

## Year 3 and 4 Curriculum Plan

	Study / Theme		
	Autumn	Spring	Summer
<b>Year 3</b>	Invasion Games: Ball skills in basic games situations Gymnastics: Movement and Equipment Curling	Games: Fundamental Movement and Ball Skills Dance Fencing	Games: Fundamental Bat and Ball Skills Athletics Lacrosse Orienteering
<b>Year 4</b>	Invasion Games: Ball skills in games situations Personal Fitness/Circuits Cross-Country Gymnastics Movement and equipment Curling Swimming	Games: Fundamental Movement and Ball Skills Dance Fencing	Games: Fundamental Bat and Ball Skills Athletics Golf Orienteering

Physical Education National Curriculum Expectations LKS2	Year 3			Year 4		
	Autumn	Spring	Summer	Autumn	Spring	Summer
use running, jumping, throwing and catching in isolation and in combination	✓	✓	✓	✓	✓	✓
perform dances using a range of movement patterns		✓			✓	
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	✓	✓	✓	✓	✓	✓
develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	✓			✓		
take part in outdoor and adventurous activity challenges both individually and within a team			✓			✓
compare their performances with previous ones and demonstrate improvement to achieve their personal best.			✓			✓
swim competently, confidently and proficiently over a distance of at least 25 metres <ul style="list-style-type: none"> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> </ul> perform safe self-rescue in different water-based situations.				✓		
<b>Personal development</b>						
To try new things	✓	✓	✓	✓	✓	✓
To work hard	✓	✓	✓	✓	✓	✓

To concentrate	✓	✓	✓	✓	✓	✓
To not give up	✓	✓	✓	✓	✓	✓
To understand others	✓	✓	✓	✓	✓	✓
To imagine	✓	✓	✓	✓	✓	✓
To push oneself	✓	✓	✓	✓	✓	✓
To improve	✓	✓	✓	✓	✓	✓