

PE in Years 3 and 4



'A brighter tomorrow'

Pupils will: Develop competence to excel in a broad range of physical activities
Be physically active for sustained periods of time
Engage in competitive sports and activities
Learn to lead healthy, active lives.

You will see them:

- Throw and catch with control and accuracy.
- Strike a ball and field with control.
- Choose appropriate tactics to cause problems for the opposition.
- Follow the rules of the game and play fairly.
- Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).
- Pass to team mates at appropriate times.
- Lead others and act as a respectful team member.
- Plan, perform and repeat sequences.
- Create dances and movements that convey a definite idea.
- Develop physical strength and suppleness.
- Move in a clear, fluent and expressive manner.
- Refine movements into sequences.
- Show changes of direction, speed and level during a performance.
- Swing and hang from equipment safely (using hands).
- Sprint over a short distance up to 60 metres.
- Run over a longer distance.
- Use a range of throwing techniques (such as under arm, over arm).
- Throw with accuracy to hit a target or cover a distance.
- Jump in a number of ways, using a run up where appropriate.
- Compete with others and aim to improve personal best performances.
- Swim between 25 and 50 metres unaided.
- Use more than one stroke and coordinate breathing as appropriate for the stroke being used.
- Coordinate leg and arm movements.
- Swim at the surface and below the water.

Years 3 and 4 will learn through: Dance activities, games activities and gymnastic activities, swimming activities and water safety, athletic activities, outdoor and adventurous activities.