

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.							
	GYM	Develop physical strength and suppleness by practising moves and stretching.							
		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.							
	SWIMMING Y3	Show a kinaesthetic 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).							
		Swim up to metres unaided.							
		Use more than one stroke and coordinate breathing as appropriate for the stroke being used.							
	ATHLETICS	Coordinate leg and arm movements.							
		Swim at the surface and below the water.							
		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.							
OUTDOOR AND ADVENTUROUS ACTIVITIES	Jump in a number of ways, using a run up where appropriate.								
	Compete with others and aim to improve personal best performances.								
	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.									

THE HIGHLIGHTED SKILLS ARE REINFORCED THROUGH FIT 4 LIFE

