

Taken from Real PE- The highlighted physical skills link to the difficulty of the skill (see FUNS card folder and CD)

PE Long Term Grid Year 4		
Autumn Term	Spring Term	Summer Term
WEEKS 1-6		
<p>Physical- FUNS 10 I can skip with high elbows and high knees I can combine side steps and reverse pivots. I can combine side steps with front pivots. I can hopscotch I can hop scotch alternate feet forwards and backwards 3 step zig zag pattern forwards and backwards. The above with increased speed Move to blue challenges if ready</p> <p>FUNS 1 (as part of cool down) I can balance on either leg for 30 seconds. I can do 5 mini squats on either leg. I can balance for 30 seconds on either leg with eyes closed. Personal I can do 5 90 degree squats on either leg. I can do x 5 ankle extensions Move to blue challenges if ready</p> <p>Personal I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice (Level 4). I know where I am with my learning and I have begun to challenge myself (Level 3) I try several times if at first I don't succeed and I ask for help when appropriate (level 2).</p>	<p>Physical- FUNS 5 I can walk forwards, lifting my knees up to a 90 degree angle and moving opposite arm and leg. I can walk backwards, lifting my knees up to a 90 degree angle and moving opposite arm and leg. I can perform the above challenges with arms going 'hips to lips' I can walk fluidly forwards and backward lifting my heels to my bottom with heel to toe landing</p> <p>Physical- FUNS 9 as part of the cool down I can roll a ball up and round my body standing or sitting with 1 hand in contact. I can transfer the ball from one hand to the other where appropriate. I can take the ball around 1 leg x 16 (standing with legs apart). I can do a figure of 8 x 12 around my legs</p> <p>Cognitive I can understand ways to judge performance and I can identify specific parts to continue to work upon. I use my awareness of space and others to identify areas for improvement (Level 4). I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement (Level 3). I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is performing well (level 2).</p>	<p>Physical- FUNS 12 I can react and catch a tennis after 1 bounce from 1 and 2 meters. As Green but catch and balance on one leg. As green with step across and contra lateral catch- see folder for pictures. Physical- FUNS 3 (as cool down) I can hold a front support position and place a cone on my back with one hand and take off with the other. I can do the above with back support (knees bent). As above with full front support Front support transfer tennis balls on and off the back.</p> <p>Applying Physical skills. I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities (Level 4). I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency (level 3). I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed (Level 2).</p>
WEEKS 7-12		
<p>Physical- FUNS 6 I can jump 2 feet to 2 feet with a quarter turn in all</p>	<p>Physical- FUNS 8</p>	<p>Physical- FUNS 11</p>

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directions.
I can jump 2 feet to 1 foot and freeze on landing.
I can jump 2 to 2 feet with a 180 degree turn in one direction.
2-2 feet in both directions
I can do a tucked jump and land in balance
I can do a tuck and half turn in both directions.
I can jump from 2 to 2 feet on a line

Physical- FUNS 2- cool down

I can pick up a beanbag on one side, swap hands and pass to the other side.
I can pick up a beanbag on one side, and place on the other side using the same hand
I can do the above with my eyes closed.
Dish shape for 5 seconds
I can reach for a cone arms distance away, pass over and swap hands- see folder for images.

Social

I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task (level 4)
I show patience and support others, listening well to them about their work. I am happy to show and tell them about my ideas (Level 3).
I can praise and encourage others in their learning (Level 2).

I can catch a tennis ball with the same hand off one bounce 3-5 meters away from a wall.
As above without a bounce.
As above but catch with opposite hand.
I can throw a tennis ball with one hand and catch the rebound with the other hand with and without a bounce.
I can strike a large soft ball along the ground with the same hand 5 times in a rally

As above with alternate hand strike 5 times in a rally
I can kick a ball with the same foot (L&R).
I can alternately roll two balls.
Two tennis ball catch

Physical- FUNS 7 (cool down)

I can stand holding my partner with two hands (hold wrists), then one hand and lean back with a long base for my feet.
I can stand with a long base and lean back while holding both hands then just 1.
I can stand with a short base (toes touching), lean back while holding with both hands, hold the balance and then move back together.
I can do all of the above with my eyes closed.
1 hand and 1 leg- see folder for images

Creative

I can link actions and develop sequences of movement that express my own ideas. I can change tactics rules or tasks to make activities more fun or challenging (Level 4).
I can make my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression (Level 3)
I can begin to compare my movements and skills with those of others. I can select and link movements

I can roll a ball (self-feed) chase it and collect it in a balance position facing the opposite direction from a seated or lying position.

I can do the above with a bouncing feed (self-feed).
I can do the above with my partner rolling the ball.

Roll then bobble feed
All the above with a tennis ball

Move to blue tasks if ready

Physical- FUNS 4 (as cool down)

I can stand on a low beam with 2 feet facing forwards and hold for 10 seconds.
I can stand on a low beam with both feet facing forwards and, lift my heels and hold for 10 seconds while receiving a force.

I can stand on a line with both feet facing forwards and, lift my heels and hold for 10 seconds while receiving a force

Alternate opposite elbow to knee x 5

Health and Fitness

I can describe the basic fitness components and explain how often and how long I should exercise to be healthy.
I can record and monitor how hard I am working (Level 4).
I can describe how and why my body feels during exercise. I can explain why we need to warm up and cool down (Level 3)
I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (level 2).

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	together to fit a theme (level 2).	
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