

Our PE Journey in Year 3 & 4

Inclusion
Mastery
Progress



I will celebrate everything I have learnt over the year in Sports Day races and activities.

culturalcapital



School Sports Day

I will describe good athletic performances using correct vocabulary.

"In Y4, I will demonstrate accuracy in throwing activities."

"In Y4, I will perform a running jump with more than one component, such as: triple jump (hop-skip-jump)."

End of Year

Key Words

- Drive
- Attack
- Defence
- Wicket
- Decisions
- Footwork

I will enjoy competing against other children.

I will apply throwing and catching skills I learnt in other lessons.

"In Y3, I will perform a variety of throws using different equipment."

"In Y3, I will perform a running jump with accuracy."

- Key Words
- Speed
 - Distance
 - Throw
 - Jump

"In Y4, I will build a variety of running techniques and use them with confidence."

I will compare my performances with previous one.



"In Y3, I will combine skills that I have learnt in a competitive game."

Athletics

Athletics

I will evaluate my own performance and recognise my own success.

"In Y3, I will develop my striking and fielding skills from previous years."

"In Y4, I will shows confidence in using ball skills in various ways, and can link these together. e.g. bouncing, hitting, catching, throwing."

"In Y4, I vary skills and actions according to the type of game we are playing."

I will make suggestions as to what resources can be used to differentiate a game.

I will continue to apply basic skills of attacking/defending.

"In Y3, I will use skills with coordination and control"

Cricket



I will show resilience when problem solving.

I will use the 8 points of a compass, 4 and 6-figure grid references, symbols and key.

I will demonstrate an understanding of how to stay safe.

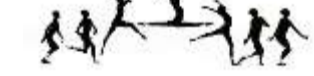
Cricket

Summer Term

- Key Words
- Dance
 - Rhythmic
 - Sequence
 - Repetition
 - Unison
 - Space
 - Improvisation
 - Evaluate

"In Y3, I will improvise my dance."

"In Y3, I will compare and adapt movements to fit in to a larger sequence."



I will begin to communicate with others in a game situation.

- Key Words
- Possession
 - Tactics
 - Collaboration
 - Awareness
 - Sender
 - Receiver

"In Y3 I will vary skills, actions and ideas and link these in ways that suit the activity of the game"

"In Y3 I will use skills with coordination, control and purpose."

I will evaluate my own performance and recognise my own success.

I will use my social skills to improvise a dance routine with a partner.

I will link skills to make actions and sequences.



I will use simple compass directions learnt from my geography lessons.

- Key Words
- Orienteering
 - Compass
 - Geographical
 - Landscape
 - Endurance
 - Adventure

I will enjoy communicating and collaborating.
"In Y3, I will develop problem solving skills in an outdoor environment."

"In Y4, I will think activities through and problem solve accordingly."

Dance

"In Y4, I will demonstrate precision and control in my movements."

"In Y4, I will demonstrate rhythm and previously learnt spatial awareness."

I will confidently improvise with a partner or by myself.

"In Y4, I will combine equipment to create more complex sequences."

I will use the correct vocabulary when describing aspects of my performance.

"In Y4, I will develop strength, flexibility and technique throughout performances."

Dance

I will play in a controlled manner, abiding by the laws of the game.



Gymnastics

- Key Words
- Tension
 - Technique
 - Fluency
 - Flexibility

I will develop my confidence and competence in these skills when working alone or in a group.

"In Y3, I will use turns and rolls in a variety of ways."

"In Y3, I will show a controlled technique when travelling, balancing and using equipment."

"In Y4, I will link moves together with control, technique, coordination and fluency."

Gymnastics

I will show confidence in using ball skills and be able to link them together, such as: dribbling, bouncing, kicking.

"In Y4, I will develop my previous control and coordination skills, as well as develop fluency."

"In Y4, I will be able to apply my previous knowledge of attacking/defending, by showing them in a game."

- Key Words
- Possession
 - Tactics
 - Collaboration
 - Feint

Basketball

Autumn Term

Football



In Y3 and Y4, I will engage in projects to promote a healthy heart throughout the curriculum.

