# Our PE journey in Year 3 & 4



**End of** 

**Year 3/4** 

"In Y4 I can undertake simple orienteering activities both indoors & on school grounds"



# **Outdoor Adventure Activities**

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

**Kev Words** 

-Adventure

-Challenge -Roles/jobs

-Planning

-Safety

-Ideas

-Features -Map

Reading -Solutions

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

Striking & Fielding

Summer

**Term** 

range of adventure activities showing team values"

"In Y3 I can participate in a

We will develop skillset of batting/striking, bowling and fielding principles.



"In Y3 I can follow

instructions and copy

actions to learn new

techniques specific to

"In Y3 I can use and perform a range of skills like throwing, striking, interception and stopping a ball with control"

> We will participate in organised competition.

**Sports Day Activities** 

## **Key Words**

-Accelerate -Sprint -Pace -Jump

> -Strength -Throw -Javelin

> > -Values

"In Y4 I can

-Compete -Challenge

Athletics" **Gymnastics** 

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



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

## **Key Words**

-Teamwork

We will be

introduced

to Striking

& Fielding

games.

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

We will develop flexibility, strength, technique, control and balance.



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



We will play competitive games, modified where appropriate [basketball, football, netball].

perform learnt skills and techniques ith increasing success, control & confidence in competition"

Spring **Term** 

"In Y3 I can create different ways to pass over, under and through apparati creatively and flexibility"

"In Y3 I can travel in a range of movements at varied pace, level and intensity"

We will perform simple jumping actions with control.

'In Y4 I can send, strike & receive bjects with control d accuracy in varied activities"



### Key Words

- -Dribble
- -Possession
- -Position -Pass choice
- -Tackle
- -Shoot
- -Control

'In Y3 I can dribble with control and perform variety of passing techniques with success"

### **Key Words**

- -Agility
- -Control -Send
- -Receive
- -Accuracy
- -Movement
- -Combination
- -Awareness

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



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

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

**Invasion** Games

We will apply basic principles suitable for attacking And defending



Multi Skills

**Autumn Term**