National Curriculum

Physical Education

Key Stage 2 – PE MAPs©

Year 4

Planning and Assessment: PE Measures of Attainment and Progress (PE MAPs©)

Area of Experience and Development

End of Year Age Related Expectations (Health)

Children ***know*** what ***different intensities*** of physical activity ***feel like.*** They can give ***some reasons*** why their health will benefit if they are physically active for sustained periods of time. They ***show*** that they can warm-up safely.

HEALTH

Skills, Knowledge & Understanding

1	2	3	4
Children are beginning to become ***secure in some aspects*** of the end of year expectations	Children are ***secure in the majority of the aspects*** of the end of year expectations	Children are ***secure in all or almost all of the aspects*** of the end of year expectations	Children ***add more depth and breadth*** to their knowledge of the end of year expectations
*They **display some examples** such as being able to:* ▪ Regularly take part in and experience physical activity of different intensities ▪ Describe accurately how their body feels at rest, during light physical activity such as performing a rolling movement in gym, and during more intense physical activity such as sprinting in athletic type activities ▪ Explain to their partner how their body feels and what changes happen when they do physical activity of different intensity	*They **display some more examples** such as being able to:* ▪ Give a simple explanation that their heart is a muscular pump, pumping blood to the muscles, and that when they exercise harder for longer, their health will benefit as this pump (their heart), will get fitter and stronger ▪ Explain that their heart needs to pump more blood to their muscles because ***more energy is needed*** during more intense physical activity over a longer period of time ▪ Identify that regular physical activity that gets their heart-rate up and makes them hot and out of breath, alongside eating well, is important in helping to maintain a healthy body weight	*They **display even more examples** such as being able to:* ▪ Get their heart-rate up and stretch as part of the warm up, working safely in their own space without bumping into equipment or other children ▪ Suggest some safe activities to include in their own, or the class warm-up ▪ Work with a partner and do their own warm-up at the start of the lesson	*With regards to the aspects of the end of year expectations, they:* ▪ Start to consolidate and embed them ▪ Use and apply them more regularly ▪ Use and apply them with greater consistency ▪ Use and apply them more appropriately ▪ Take more opportunities to use them

The majority of children are expected to work within and achieve Attainment Measures 1-4, with ***most children achieving Attainment Measure 3*** by the end of the year.

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