

Hill View Progression Map – Year 4

<p align="center"><u>Thinking</u></p> 	<p align="center"><u>Emotional Intelligence</u></p> 
<p>Use a greater variety of equipment.</p> <p>Show resilience when faced with new actions</p> <p>Show a good awareness of others in running, chasing and avoiding games</p> <p>Takes part in competitive games with an increasingly strong understanding of tactics</p> <p>Know and apply the rules to a variety of games</p> <p>Understand the difference between attacking and defending</p> <p>Change speed and direction to improve performance</p> <p>Begin to understand positional play: attacker/defender</p> <p>Begin to make decisions to outwit the opponent</p> <p>Begin to understand why it is important to warm up and cool down</p> <p>Can think creatively to adapt a game/scoring system</p>	<p>Demonstrate working independently and collaboratively with a partner/small groups</p> <p>Make suggestions as to how to make an activity easier or more challenging</p> <p>Begin to understand how to compete with each other in a controlled manner</p> <p>Communicate with members of their team</p> <p>Confidence – know how to be safe when doing gymnastics. Can show and tell you how to land safely</p> <p>Begin to demonstrate effective communication as part of positional play</p> <p>Discuss decisions made</p> <p>Introduce honesty and integrity when scoring</p> <p>Know the importance of trying your best</p> <p>Evaluate partner’s performance and provide constructive feedback</p> <p>Provide feedback that encourages and builds confidence</p> <p>Discuss why wearing appropriate clothing and being hygienic is good for their health and safety</p> <p>Show compassion for children’s emotions during an activity</p> <p>Identify what makes a performance effective</p>

Practical Skills

<u>Games</u>	<u>Gymnastics</u>	<u>Dance</u>
Make effective decisions on when to try to intercept a ball	Copies, explores and remembers a variety of movements and uses these to create their own sequence.	Show spatial awareness when dancing near others
Understand how to keep possession of the ball while being pressurised by an opponent	Create a sequence of movement with different levels of height, speed and direction	Co-ordinate basic body movements
Pass a ball accurately to a partner over a variety of distances	Displaying increasing confidence working with others in a small group, demonstrating good collaboration and communications skills	Confidently and imaginatively explore and experiment with different actions in response to dance ideas.
Travel with a ball showing changes of speed and directions using either foot or hand	Begin to evaluate own and partner's performance and suggest ways to improve	Select and use movements to creatively represent an idea
Perform underarm and overarm throws with control and coordination.	Beginning to show flexibility in movements which enables them to show more defined shapes.	Start to show clear beginnings, middles and endings
Shows confidence in using ball skills in various ways, and can link these together. e.g. dribbling, bouncing, kicking Uses skills with coordination, control and fluency	Links movement and balances with control, technique, co-ordination and fluency	Use simple compositional devices such as repetition and contrast
Perform a range of rolling, throwing, striking, kicking, catching, gathering skills with control	Understands composition by performing more complex sequences	Start to have a basic understanding of styles of dance
Choose intelligent places to stand when receiving a ball during a game	Beginning to use gym vocabulary to describe how to improve and refine performances	Discuss emotional response to stimuli
Begin to run at speeds appropriate for the distance. e.g. sprinting and cross country	Develops strength, technique and flexibility throughout performances	Perform expressively using movement with a range of dynamics qualities
		Perform short dances with a sense of audience
		Explore and create movement with varying body parts, levels and directions
		Perform a range of actions with control, coordination and body tension

<p>Develop technique for jumping distance and height</p> <p>In net/wall games, play simple rallies and maintain control of the ball/shuttle</p> <p>Identify a running pace that they can maintain</p> <p>Show resilience and determination when running for a longer period of time.</p> <p>Can perform a running jump with more than one component. e.g. hop skip jump (triple jump)</p> <p>Developing a range of throwing techniques (e.g. foam javelin)</p>	<p>Combines equipment with movement to create sequences</p> <p>Demonstrate accurate footwork when landing a jump</p>	<p>Perform, evaluate and improve short dance routines with a partner or a group</p>
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