**Year 3/4 PE Curriculum**

**2016-2017**

**Autumn 1**

Dance – Unit Objectives:

**Year 3 Children should learn to:**

* Explore and perform a range of actions individually or with a partner, showing good body control and fluency
* Respond imaginatively to a stimulus to create original movements
* Create short movement phrases which have a simple structure

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| **Social, Moral, Spiritual and Cultural Development**  |
| **Social** | **Moral** | **Spiritual**  | **Cultural**  |
| Children to work in small groups to develop their teamwork and co-operation skills. Children to be positive role models to others.  | Children will start to accept that their actions have consequences, and use this in a positive manner.   | Children use their imagination and develop their creativity. Children reflect on their learning, their interaction with others, their experiences compared with others etc. | Children start to demonstrate an appreciation of cultural influences and participate in culture opportunities.  |

* Perform with expression and rhythm on their own and with others
* Prepare for and recover from dance activity
* Use a range of descriptive language to describe and evaluate dance
* Suggest ways of improving their own performance and movements

**Year 4 Children should learn to:**

* Explore, create and use a range of actions, responding to a range of stimuli
* Use simple compositional ideas to create and develop movement phrases
* Perform more complex actions and phrases which convey a theme, mood, feeling or character
* Know and describe the importance of warming up and cooling down
* Describe key aspects of their own and others dances suggesting ways to improve further

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| **Social, Moral, Spiritual and Cultural Development**  |
| **Social** | **Moral** | **Spiritual**  | **Cultural**  |
| Children to work in small groups to develop their teamwork and co-operation skills. Children to enjoy and have fun whilst taking part in lessons. Children to develop the ability to sort out problems to move their dance forward. | Children take responsibility for their actions, accepting the consequences.   | Children reflect on their learning, their interaction with others, their experiences compared with others etc | Children start to demonstrate an appreciation of cultural influences and participate in culture opportunities. Children embrace the different styles of dance and show respect for the different customs and traditions.  |

**Autumn 2**

OAA – Unit Objectives:

**Spring 1**

Gymnastics – Unit Objectives:

**Year 3 Children should learn to:**

* Improve the range and quality of the actions, shapes and movements they perform
* Apply their range of skills on the floor and on apparatus
* Choose appropriate actions that link well together
* Describe a performance and comment on its quality and effectiveness
* Discuss how and why they have improved
* Demonstrate the importance of strength and flexibility in gymnastics
* Talk about the effects that exercise has on their bodies

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| **Social, Moral, Spiritual and Cultural Development**  |
| **Social** | **Moral** | **Spiritual**  | **Cultural**  |
| Children know what qualities are needed to work successfully as part of a team. | Children model good behaviour and agree on basic rules which the class should follow. | Children use their imagination and develop their creativity to develop sequences of movement. | Children develop a greater understanding of culture and its impact on sport. |

**Year 4 Children should learn to:**

* Develop a wider range of actions shapes and movements
* Create a sequence that follows guidelines set out by the teacher
* Adapt and change a sequence using apparatus, space, speed and direction
* Describe how their performance is affected by changes to the body during a lesson
* Talk about the performance of others and themselves and suggest how they can be improved

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| **Social, Moral, Spiritual and Cultural Development**  |
| **Social** | **Moral** | **Spiritual**  | **Cultural**  |
| Children to work co-operatively in small groups. Children will try and resolve any issues or differences to move their learning forward. | Children develop a sense of right and wrong through working together. Children will start to understand that their actions have consequences.  | Children use their imagination and develop their creativity when planning sequences.Children reflect on their learning, their interaction with others, their experiences compared with others etc. | Children start to demonstrate an appreciation of cultural influences and participate in culture opportunities.  |

Spring 2

Games (Netball) – Unit Objectives:

**Year 3 Children should learn to:**

* Improve and consolidate the standard of skills and techniques
* Improve the ability to link movements together
* Choose and use basic tactics and strategies
* Know and describe the short term effects that different types of exercise have on the body
* Known what stamina is and suggest ways of improving it.
* Use their ability to evaluate others to improve their own work.
* Describe key movements and evaluate how effective performance is

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| **Social, Moral, Spiritual and Cultural Development**  |
| **Social** | **Moral** | **Spiritual**  | **Cultural**  |
| Children to work co-operatively in small groups and teams. Children to enjoy and have fun whilst taking part in lessons. Children to develop their problem solving skills. | Children develop a sense of right and wrong through working together. Children will understand that their actions have consequences and accept the consequences of their actions.  | Children reflect on their learning, their interaction with others, their experiences compared with others etc. | Children show some understanding and demonstrate respect for differences within the class.  |

**Year 4 Children should learn to:**

* Develop the range and consistency of skills and techniques
* Devise, use and adapt rules when playing and making their own games
* Use and adapt tactics in different situations
* Know and explain their tactical ideas and plans
* Know which parts of their performance need to improve
* Recognise which activities develop speed, strength and stamina
* Know when speed, strength and stamina are important in games

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| **Social, Moral, Spiritual and Cultural Development**  |
| **Social** | **Moral** | **Spiritual**  | **Cultural**  |
| Children to work co-operatively in small groups and teams. Children to enjoy and have fun whilst taking part in lessons. Children to adapt and agree rules, resolving any differences of opinion. | Children develop a sense of right and wrong through working together. Children will understand that their actions have consequences and accept the consequences of their actions.  | Children reflect on their learning, their interaction with others, their experiences compared with others etc. | Children show some understanding and demonstrate respect for differences within the class.  |

**Summer 1**

Athletics (Running & Throwing) – Unit Objectives:

**Year 3 Children should learn to:**

* Explore running, jumping and throwing activities as well as developing balance, agility and co-ordination.
* Recognise and describe what their bodies feel like during different types of activities.
* Choose skills and equipment to help them meet the challenges set.
* Use their ability to evaluate others to improve their own work.
* Use their bodies and a variety of equipment with greater control and co-ordination.
* Experiment with different ways of travelling, throwing, and jumping to increase awareness of speed and distance

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| **Social, Moral, Spiritual and Cultural Development**  |
| **Social** | **Moral** | **Spiritual**  | **Cultural**  |
| Children to work against each other in a friendly competitive environment. | Children develop a sense of honesty and fairness through the recording of results. | Children reflect on their learning and their experiences compared with others etc. | Children show some understanding and demonstrate respect for differences within the class. Links to the Olympics, Paralympics and World Championships. |

**Year 4 Children should learn to:**

* Develop the range and consistency of skills and techniques required for running, jumping and throwing.
* Use and adapt techniques and equipment to develop performance.
* Know and explain their ideas.
* Know which parts of their performance needs to be improved.
* Know when and why speed, strength and stamina are important in athletics.

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**Summer 2**

*Swimming (5-16th June) – Unit Objectives:*

In particular, pupils should be taught to (All KS2):

* swim competently, confidently and proficiently over a distance of at least 25 metres
* use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
* perform safe self-rescue in different water-based situations.

Games (Hockey) – Unit Objectives:

**Year 3 Children should learn to:**

* Improve and consolidate the standard of skills and techniques
* Improve the ability to link movements together
* Choose and use basic tactics and strategies
* Know and describe the short term effects that different types of exercise have on the body
* Known what stamina is and suggest ways of improving it
* Use their ability to evaluate others to improve their own work
* Describe key movements and evaluate the effectiveness of a performance

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* Know which parts of their performance need to improve
* Recognise which activities develop speed, strength and stamina
* Know when speed, strength and stamina are important in games

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