control and strength when in	Understand that there are methods they can

			and transitioning between poses	use to control how they feel
Year 6	Link combinations of poses for balance with increased control in transition	Confidently transition from one pose to another showing extension connected to their breath	Explore poses that challenge their strength and work to maintain increased control and strength when in and transitioning between poses	Explore methods they can use to control how they feel with some success

Fitness						
	Agility	Balance	Co-ordination	Speed	Strength	Stamina
EYFS	<ul style="list-style-type: none"> Explore changing direction safely 	<ul style="list-style-type: none"> Explore balancing whilst stationary and on the move 	<ul style="list-style-type: none"> Explore moving different body parts 	<ul style="list-style-type: none"> Explore moving and stopping with control 	<ul style="list-style-type: none"> Explore taking weight on different body parts 	<ul style="list-style-type: none"> Explore moving for extended periods of time
Year 3	<ul style="list-style-type: none"> Show balance when changing direction 	<ul style="list-style-type: none"> Explore more complex activities which challenge balance 	<ul style="list-style-type: none"> Can coordinate their bodies with increased consistency 	<ul style="list-style-type: none"> Explore sprinting technique 	<ul style="list-style-type: none"> Explore building strength in different muscle groups 	<ul style="list-style-type: none"> Explore using their breath to increase their ability to work for longer periods of time

			n a variety of activities			
Year 5	<ul style="list-style-type: none"> Demonstrate improved body posture and speed when changing direction 	<ul style="list-style-type: none"> Change their body position to maintain a controlled centre of gravity 	<ul style="list-style-type: none"> Demonstrate increased speed when coordinating their bodies 	<ul style="list-style-type: none"> Identify the best pace for a set distance or time 	<ul style="list-style-type: none"> Demonstrate increased technique in body weight 	<ul style="list-style-type: none"> Use their breath to increase their ability to move for sustained periods of time
Year 6	<ul style="list-style-type: none"> Change direction with a fluent action and can transition smoothly between varying speeds 	<ul style="list-style-type: none"> Show fluency and control when travelling, landing, stopping and changing direction 	<ul style="list-style-type: none"> Can coordinate a range of body parts with a speed appropriate to the challenge 	<ul style="list-style-type: none"> Can adapt running technique to meet the needs of the distance 	<ul style="list-style-type: none"> Can complete body weight exercises for increased repetitions, with control and fluency 	<ul style="list-style-type: none"> Use their breath to increase their ability to move for sustained periods of time

Swimming			
	Strokes	Breathing	Water Safety
Year 4	<ul style="list-style-type: none"> Can swim over a 10m distance with a buoyancy aid Begin to use arms and legs together, more effectively across the water unaided 	<ul style="list-style-type: none"> Can submerge confidently in the water Begin to explore breathing in sync with their kicking action Begin to explore front crawl breathing technique 	<ul style="list-style-type: none"> Become aware of water safety and explore floating on their front and back Demonstrate an awareness of water safety and float on their front and on their back

	<ul style="list-style-type: none"> • Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl • Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl • Demonstrate increased technique in a range of strokes, swimming over a distance of 25m 	<ul style="list-style-type: none"> • Demonstrate improved breathing technique in front crawl • Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m 	<ul style="list-style-type: none"> • Explore techniques for personal survival to include survival strokes such as sculling and treading water • Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water • Demonstrate a good understanding of water safety. Explore safety techniques and huddle positions
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