

	<b>Y4 Compete/Perform</b> Take part in a range of competitive games and activities.	<b>Y4 Evaluate</b> Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.	<b>Y4 Evaluate</b> Modify their use of skills or techniques to achieve a better result.				
<b>Y4 Running</b> Speed up and slow down smoothly.	<b>Y4 Jumping</b> Learn how to combine a hop, step and jump to perform the standing triple jump.	<b>Y4 Jumping</b> Land safely and with control.	<b>Y4 Jumping</b> Begin to measure the distance jumped.	<b>Y4 Throwing</b> Perform a pull throw.	<b>Y4 Throwing</b> Measure the distance of their throws.	<b>Y4 Throwing</b> Continue to develop techniques to throw for increased distance.	<b>Y4 Compete/Perform</b> Perform and apply skills and techniques with control and accuracy.
<b>Y4 Health &amp; Fitness</b> Describe how the body reacts at different times and how this affects performance.	<b>Y4 Health &amp; Fitness</b> Explain why exercise is good for your health.	<b>Y4 Health &amp; Fitness</b> Know some reasons for warming up and cooling down.	<b>Y4 Running</b> Confidently demonstrate an improved technique for sprinting.	<b>Y4 Running</b> Carry out an effective sprint finish.	<b>Y4 Running</b> Perform a relay, focusing on the baton changeover technique.		