



Band 4 - Physical Education

Swimming, Diet and hygiene, Healthy bodies, Healthy mind, Personal and social, Acquiring and developing skills, Applying skills and using tactics, Evaluating and improving performance

Swimming

Perform a sequence of changing shapes whilst floating on the surface

I can change my shape or position whilst floating in water

Swim approx 10m using a range of different strokes (back / breast / front crawl)

I can swim for a minimum of 10m using my preferred stroke

Diet and Hygiene

Explain the types and amounts of food needed for a balanced healthy diet

I know the main food groups and how I need to eat a balanced amount of these to keep healthy

Identify the energy that certain foodstuffs give by looking at the packaging

I know that the packaging of most food tells me how much energy it contains

Understand that there are good and bad bacteria

I know that some bacteria helps me stay healthy and other bacteria can be harmful

Explain the benefits to the body of regular exercise

I know that exercise can help keep my body fit, active and stronger



Healthy Bodies

Identify that the blood transports materials and it also protects

I know how my blood protects my body by transporting different materials around it

Identify the main features of respiration

I understand how the lungs are the main organs that help me breathe and the air is taken in through the windpipe

Understand that muscles work in pairs to protect, support and move the body

I know how muscles work in pairs to help move different parts of the body

Understand the three functions of a skeleton and use scientific vocabulary to name specific bones

I know that the skeleton supports my body, helps me to move and protects my organs

Healthy mind

Identify stress and stressful situations

I know what can cause people to be upset or worried

Understand the importance of mental health

I understand that it is important I feel good about myself

Identify basic 'coping strategies' for dealing with difficult emotions

I can suggest ways of dealing with difficult situations and emotions

Identify the value of sleep for our health

I know that sleep helps me keep healthy



Band 4 - Physical Education

Swimming, Diet and hygiene, Healthy bodies, Healthy mind, Personal and social, Acquiring and developing skills, Applying skills and using tactics, Evaluating and improving performance

Personal and social

Identify ways to make himself/herself happy and share happiness

I know what makes me happy and how to help others to feel happy too

Discuss differences between the health of people from different countries / regions

I know that peoples' health can vary depending on where they are in the country / world

Applying skills and using tactics

Apply skills and tactics in combination with a partner or as part of a group / team

I can support teammates or a partner in different sports and games using tactics and skills to our advantage

Evaluating and improving performance

Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance

I can improve my performance by considering how others have performed

Acquiring and developing skills

Complete a forward roll and land on the feet

I can do a forward roll in a straight line and end up on my feet

Skip forwards in a fluid motion

I can skip forwards in a rhythmical movement swinging my arms in the opposite direction to my legs

Kick a ball accurately

I can kick a football accurately using my body to balance and help power the kick

Pass a ball from chest height to a partner

I can perform a chest pass accurately to a partner

