

PE Long Term Planning and Progression Y3/4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	Invasion through handball	Invasion through Netball	Dance – The Great Plague	Gymnastics Y3 Activities 2	Athletics Y3/4	Teamwork and Problem Solving
Cycle A	Dance – Sparks Might Fly	Gymnastics Year 3 Activities 1	Target Games Boccia	Invasion Games Through Rugby	Y3 Tri Golf / Y3/4 Rounders	Dance – Superheroes / Net and Wall Task 1
	<p><u>Games</u> Y3: Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy. 3 v 1</p> <p>Y4: Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy</p> <p>4 v 2 <u>Y3/4</u> Be aware of and use space Know and use rules fairly Throw and catch accurately with one hand Strike ball accurately with control Vary tactics and adapt game Develop sport specific skills and perform them with accuracy</p>		<p><u>Dance</u> Y3: Perform freely, translating ideas from a stimulus into movement using dynamic, rhythmic and expressive qualities clearly and with control. Y4: Perform dances clearly and fluently and show sensitivity to the dance idea and the accompaniment.</p> <p><u>Athletics Y3/4</u> Master fundamental movement skills and start to develop athletic specific skills performing them with consistency and accuracy. Throwing – push, pull and sling Hop, step and jump Combination of jumping actions</p>		<p><u>Gymnastics</u> Y3: Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy and extension. Travel – Feet & hands and feet Balance – small body parts, Jump – 2 foot jump and land, Rolling – basic roll Sequence of 6 actions Y4: Master fundamental movement skills and start to develop sport specific skills performing them with consistency, accuracy and some control. Travel – Feet & hands and feet, Balance – large body parts, dish and arch, one foot balance, Jump – different shapes when jumping. Jump ¼ & ½ turn, Rolling – basic rolls Sequence of 6 actions which must include one roll, one jump and one balance. Partner Work</p>	

Cycle B	Y4 Invasion through basketball	Creative Games – Tag and Target	Target Games - Dodgeball	Gymnastics Y4 Activities 2	Y3/4 Athletics	Y3/4 Striking and Fielding
Cycle B	Gymnastics Year 4 Activities 1	Dance – The Iron Man	Dance – Rock and Roll	Y3/4 OAA Trust and Trails	Invasion Games	Net and Wall Task 2
	<p><u>Games</u> Y3: Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy. 3 v 1</p> <p>Y4: Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy</p> <p>4 v 2</p> <p><u>Y3/4</u> Be aware of and use space Know and use rules fairly Throw and catch accurately with one hand Strike ball accurately with control Vary tactics and adapt game Develop sport specific skills and perform them with accuracy</p>		<p><u>Dance</u> Y3: Perform freely, translating ideas from a stimulus into movement using dynamic, rhythmic and expressive qualities clearly and with control.</p> <p>Y4: Perform dances clearly and fluently and show sensitivity to the dance idea and the accompaniment.</p>		<p><u>Gymnastics</u> Y3: Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy and extension. Travel – Feet & hands and feet Balance – small body parts, Jump – 2 foot jump and land, Rolling – basic roll Sequence of 6 actions Y4: Master fundamental movement skills and start to develop sport specific skills performing them with consistency, accuracy and some control. Travel – Feet & hands and feet, Balance – large body parts, dish and arch, one foot balance, Jump – different shapes when jumping. Jump ¼ & ½ turn, Rolling – basic rolls Sequence of 6 actions which must include one roll, one jump and one balance. Partner Work</p>	
			<p><u>Athletics Y3/4</u> Master fundamental movement skills and start to develop athletic specific skills performing them with consistency and accuracy. Throwing – push, pull and sling Hop, step and jump Combination of jumping actions</p>			