



Year 4 End of Year Physical Education Expectations

Working at the Expected Standard (EXP):

Pupil(s) are confidently and independently able to apply their knowledge:

Swimming

- To perform a sequence of changing shapes while floating on the surface.
- To swim approximately 10m using a range of different strokes (back / breast / front crawl).

Diet and Hygiene

- To explain the types and amounts of food needed for a balanced diet.
- To identify the energy that certain foods give us by looking at packaging.
- To understand that there are good and bad bacteria.
- To explain the benefits to the body of regular exercise.

Healthy Bodies

- To identify that blood transports materials and also protects.
- To identify the main features of respiration.
- To understand that muscles work in pairs to protect and support the body.
- To understand the three functions of a skeleton and use scientific vocabulary to name specific bones.

Healthy Mind

- To identify stress and stressful situations.
- To understand the importance of mental health.
- To identify basic 'coping strategies' for dealing with difficult situations.
- To identify the value of sleep.



Personal and Social

- To identify ways to make himself/herself happy and share happiness.
- To discuss differences between the health of people from different countries / regions.

Acquiring and Developing Skills

- To complete a forward roll and land on the feet.
- To skip forwards in a fluid motion.
- To kick a ball accurately.
- To pass a ball from chest height to a partner.

Applying Skills and Using Tactics

- To apply skills and tactics in combination with a partner or as part of a group / team.

Evaluating and Improving Performance

- To comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance.
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