

## Physical education

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

#### **Cycle two**

##### **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.

##### **Football**

- Improve social and communication skills
- Keep position with success
- Be able to control the ball and defend
- To dribble in different directions using the correct part of their feet

##### **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

### **Ultimate Frisbee**

- Increase agility
- Develop quick turns and tactics
- Full body work out through different movements

### **Boccia**

- Inclusive sports
- Interact with peers of all levels
- Develop scoring skills

### **Badminton**

- Improves muscle strengths
- Develop control and balance
- Participate in team games developing simple defending skills

### **Problem solving**

- Work as a team
- Listening to each other and upleveling ideas
- Valuing everyone voice
- Increasing fitness levels
- To lead and be led by others

### **Multi sports**

- Increase the levels of sports played in school
- Develop competition skills and encourage as many children to take part in competitions.

### **Tennis**

- To identify and describe some rules of tennis.
- To serve to begin a game
- To explore forehand hitting
- To know the positions in the game