

Areas	PE Skills	Years 3 and 4							
	Year:								
	Staff:								
To develop practical skills in order to participate, compete and lead a healthy lifestyle	GAMES	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.							
	DANCE	Plan, perform and repeat sequences.							
		Move in a clear, fluent and expressive manner.							
		Refine movements into sequences.							
		Create dances and movements that convey a definite idea.							
		Change speed and levels within a performance.							
		Develop physical strength and suppleness by practising moves and stretching.							
	GYM	Plan, perform and repeat sequences.							
		Move in a clear, fluent and expressive manner.							
		Refine movements into sequences.							
		Show changes of direction, speed and level during a performance.							
		Travel in a variety of ways, including flight, by transferring weight to generate power in movements.							
		Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).							
		Swing and hang from equipment safely (using hands).							
	SWIMMING	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.							
	ATHLETICS	Sprint over a short distance up to 60 metres.							
		Run over a longer distance, conserving energy in order to sustain performance.							
		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.									
OUTDOOR AND ADVENTUROUS ACTIVITIES	Arrive properly equipped for outdoor and adventurous activity.								
	Understand the need to show accomplishment in managing risks.								
	Show an ability to both lead and form part of a team.								
	Support others and seek support if required when the situation dictates.								
	Show resilience when plans do not work and initiative to try new ways of working.								
	Use maps, compasses and digital devices to orientate themselves.								
	Remain aware of changing conditions and change plans if necessary.								