

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 striking and bowling 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

- Chip
- Putt
- Tee
- Club
- Hole
- Distance
- Control
- Run
- Jump
- Throw
- Compete
- Values



"In Y3 I can use a different passes, and run with the ball under control."

Key Vocabulary

- Cradle
- Catch
- Throw
- Pass
- Target
- Shoot
- Forehand
- Backhand
- Target



"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

Hockey & Football

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."



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.



Real PE & Dance

Agility, Reaction, Balance, Movement & Performance

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

We can work as a team, communicating and cooperating.

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

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



- Key Vocabulary
- Dribble
 - Possession
 - Position
 - Pass choice
 - Tackle
 - Shoot
 - Control
 - Grip

Spring Term

Gymnastics & Disability Sports

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."

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

"In Y4 I can perform a collaborative element which includes jump/flight and a roll."

"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 play to the Paralympic values of Determination, Inspiration, Courage and Equality.

Pop Lacrosse & Tables Tennis

Invasion & Net, Wall Games

We use the skills we prefer with competence & consistency. We understand the need for tactics.

"In Y3 I use the correct grip & ready position to allow me to play basic shots."

"In Y4 I can use a speed and change of direction to help attack & defend."

"In Y4 I use different types of shots when required."

Summer Term

Dodgeball & Athletics

- Key Vocabulary
- Throw
 - Catch
 - Dodge
 - Move
 - Communicate
 - Run
 - Jump
 - Throw
 - Teamwork

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

- Key Vocabulary
- Flight
 - Jump
 - Throw
 - Catch
 - Skip
 - Roll
 - Sequence
 - Bowl
 - Roll
 - Position
 - Target
 - Inclusive

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

