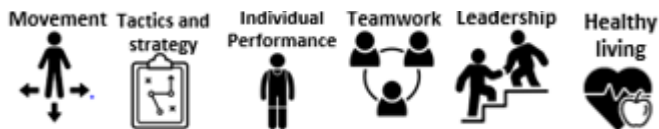


Year 3 and 4 Curriculum Plan – Physical Education



	Autumn	Spring	Summer
Year 3	Netball/Hockey/Handball		Golf, Tennis, Dodgeball
	Dance – Imoves: Egyptians Gymnastics: floor and mats	Dance – Imoves: Bollywood Gymnastics: apparatus	Dance – Imoves: Romans Athletics
Year 4	Football, Tag Rugby, Basketball		Rounders, Orienteering, Cricket
	Dance – Imoves: 70s Disco Gymnastics: floor and mats	Dance – Imoves: Tudors Gymnastics: apparatus	Dance – Imoves: Creative Combat Athletics

Physical Education National Curriculum Expectations KS2	Year 3			Year 4		
	Autumn	Spring	Summer	Autumn	Spring	Summer
To use running, jumping, throwing and catching in isolation and in combination						
To perform dances using a range of movement patterns						
To play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending						
To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]						
To take part in outdoor and adventurous activity challenges both individually and within a team						
To compare their performances with previous ones and demonstrate improvement to achieve their personal best.						
To swim competently, confidently and proficiently over a distance of at least 25 metres						
To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]						
To perform safe self-rescue in different water-based situations (<i>Swimming takes place in Year 5</i>)						