

## Physical education

### **Year 3 and 4 children will be taught**

#### **Cycle one**

##### **Swimming**

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.
- Coordinate leg and arm movement.
- Swim at the surface and below the water.

##### **Gymnastic**

- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns

##### **Dance**

- Perform dances using a range of patterns.
- Use sequences of movements and know how to link them.
- To repeat, remember and perform these phrases in a dance.
- To can use dance to communicate an idea.

##### **Dodgeball**

- Develop their throwing and catching skills.
- Spatial awareness to help them stay in the game for maximum amount of time.
- Attacking and defending.
- Discussing tactics as a team.

##### **Archery**

- Improve hand- eye coordination.
- Encourage patience and focus to hit a target.
- Build physical strength and stability.

##### **Handball**

- To be familiar with the rules of handball
- To find a space to receive the ball
- Receive the ball to defend and attack
- Work alongside my team mates to intercept the ball
- Shoot accurately and be resilient if I do not score.

## **Netball**

- To play competitive sports
- Enjoy communicating, collaborating and competing with each other
- Be aware of the different types of passes i.e. bounce, shoulder and chest pass and understand when is the best time to use them.
- Learn the correct techniques for each pass and how to use them with control.
- To recognise the positions in netball and where each player is allowed.

## **Athletics**

- Use a range of throwing techniques (overarm and underarm).
- Throw with accuracy to hit a target or cover a distance
- Compete with others and aim to improve personal best performances (including measuring and recording each other's scores).
- Jump in a number of ways, using a run up where appropriate.
- Work with a team and complete a range of relays.
- Take part in sports day.

## **Rounders**

- Develop special awareness and reaction to the ball
- Work as a team to get someone out
- Develop communication skills

## **Happy Healthy Hearts**

- Use running skills to increase out fitness
- Improve fitness
- To work as a team

## **Circuits**

- Improve fitness and muscle strength
- Increase social interaction during exercise
- Keep track of own results and try and improve week on week.

## **Tag rugby**

- Develop throwing and catching skills
- Working as part of a team
- Keeping score and developing social skills
- To increase speed and develop endurance during the game