

Physical education

Year 3 and 4 children will be taught

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.

Cricket

- Familiarise themselves with the differences between fielding and batting in cricket.
- Work as a team to get the batter out
- Work as a team to score runs
- To catch the ball in cupped hands and return to the bowler as quickly as possible

Rounders

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