



# The Power of P.E

## P.E Outcomes for Year 4



1. Utilise changes of direction, speed & level during performances/competition to succeed
2. Select and utilise appropriate tactics and techniques to cause problems for opponents
3. Demonstrates a developed understanding of how the body changes/functions during exercise
4. Create movements that convey a clear stimulus, refining these movements into sequences
5. Displays an understanding of fair play, working well with others and leading a small group
6. Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements
7. Swim 25m unaided, demonstrates proficiency in a range of strokes
8. Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control)
9. Change running styles according to distance, with the intention of beating personal best's