

Our PE Journey in Year 3 & 4

We know how important an active, healthy lifestyle is & we have developed a range of skills to use in competitions & events.

"In Y4 I can perform learnt skills & techniques with increasing success, control & confidence in competition."

"In Y3 I can follow instructions & copy actions to learn new techniques."

We will have to plan collaboratively in pairs or small groups sharing ideas.

"In Y4 I can participate in organised games, understanding the rules & playing fairly."



Key Vocabulary

- Catch
- Throw
- Forehand
- Backhand
- Feed
- Serve
- Bounce
- Net
- Aim
- Release
- Target



"In Y3 I can work with others to solve problems"

Key Vocabulary

- Bowl
- Catch
- Throw
- Bat
- Sprint
- Jump
- Throw
- Bounce



"In Y3 I can respond to music to express a variety of moods & feelings. Use a range of different heights."

Key Vocabulary

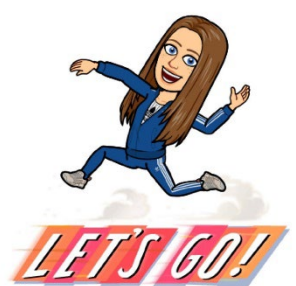
- Levels
- Tempo
- Travel
- Speed
- Flexible
- Patterns
- Stretch
- Movement
- Shape
- Still/dynamic balance
- Counter balance

Swimming



"In Y3 I can swim competently over 10m."

"In Y4 I can swim competently up to 25m and beginning to use a range of strokes."



Autumn Term

Handball & Tag Rugby

Invasion Games

"In Y3 I can perform dribble, with control & perform a variety of passing techniques with success."

"In Y4 I can send, strike & receive objects with control & accuracy in varied activities."



- Key Vocabulary
- Pass
 - Catch
 - Dodge
 - Tag
 - Keep possession
 - Keep control
 - Make and use space
 - Support
 - Points, goals
 - Rules
 - Tactics

"In Y3 I can participate in a range of activities showing team values."

"In Y4 I can use my developed skills to play 1 v1 2v2 practices with basic understanding of the game."

We can work as a team, communicating and cooperating.

Real PE & Dance

Balance & Coordination Performance

We will create dances using a range of movement patterns, including those from different times, places and cultures.

"In Y4 I can develop more complex sequences and routines with my partner."

We will travel in a range of ways with balance, coordination and agility.

"In Y3 I can work with my partner to maintain control and balance."

We will apply basic principles suitable for attacking & defending.



We will play competitive games, modified where appropriate.

Gymnastics & Netball

Gym & Invasions Games

We can select and apply a range of skills with good control and consistency.

We can use awareness of space and others to make good decisions.



"In Y4 I can respond imaginatively to stimuli related to character/music/story."

- Key Vocabulary
- Flight
 - Extend
 - Throw
 - Catch
 - Skip
 - Roll
 - Sequence
 - Wobble
 - Roll
 - Position
 - Target
 - Balance

"In Y3 I can perform a collaborative element which includes a jump/flight or skip."

"In Y4 I can perform a collaborative element which includes balance and rotation."

"In Y3 I can throw, catch, aim and shoot under pressure."

"In Y4 I can choose and use a range of simple tactics in isolation and in a game context."

We will apply skills learnt with controlled, extended movements.

Athletics and OAA

Athletics & Team Building

We can use skills learnt to participate in adapted games and contribute towards a teams performance.

"In Y3 I use a variety of throwing, jumping techniques successfully"

"In Y4 I can develop any leadership and team building skills."

"In Y4 I use sprint, throw and jump using techniques which are more successful."

Basketball & Orienteering

Invasion & OAA

- Key Vocabulary
- Throw
 - Catch
 - Dribble
 - Shoot
 - Catch
 - Communicate
 - Map
 - Direction
 - Navigate
 - Teamwork
 - N, S, E, W

We will continue to develop movement skills & compare our performances with previous ones.

"In Y3 I can develop and use simple mapping and navigating skills."

"In Y4 I can my learnt skills in isolation & in a game situation."

Tennis & Archery/Ultimate Frisbee

Striking, Running, Throwing, Catching

"In Y3 I can use correct grip & stance to connect with the ball correctly."

We will identify good sporting performance, explain why & suggest improvements.

End of Year