

Year 4

Physical Education

Age Related Expectations

Gymnastics

Plan and perform sequences with a variety of speed, level and direction.

Dance

Perform a sequence in an expressive manner, including changes of speed, level and direction.

Athletics

Has shown improvement in running sprints and longer distances.

Ball Games

Participate in a variety of ball games that involve passing, maintaining possession, striking and fielding.

Throw with increasing accuracy and distance.

Jump in a number of ways, using a run-up where appropriate.

Swimming

Swim competently, confidently and proficiently over a distance of at least 25 metres.

Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].

Perform safe self-rescue in different water-based situations.