



Year 3



Gymnastics.
1, 2, 3 and 4 point balances.
Develop a sequence of movement.

Parkour and Swimming.
Maintain balance whilst moving and develop knowledge of Parkour.
Swim 25m unaided using a recognised stroke

Balance



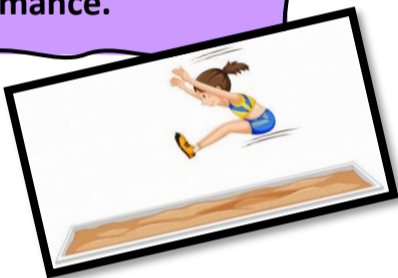
Teamwork



Athletics
Improve skills of running, jumping and throwing
Develop knowledge of how to use their body to maximise performance.

Cricket
Develop co-ordination to field effectively
Hold and use a bat effectively

Health Related Exercise (HRE) and Swimming.
Develop knowledge of how the body works and exercise at different intensities
Swim 25m unaided using a recognised stroke



Year 4

Throwing and Catching

Gymnastics and Football
Travel in a variety of ways and hold a balance.
Use knowledge of technique to find ways to improve. Pass and shoot with accuracy.

Hockey
Develop control of the ball and ability to dribble with the stick
Pass the ball teammates.



Multi-skills and Orienteering.
Develop agility and Co-ordination.
Use a compass and map and locate where they are.

Fitness

Parkour and Cricket
Maintain balance whilst moving and develop knowledge of Parkour.
Develop co-ordination to field and hold and use a bat effectively

Netball and Athletics.
Show the correct footwork for netball. Throw and catch effectively.
Develop skills in Triple Jump, Javelin and Running up to 400m

Health Related Exercise (HRE) and Tag Rugby
Develop knowledge of how the body works and how food affects us. Exercise at different intensities
Run with the ball and pass. Match a change of speed with change in direction.

Attack and Defend