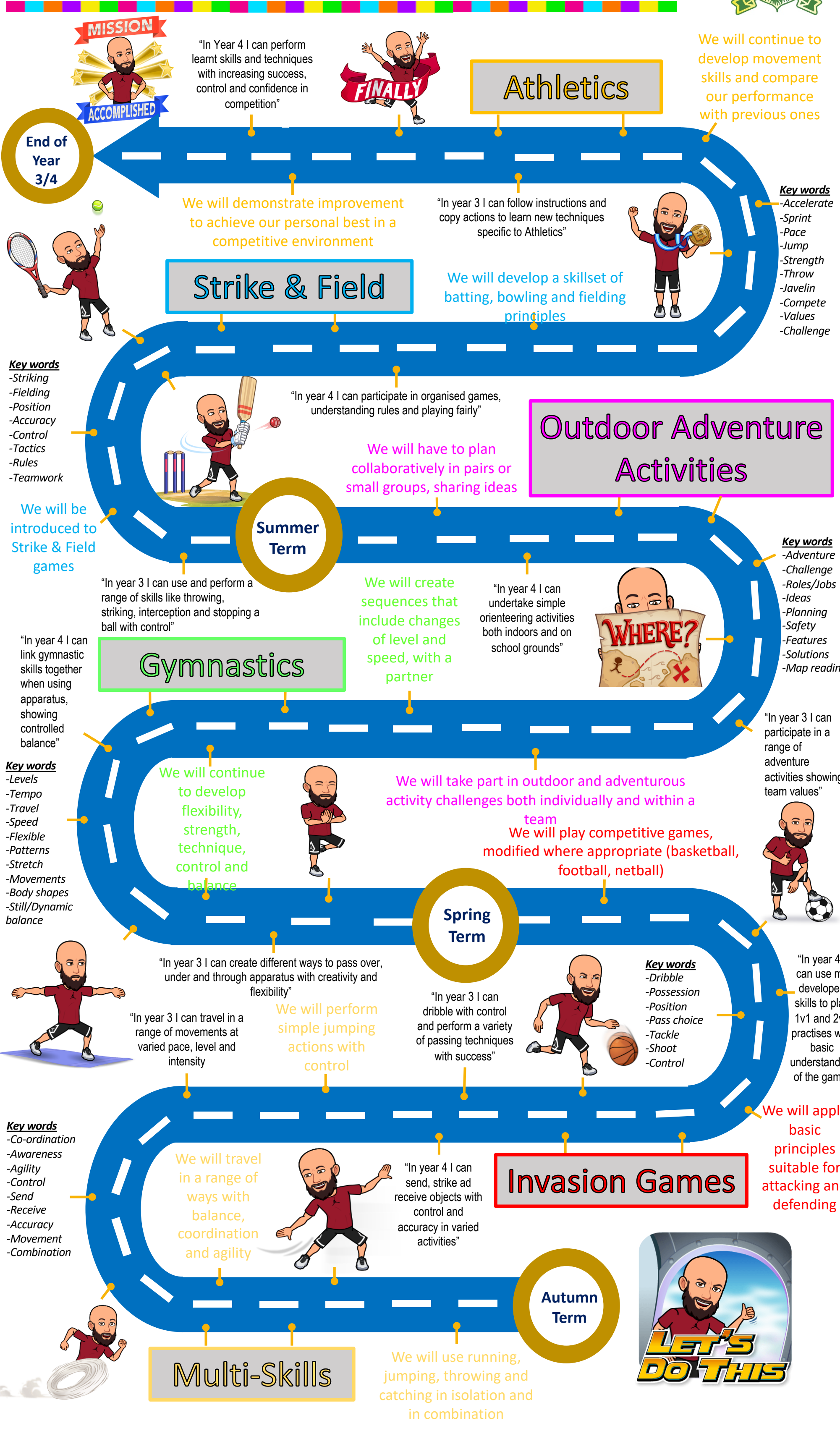


# Our PE Journey in year 3 & 4



**MISSION**  
ACCOMPLISHED

"In Year 4 I can perform learnt skills and techniques with increasing success, control and confidence in competition"



## Athletics

We will continue to develop movement skills and compare our performance with previous ones

End of Year 3/4

We will demonstrate improvement to achieve our personal best in a competitive environment

"In year 3 I can follow instructions and copy actions to learn new techniques specific to Athletics"



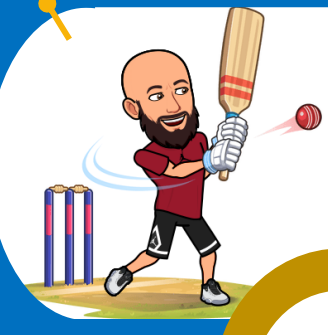
- Key words**
- Accelerate
  - Sprint
  - Pace
  - Jump
  - Strength
  - Throw
  - Javelin
  - Compete
  - Values
  - Challenge

## Strike & Field

We will develop a skillset of batting, bowling and fielding principles

- Key words**
- Striking
  - Fielding
  - Position
  - Accuracy
  - Control
  - Tactics
  - Rules
  - Teamwork

We will be introduced to Strike & Field games



"In year 4 I can participate in organised games, understanding rules and playing fairly"

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

## Outdoor Adventure Activities

Summer Term

"In year 3 I can use and perform a range of skills like throwing, striking, interception and stopping a ball with control"

We will create sequences that include changes of level and speed, with a partner

"In year 4 I can undertake simple orienteering activities both indoors and on school grounds"



- Key words**
- Adventure
  - Challenge
  - Roles/Jobs
  - Ideas
  - Planning
  - Safety
  - Features
  - Solutions
  - Map reading

## Gymnastics

"In year 4 I can link gymnastic skills together when using apparatus, showing controlled balance"

- Key words**
- Levels
  - Tempo
  - Travel
  - Speed
  - Flexible
  - Patterns
  - Stretch
  - Movements
  - Body shapes
  - Still/Dynamic balance

We will continue to develop flexibility, strength, technique, control and balance



We will take part in outdoor and adventurous activity challenges both individually and within a team  
We will play competitive games, modified where appropriate (basketball, football, netball)

"In year 3 I can participate in a range of adventure activities showing team values"



Spring Term

"In year 3 I can create different ways to pass over, under and through apparatus with creativity and flexibility"

"In year 3 I can travel in a range of movements at varied pace, level and intensity"

We will perform simple jumping actions with control

"In year 3 I can dribble with control and perform a variety of passing techniques with success"



- Key words**
- Dribble
  - Possession
  - Position
  - Pass choice
  - Tackle
  - Shoot
  - Control

"In year 4 I can use my developed skills to play 1v1 and 2v2 practises with basic understanding of the game"

- Key words**
- Co-ordination
  - Awareness
  - Agility
  - Control
  - Send
  - Receive
  - Accuracy
  - Movement
  - Combination

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



"In year 4 I can send, strike and receive objects with control and accuracy in varied activities"

## Invasion Games

We will apply basic principles suitable for attacking and defending

Autumn Term

## Multi-Skills

We will use running, jumping, throwing and catching in isolation and in combination

